

A Brief Review on Mukhdushika W.S.R. Acne Vulgaris

Dr. Neha Navalchand Jain

M.D (Scholar), Kayachikitsa Department, S.G.R. Ayurveda College, Solapur, Maharashtra, India

ABSTRACT

In today's modern era, different types of pollution, lack of proper diet, uses of various cosmetic, chemicals all this leads prevalence of skin diseases day by day. Now a days acne vulgaris is one of the burning problem in adolescents. Acne vulgaris is self limited disorder primarily in teenagers and young adult, the permissive factor for this disease is the increase in sebum release by sebaceous gland after puberty.

In ayurveda it is termed as mukhdushika is described under the heading of khudraroga, "shalmalikantakprakhya: kaphamarutraktaja"-it's the one line unique identity of Mukhdushika. The shalmalithron like eruption on the face deviation of kapha, vata and rakta which are found on the face of adolescent are called as mukhadushika or yauvanpidika.

The present article is an attempt to highlighting on details of Mukhdushika with co-relating with Acne vulgaris.

Key words: Acne Vulgaris, mukhdushika, khudrarog.

INTRODUCTION

Skin is the largest organ in human being; it is not only an organ but also a sense organ. Maharshi Charaksaid that, 'the skin is one of the important sense organ in all of the five sense organs'. It is called as *Sparshendriya* which occupies whole body and *Maana* (mind) also. ⁽¹⁾ Changes in the skin color may indicate homeostatic imbalance in the body. According to *Ayurveda*, the *ShalmaliKantak* like eruption on the face due to vitiation of *Kapha*, *Vata* and *Rakta* which are found in adolescents are called „*Mukhdushika*.“ ⁽²⁾ They mostly occur in the youths or the *Yuva* and in form are like small pustules or boils or *Pidika* hence they are called „*YuwanPidika*“ ⁽³⁾

Acne vulgaris is a self-limited disorder primarily of teenagers and young adults, although perhaps 10 to 20% of adults may continue to experience same form of diseases. ⁽⁴⁾ The permissive factor for expression for disease in adolescence is the increases sebum releases by sebaceous gland after puberty. Small cysts, called 'comedones' ⁽⁴⁾

Causative factor of Mukhadushika ⁽⁵⁻⁸⁾

1) Kalaja(Time/Age factors):-

Tarunya (young age), Madhyanha (Noon), Vasanta Ritu (blossom), Grishma Ritu (summer), Sharada Ritu

2) Viharaja(Activities):-

Vegavarodha (stoppage of natural urge), Jagarana (insomnia), Nidra (excess sleep), Upavasa (fasting), Atapa Sevana (excessive sun bath).

3) Manasika (Mind/Stress factors):-

Ati Shoka (stress), Kshobha (botheration), Krodha (anger), Santapa (irritation), Svabhava (behavioral changes)

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 "*YuvanaPidika*" or "*Tarunya Pitika*" or "*Mukhadushika*". ⁽³⁾

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. ⁽⁹⁾

- *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 come done.
- *YunaMukha-* 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.

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

Sr.No.	Samhita	Karma
1	Sushrutasamhita	Vamana, Lepa ⁽¹⁰⁾
2	AshtangHridaya	Vamana, Nasya, Shiravyadh, Lepa ⁽¹¹⁾
3	Sarangadharasamhita	Lepa ⁽¹²⁾
4	Bhavaprakasha	Vamana, Abhyanga, Lepa ⁽¹³⁾
5	Yoga Ratanakara	Shiravedha, Abhyanga, Pralepa ⁽¹⁴⁾
6	BhaishajyaRatnavali	Shiravedha, Abhyanga, Pralepa ⁽¹⁵⁾

MODERN REVIEW OF ACNE VULGARIS:

Definition of acne vulgaris:-The common form of acne, in teenagers and young adults, that is due to over activity of the oil (sebaceous) glands in the skin that becomes plugged and inflamed. ⁽¹⁶⁾

Signs and Symptoms: ⁽¹⁷⁾

- Blackheads. (black spots the size of pinhead)
- whiteheads.(white spots similar to blackheads)
- pustules.(small pus-filled lesions)
- Redness and inflammation around eruptions.
- If acne is severe, cysts (larger firm swelling in the skin), abscesses (swollen, inflamed, tender area of infection containing pus)

Pathology of acne vulgaris: *The permissive factor for expression for disease in adolescence is the increases sebum releases by sebaceous gland after puberty, small cysts, called 'comedones'.* ⁽⁴⁾ It is more common during teenage years but is known to happen across all age. Adult acne is becoming increasingly popular. ⁽¹⁸⁾ It is a disease of the skin which can be painful for those suffering from moderate to severe acne. ⁽¹⁹⁾ Acne vulgaris mostly affects the areas of skin with the dense population of sebaceous follicles. ⁽²⁰⁾

