


**Review Article**
**A CONCEPTUAL STUDY OF AYURVEDIC MANAGEMENT OF MUKHADUSHIKA W.S.R TO ACNE VULGARIS: A REVIEW**
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**ABSTRACT**

Acne is a cutaneous pleomorphic disorder of the pilosebaceous unit involving abnormalities in sebum production and is characterized by both inflammatory (papules, pustules and nodules) and non-inflammatory (comedones, open and closed) lesions. Propionibacterium acnes and Staphylococcus epidermidis are common pus-forming microbes responsible for the development of various forms of, acne vulgaris. In *Ayurveda* it is described under the *Mukhadushika* or *Yuvanapidika* which is type of *Kshudraroga*. It is generally androgenic disease which is seen at puberty on both sexes. Today due to imbalanced life style (*Apathy*) and heavy pollution this problem increasing day by day. *Guru Aahar, Madhya, Anidra, Upvas, Krodha, Santap, Savbhav* are some causative factor of *Mukhadushika*. It is generally due to vitiation of *Vata, Kapha* and *Rakta* having *Shalmali* like eruption on face. In *Ayurveda* for the treatment of *Mukhadushika* (*Kshudraroga*) mainly two type of *Chikitsa* are described i.e. *Shodhana chikitsa* and *Shamana chikitsa*. As described by various *Acharya* the *Shodhana chikitsa* includes *Vamana, Nasya* and *Shiravedha*. The *Shamana chikitsa* includes various types of *Lepa* and *Pralepa*. *Vamana Virechana, Nasya* and *Shira vedha* will be beneficial along with some internal and external herbal, Mineral and herbomineral *Ayurvedic* drugs. In this review article, we tried to highlight Ayurvedic Management of Acne vulgaris (*Mukhadushika*) mentioned in *Ayurveda* with scientific justification.

**KEYWORDS:** *Mukhadushika, Acne vulgaris, Shodhana Chikitsa, Shamana Chikitsa.*
**INTRODUCTION**

Acne is a common chronic inflammatory condition of skin with significant cutaneous and psychological disease burden.<sup>1</sup> Acne affects both males and females, although males tend to have more with onset of puberty. Across the globe, acne affects 80% of individuals between Pubescence and 30 years of age. Many research studies have reported acne in 79-95% in the age group of 16-18 years. In India, research studies have reported acne in 50.6% of boys and 38.13% of girls in the age group of 12-17 years.<sup>2</sup> Acne vulgaris, a chronic inflammatory disorder in adolescents consists of the pilosebaceous follicles, characterized by comedones, papules, pustules, cysts, nodules and often scars, chiefly on face, neck etc.<sup>3</sup> It is a skin condition that occurs due to the clogging of oil glands of the skin.<sup>4</sup> The oil that normally lubricates the skin gets trapped in blocked oil ducts and results in what we know as Pimples, Blackheads and Whiteheads. Sometimes it also includes deeper skin lesions that are called Cysts.<sup>5</sup> It is more common during teenage years but is known to happen across all age. Adult acne is becoming increasingly popular. It is a disease of the skin which can be painful for those suffering from moderate to severe acne.<sup>6</sup> Acne vulgaris mostly affects the areas of skin with the densest population of sebaceous follicles these areas include the face, the upper part of the chest, and the back.<sup>7</sup> The cause of acne is unknown. It is presumed to be activated by androgens in genetically predisposed individuals.<sup>8</sup> The earliest abnormalities in acne are:

- Increased sebum production due to which the skin looks greasy (seborrhea)

- Formation of horny plugs (comedone)

According to *Ayurveda* the *Shalmali* thorn like eruptions on the face of adolescents, due to vitiation of *Kapha, Vata* and *Rakta* are known as "*Yuvana Pidika*" or "*Tarunya Pitika*" or *Mukhadushika*.<sup>9</sup> These *Pidikas* destroy the beauty of the face and cause disfigurement of the face therefore they are also called as "*Mukhadushika*".<sup>10</sup> In *Ayurveda*, mainly two types of *Chikitsa* (treatments) have been used to treat acne i.e. *Shodhana* (purification of body) and *Shamana* (conservative treatment by oral and topical medicines). *Shodhana* includes *Vaman* and *Nasya*, whereas *Shamana* includes *Lepa, Upanah* and *Kshara* application. In this study the etiology, Pathogenesis, and management of Acne vulgaris has elaborated and discuss with special reference to *Yuvaan Pidika*.

**AIM AND OBJECTIVES**

- To evaluate, elaborate and discuss the etiology, Symptoms, and Ayurvedic method of *Mukhadushika* (Acne Vulgaris).
- To evaluate, elaborate and discuss the management of *Mukhadushika* (Acne Vulgaris).

**Material and Method**

Material related to *Yuvaan Pidika* and Acne Vulgaris is collected from Ayurvedic text and text book of modern medicine respectively. The available commentaries of Ayurvedic *Samhitas* have also referred to collect relevant matter. The index, non-index medical journals has also referred to collect information of relevant topic.

**Conceptual Study****Definition**

According to *Achrya Sushruta* Boils like spine of *Salmali* appears on the face of youthful person caused by *Kapha, Vata* and *rakta*. They are known as *Mukhadushika* (Pimples). They are also known as *Yuvanapidika*.<sup>11</sup> It correlates to Acne Vulgaris explained in modern science. According to modern medical science, acne is a chronic inflammatory condition of the pilo sebaceous units,

characterized by the formation of comedone, erythematic papules and pustules, less frequently nodules or cysts too.

**Etiology of Yuvaan Pidika (Acne Vulgaris)**

In our *Shashtra* very short description is available about the disease, "*Mukhadushika*". All the Samhitas have pointed out *Kapha, Vata & Rakta* as the causative factors of the disease, while *Bhavaprakasa* mentioned due to *svabhava*.<sup>12</sup> In *Sharangadhara samhita, Vakrasnigdhatta* and *Pidika* have been mentioned as due to *Shukradhatumala*.<sup>13</sup>

**Table 1: Causative factor of Mukhadushika<sup>14-19</sup>**

S.No.	Kalaja (Time/Age factors)	Aaharaja (Food)	Viharaja (Activities)	Manasika (Mind/Stress factors)
1.	Tarunya (young age)	Ati Katu & Madhura (excessive spicy and sweet)	Vegavarodha (stoppage of natural urge)	Ati Shoka (stress)
2.	Madhyanha (Noon)	Guru (heavy to digest)	Jagarana (insomnia)	Kshobha (botheration)
3.	Vasanta Ritu (blossom)	Ati Snigdha & Dugdha Varga Aahara (oily food, milk & milk products)	Nidra (excess sleep)	Krodha (anger)
4.	Grishma Ritu (summer)	Mamsa (meat)	Upavasa (fasting)	Santapa (irritation)
5.	Sharada Ritu	Madya (alcohol)	Atapa Sevana (excessive sun bath)	Svabhava (behavioral changes)

**Pathogenesis of Acne Vulgaris as per Modern Medicine**

It is a skin condition that occurs due to the clogging of oil glands of the skin.<sup>20</sup> the oil that normally lubricates the skin gets trapped in blocked oil ducts and results in what we know as Pimples, Blackheads and Whiteheads. Sometimes it also includes deeper skin lesions that are called Cysts (a closed sac beneath the skin or deeper that contain fluid or semisolid substances). It is more common during teenage years but is known to happen across all age. Adult acne is becoming increasingly popular.<sup>21</sup> It is a disease of the skin which can be painful for those suffering from moderate to severe acne.<sup>22</sup> Acne vulgaris mostly affects the areas of skin with the dense population of sebaceous follicles<sup>23</sup> these areas include the face, the upper part of the chest, and the back. The cause of acne is unknown. It is presumed to be activated by androgens in genetically predisposed individuals. The earliest abnormalities in acne are:

- Increased sebum production due to which the skin looks greasy (seborrhea).
- Formation of horny plugs (comedones)

**Pathogenesis (Samprapti) Acne vulgaris as per Ayurveda**

In *Ayurvedic* texts the disease, *Mukhadushika* has not mentions independently, it has been described with some minor diseases. This group of minor diseases is known as "*Kshudraroga*". According to *Sushruta*, 44 diseases has been describe under this group, *Mukhadushika* is one of the diseases between them. The *Shalmali* thorn like eruptions on the face of adults due to vitiation of *Kapha, Vata & Rakta* are known as "*Yuvana Pidika*" or "*Tarunya Pitika*" or "*Mukhadushika*".<sup>24</sup>

**Purvarupa**

This *Purvarupa* of *Mukhadushika* is not mentioned in the texts by *Acharyas*.