SKIN - HAIR-NAIL DISEASES DIET

	Avail	Avoid
Grains	Rice, Barley, Jowar, wheat	
Pulses	Mung	
Vegetables	parvar, karela	sour vegetable
fruits	Tadgola, Amala	
dry fruits	Khajur, Badam, Pista	
other		sour curd, meat, fish

General Management of Acne Vulgaris: (21)

For blackheads apply tretino in 0.025% at bedtime, benzoyl peroxide gel, salicylic acid (3) for pustule erythromycin cream, clindamycin (3) or tetracycline cream (3) cap doxycycline, azithromycin orally; wash the face 4-5 times in a day. Severe nodulocytic acne not responsive to oral antibiotics, hormonal therapy or topical therapy may be treated with the synthetic retinoid isotretinoin. (22)

CONCLUSION

Mukhdushika is well explained in Ayurvedic samhita. That ancient knowledge of Ayurveda will helps in diagnosis and management mukhdushika in present era very well. So its review article is an attempt to highlighting on details of *mukhdushika with co-relating with acne vulgaris*.

REFERENCES

1. CHARAKSAMHITA sutra Stan: chapter 11. Verse no.38. .
2. Sushrut Samhitapurvardha- Su.S.Nidanstan: chapter no.13 Verse no. 38
3. Sushruta Samhita Aacharyayadavji Trikamji, Nidanasthana 13/39, Choukhambha publication 2005 Varanasi.
4. Harrison's principle of internal medicine, 15th Edition, volume 1, section 9 Alteration in the skin: Acne vulgaris page no. 314.
5. Sharma A, Sharma PV. Sushruta Samhita. Volume-I. Varanasi: Chaukhambha Surbharati Prakashan; 2012.pp-559.
6. Ashtanga Hrudaya of Vagbhata. Varanasi: Chaukhambha Prakashan; 2012.pp- 765.
7. Ashtanga Hrudaya of Vagbhata. Varanasi: Chaukhambha Prakashan; 2012. Pp-769.
8. Yogaratnakara of Lakshmiapati Shastri. Uttardha. Varanasi: Chaukhambha Prakashan; 2012. pp. 272-273
9. Ashtanga Hridaya Samhita Vagbhatacharya, Uttarasthana 31/6, Ashtanga Hridaya Pandit Hari Sadashiva Shastri Paradakar, Choukhambha Orientalia 2002, Varanasi.
10. Vd. Anantram Sharma. Susruta Samhita Chikitsasthan, Varanasi: Chaukhambha Surbharti Prakashan; 2010.shlok 20/36-37; 332.
11. Dr. Brahamanand Tripathi. Astanga Hridayam, Uttarsthana, Delhi: Chaukhambha Sanskrit Pratishthan; 2009. shlok 32/3; 1119.
12. Sharangdhar Samhita, by Dr. Brahamand Tripathi. Uttarkhanda; Varanasi: Chaukhamsurbharti Prakashan; 2008.ShlokNo.11/11; 392.
13. Bhavaprakasha- by Bhisgratna Pandit & ShriBramha Shankar Mishra. Madhyamkhanda; Varanasi: Chaukhambha Sanskrit Sansthana; 2003. shlok 61/35, Page No.587.
14. Yoga Ratnakar- Vaidyalakshampati Shastri Edited by Bhisagaratna Brahmashankar Shastrikshudrarogadhikarshlok no.1; Chaukhambha Prakashan Varanasi, 2012; 282.
15. Bhisajya Ratnawali-by Kavrajya Ambikadatta ShatriKsudrarogchikitsa; Varanasi: Chaukhambha Sanskrit Sansthana; 2001. ShlokNo.60/37-38; 663.
16. www.medicine.com.
17. www.NMIHI.com
18. Acne in school children: no longer a concern for dermatologists, by Rademaker M, GariochJJ, Simpson NB (1989) BMJ 298: 1217-1219.
19. The psychosocial effects of Acne on adolescents, by Krowchuk DP, Stancin T, Keskinen R, Walker R (1991) Pediatr Dermatol 8: 332-338.
20. Cordain L, Lindeberg S, Hurtado M, Hill K, Eaton SB, et al. (2002) Acne vulgaris.
21. General practice as speciality by prakashmahajan 3rd edition, chapter no.7 dermatological conditions, pageno.40
22. Harrison's principle of internal medicine, 15th Edition, volume 1, section 9 Alteration in the skin: Acne vulgaris page no. 315.

How to cite this article: Jain NN. A brief review on mukhdushika w.s.r. acne vulgaris. Galore International Journal of Applied Sciences & Humanities. 2018; 2(1): 31-33.