**Rupa**

*Acharya Vagbhata* has described the signs and symptoms in more details than *Acharya Sushruta*. The signs and symptoms told by him are as follows:<sup>25</sup>

- *Pitika-Pitika* means eruption. The disease is in the form of eruptions.
- *Sa-ruja-* The eruptions are painful. The pain may be mild or acute in nature.
- *Ghana-* The word *Ghana* means thick, hard or indurate. So the eruptions of the disease are hard and thick. *Pandit Vardhaman Shastri* in his commentary of *Kalyankarka* says that the eruptions of *Mukhadushika* are thick & caused by the aggravated *Kapha*.
- *Medogarbha-* The eruptions are impregnated with *Meda*. *Meda* is known as comedone.
- *Yuna Mukha-* This disease occurs on the face of adults. This word shows the site and time of the occurrence of this disease.

**Associated Symptoms**

Along with *Pidika*, the main associated symptoms are

- (1) *Vedana* (due to vitiation of *Vata*)
- (2) *Kandu* (due to dominance of *Kapha*)
- (3) *Daha* (due to dominance of *Pitta*)
- (4) *Srava* (due to dominance of *Kapha*)

**Management of Acne Vulgaris (Mukhadushika) as per Ayurveda**

As *Mukhadushika* is described under *Kshudraroga*, the *Chikitsa sutra* of *Kshudraroga* is the *Chikitsa sutra* of *Mukhadushika*. In *Ayurvedic* text mainly two types of *Chikitsa* are described so following therapies are to be advised for the disease *Mukhadushika*as.

**(i) Shodhana therapy:** *Vamana, Virechana, Nasya, Rakta Mokshna* etc.

**(ii) Shaman therapy:** Internal medicine and external applications of drugs.

Line of treatment prescribed by different Acharya can be summarized as follows.

1. Sushruta – *Vamana, Lepan*<sup>26</sup>
2. Ashtang Hridaya – *Lepana, Vamana, Nasya, Shiravyadh*<sup>27</sup>
3. Bhavaprakasha-*Lepa, Vamana, Abhyanga*<sup>28</sup>
4. Yoga Ratanakara-*Shiravedha, Pralepa, Abhyanga*<sup>29</sup>
5. Sarangadhara samhita-*Lepa*<sup>30</sup>
6. Bhaishajya Ratnavali-*Shiravedha, Pralepa, Abhyanga*<sup>31</sup>

### Shodhana Therapy

**(a) Vamana Karma (Emesis):** It is the best procedure to subside the *Kaphaja* abnormalities as told by both Acharya Sushruta and Vagbhat. It helps in *Samprapti Vighatana* of *Mukhadushika*. Almost in all texts *Vamana* is the prime treatment of *Yuvaan Pidika*. According Acharya Sushruta in *Yuvaan pidika*, particular emesis is beneficial; the paste of *Vacha, Rodhra*, and *Saindhav* mixed with *Sarsapa*; or of *Dhanyaka, Vacha, Lodhra* and *Kustha* should be applied.

**(b) Virechana Karma:** This therapy is indicated specially to sub side *Pitta Dosh* or *Pitta Sansargaja Dosh*. The

purgative drugs expel the excess *Pitta* from the *Guda Marga*. Property of *Rakta* is analogous to *Pitta Dosh*, there for *Virechana* is also effective in *Raktaja Vikara*.

**(c) Nasya Karma:** Acharya Vagbhatta has also described this process in *Mukhdushika*.

**(d) Shiravedha:** *Raktamokhsana* by *Shirovedhais* described in *Mukhdushika*.

**Shaman Chikitsa:** *Shamana Chikitsa* includes use of topical as well as oral formulations such as pills, pastes, oils; scrubs etc.<sup>32</sup> These formulations normalize the vitiated *Doshas*. Many authors have been emphasized in their texts on local treatment i.e. *Lepa* (paste), *Taila* (oil), *Kshara* application etc. *Lepas* (pastes) act as astringent, anti-inflammatory and antibacterial agents. *Lepas* not only treat the acne but also increase the skin complexion. In *Ayurveda*, *Lepas* have been especially advised for application on oily skin whereas *Tailas* (oils) have been advised for dry type of skin. Both *Lepas* and *Tailas* have been used as anti-inflammatory for the treatment of acne. *Tailas* also possess wound healing property and it reduces Scar formation.

**Table 2: Some Herbal Drugs and Their action**<sup>33, 34</sup>

S.No.	Plant Name	Botanical Name	Action
1.	<i>Shalmali</i>	<i>Salmalia malabarica</i>	Anti-bacterial, Anti-inflammatory, Effective in Acne vulgaris
2.	<i>Dhanyaka</i>	<i>Coriandrum sativum</i>	Anti-bacterial, Anti-septic
3.	<i>Vacha</i>	<i>Acorus calamus</i>	Anti-bacterial, Anti-inflammatory
4.	<i>Lodhra</i>	<i>Symplocos racemosa</i>	Anti-bacterial, Anti-inflammatory, Antiseptic
5.	<i>Daruharidra</i>	<i>Berberis aristata</i>	Analgesic, Anti-bacterial, Anti-dermatitis
6.	<i>Manjishtha</i>	<i>Rubia cordifolia</i>	Useful in hyper pigmentation, Increase skin complexion & skin-glow, Anti-oxidant, Anti-inflammatory
7.	<i>Nimba</i>	<i>Azadirachta indica</i>	Anti-bacterial, Useful in various skin Disorders, Anti-septic
8.	<i>Khadira</i>	<i>Acacia catechu</i>	Anti-bacterial, Overall skin disorders like Anti-Eczema, Anti-scabies, Anti-dermatitis
9.	<i>Sariva</i>	<i>Hemidesmus indicus</i>	Effective in Acne Vulgaris, Anti-inflammatory, Anti-bacterial, Anti-oxidant
10.	Guduchi	<i>Tinospora cordifolia</i>	Anti-inflammatory, Anti-allergic, Anti-leprotic, Anti-stress
11.	<i>Jatiphala</i>	<i>Myristica fragrans</i>	Rectify uneven skin pigmentation, Inhibits melanin biosynthesis, Anti-inflammatory
12.	<i>Kakamachi</i>	<i>Solanum nigrum</i>	Anti-inflammatory, Anti-bacterial
13.	<i>Methika</i>	<i>Trigonella foenumgraecum</i>	Emollient and healing effects, Antimicrobial, Anti-inflammatory
14.	<i>Zendu</i>	<i>Calendula officinalis</i>	Anti-inflammatory, Styptic, Anti-septic, Anti-hemorrhagic

Several *Lepas* (pastes), such as *Yashtimadhvadi Lepa, Kaliyakadi Lepa, Sharapunkhadi Lepa, Masuradi Lepa*, etc., and *Tailas* (oils) such as *Pachhanga Kumkumadi Taila, Saptatrinshada Kumkumadi Taila*, etc., are mentioned in Ayurvedic texts for the management of acne.

**Table 3: Some Ayurvedic Preparation for management of Yuvaan Pidika**<sup>35, 36</sup>

S.No.	Ayurvedic Preparation	Content
1.	<i>Lodhradi Lepa</i>	<i>Lodhra (Symplocos racemosa), Dhanyaka (Coriandrum sativum), Vacha (Acorus calamus), Sarshapa (Brassica campestris), Saindhava Lavana</i>
2.	<i>Shalmali Kalkadi Lepa</i>	Sharp spine of <i>Shalmali (Salmaria malabarica)</i> pounded with milk and mixed with oil
3.	<i>Arjunadi Lepa</i>	<i>Arjuna (Terminalia arjuna)</i> bark mixed with honey
4.	<i>Vatankuradi Lepa</i>	<i>Rakta Chandana (Santalum album), Manjishtha (Rubia cordifolia), Kushtha (Saussurea lappa), Lodhra (Symplocos racemosa), Priyangu (Callicarpa macrophylla), Vata (Ficus bengalensis)</i> leaf-buds and lentils
5.	<i>Jatiphalaadi Lepa</i>	<i>Jatiphala (Myristica fragrans), Chandana (Santalum album), Maricha (Piper nigrum)</i>
6.	<i>Siddharthadi Lepa</i>	<i>Siddhartha (Brassica campestris), Vacha (Acorus calamus), Lodhra (Symplocos racemosa)</i> and <i>Saindhava Lavana</i>

7.	Marichadi Lepa	Maricha ( <i>Piper nigrum</i> ) mixed with Gorochana
8.	Kumkumadi Taila	Kumkum ( <i>Crocus sativus</i> ), Chandan ( <i>Santalum album</i> ), Laksha ( <i>Laccifer Lacca</i> ), Manjishtha ( <i>Rubia cordifolia</i> ), Yashtimadhu ( <i>Glycyrrhiza glabra</i> ) etc.
9.	Majishthadi Taila	Manjishtha ( <i>Rubia cordifolia</i> ), Madhuka ( <i>Madhuca indica</i> ), Laksha ( <i>Laccifer Lacca</i> ), Matulunga ( <i>Citrus medica</i> ) and Yashtimadhu ( <i>Glycyrrhiza glabra</i> )
10.	Haridradi Taila	Haridra, Daruharidra ( <i>Berberis aristata</i> ), Madhuka, Manjishtha, Kumkuma, Tinduka, etc.
11.	Kanaka Taila	Madhuka, Priyangu ( <i>Callicarpa macrophylla</i> ), Manjishtha, Chandana, etc.
12.	Sarshapa Taila	Sarshapa i.e. Mustard ( <i>Brassica campestris</i> )

If medicinal treatment does not give better results, surgical and parasurgical procedures have been used to treat acne. Vagbhata has elaborated in his texts that acne can be managed by Raktamokshana i.e. removing infected blood. He has also indicated Siravyadha (venesection) to remove infected blood in severe type of acne vulgaris. Several other surgical procedures such as Chedana (excision), Agni Karma (cautery), etc., have been elaborated in Ayurveda to treat severe types of acne.

### DISCUSSION

Sushruta has mentioned Mukhadushika is a Ksudhararog causes harms the beauty of the face typically during adolescent. Most of the Acharya supposed Kapha, Vata and Rakta as the causative of these disease while Bhav prakas mention as a Savbhavaj. The Katu, Guru, Snigdha aharaj and Viharaj like Jagaran, Nidra and Vegavrodhaj plays a influencing causes of Mukhadushika. Modern science has supposed the hormonal imbalance and blockage in the oil gland and ducts. Pitika, Saruja, Ghan, Medogarbha, Yuna Mukha these are the clinical manifestation in the Ayurveda. Most of the Acharya has mentioned in Vaman, Virechan, Nasya, Raktamokshan for Mukhadushika along with Samana chikitsa and local application. Shalmali, Dhanyaka, Vacha, Lodhra, Daruharidra, Manjishtha, Nimba, Khadira, Sariva, Guduchi, Jatiphala, Kakamachi, Methika, and Zendu these are some herbal medicine and Lodhradi Lepa, Shalmali Kalkadi Lepa, Arjunadi Lepa, Vatankuradi Lepa, Jatiphaladi Lepa, Siddharthadi Lepa, Marichadi Lepa, Kumkumadi Taila, Majishthadi Taila, Haridradi Taila, Kanaka Taila and Sarshapa Taila these are some external application in the form of Taila and Lepa which are generally used in acne vulgaris (Mukhadushika).

### Research on Acne Vulgaris

1. The Clinical study of Siddharthakadi Lepa in Acne vulgaris (Mukhadushika) was found significant and out of 30 individuals showed reduction in Acne vulgaris.<sup>37</sup>
2. A Case study on effect of Ayurvedic Saman and Sodhan treatment in Acne vulgaris Grade III was showed highly significant result in which Aarogyavardhini vati, Chandraprabha vati, Gandharva haritaki, Paripathadi kwatha was given as a Saman chikitsa, Jaloka avcharan as a Shodhan chikitsa and Salmali kantik lepa as a local application.<sup>38</sup>
3. An another case study on management of Yauvan Pidika has showed good result in which Manjishta, Daruharidra, Amalaki, Hingwashtak, Trikatu, Pachak vati, Aragya-wardhini, Gandhaka rasayana has given along with Panchvalkal ointment locally.<sup>39</sup>

### CONCLUSION

Mukhadushika is a common skin disease which affects the beauty of adolescence. It can be cure by using

Sanshodhan therapy like Vaman, Virechan Nasya and Siravedhan along with Sansaman therapy including internal and external applications of herbal, mineral herbo-mineral Ayurvedic drugs. Thus Ayurveda help to enhance the charming face of the adolescence.

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**Cite this article as:**

Monika Sharma, Anita Sharma, Rashmi Sani. A Conceptual Study of Ayurvedic Management of Mukhadushika w.s.r to Acne Vulgaris: A Review. International Journal of Ayurveda and Pharma Research. 2016;4(9):78-82.

**Source of support: Nil, Conflict of interest: None Declared**

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