



Case Study

MANAGEMENT OF MUKHADUSHIKA WITH AYURVEDIC LINE OF TREATMENT

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ABSTRACT

The concept of beauty is as old as mankind and civilization. A good complexion is desirable and decisive component of the beauty so everyone wants to be attain good complexion and good look so in *Mukhadushika* there is altered face complexion as a result of *Shalmali kanta sadrusha pidaka* over the face which is due to vitiation of *Kapha* and *Vatadosha* and *Ashrayi* of *Raka dhatu* as it is a disease of adolescence age due to hormonal imbalance and can be correlate to the acne vulgaris. Treating this acne in the initial stage itself makes easier and doesn't leave of any scars, which mentally depresses individual and face insecure so in Ayurveda different treatment modalities are explained to treat the *Mukhadushika* so we are taken *Jaloukavacharna* among the treatment with some *Shamanoushadi* to see the result.

INTRODUCTION

Everyone wants to look beautiful. Even a small spot on face especially of younger generation may cause stress. In Ayurveda we found description of *Mukhadushika* under *Ksudraroga*. *Mukhadushika* is *Kapha vata pradhana* with *Rakta* as *Dushya* according to *Yogaratanakara*^[1]. It correlates acne vulgaris explained in modern science. Acne vulgaris is a disease of pilo sebaceous follicles characterised by comedones, papules, pustules and scars. It affects many teenagers. In modern medicine there is no specific remedy for acne vulgaris. Steroids may suppress the condition initially but later it may again cause for reoccurrence of the condition. In Ayurveda along with the *Shodhana karma* and various *Upakarma* like *Jaloukavacharana* are mentioned which helps in effective management. As this *Vyadhi* is *Vata kapha pradhana* and *Rakta* is *Dusya*. *Astanga Hrudaya* says *Padmakantaka* which means *Kantaka* without pain having *Shweta varna*, due *Vata-Kaphaja dosha*^[2].

Medhagarbatarunama mukho syu means it always with pus filled pocket which affects the face of the adolescence it is called as *Mukhadushika*^[3].

Case History

A 19 year- old patient presented with complaint of *Pidaka* on face and below the neck region and feeling of *Daha*, *Srava* and *Kandu* occasionally since 3 years. He has consulted the other contemporary treatment approaches and took treatment but didn't get satisfied results so he consulted our system of treatment, so here we are choosing the treatment of *Jaloukavacharana* and *Shamanoushadi* for 15 days followed by second sitting of *Jaloukavacharna*.

- ❖ Patient name- XYZ
- ❖ Age- 19yrs
- ❖ OPD no- 21645
- ❖ Occupation- Student
- ❖ DOA- 04.01.2022
- ❖ Address- Ilkal


Chief Complaints

1. Small pus filled *Pidaka* over the face and neck region since 3 years
2. *Daha* since 1 year
3. *Srava* since 6 months
4. Itching occasionally

Associated Complaints

- Loss of appetite since 15 days
- Constipation since 1 week
- Disturbed sleep since 1 week

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H/o Present Illness

He is apparently normal before 3 years gradually he developed *Pidaka* over the cheeks (both) then on the forehead and neck region which is having *Daha*, *Srava* with occasionally itching and also associated with loss of appetite since 15 days, constipation and disturbed sleep since from one week. He has visited local physicians and took medicine the history is unavailable but didn't get satisfactory result so he consulted to our hospital for the further management.

Past History

No H/o DM/HTN

Personal History

Diet- Non-vegetarian

Appetite- Poor

Bowel- Constipation

Sleep - Disturbed

Clinical Findings**O/E of Skin**

- *Pidaka*- Blackish red
- Itching- Present
- Discharge- Present
- Burning- Present

Treatment Schedule

1 st day	
<i>Jalaukavacharana</i>	04.01.2022
<i>Tab Arogyavardhini vati</i> ^[4]	1 TID A/F with lukewarm water
<i>Manjisthadi kashaya</i> ^[5]	4tsf TID with lukewarm water B/F
<i>Avipattikara churna</i> ^[6]	1tsf BD with lukewarm water B/F

15 th day	
<i>Jalaukavacharana</i>	20.01.2022
<i>Syr Khadiraristha</i> ^[7]	4tsf TID A/F with lukewarm water
<i>Tab Gandhaka Rasayana</i> ^[8]	2BD B/F with lukewarm water
<i>Avipattikara churna</i>	1tsf BD with lukewarm water B/F

Observations

S.No	Complaints	BT	1 st Follow Up	2 nd Follow Up
1	<i>Pidaka</i>	<i>Shyava</i> and more in number	Mild Reduced	Reduced
2	<i>Srava</i>	Present	Reduced	Absent
3	<i>Daha</i>	present	Mild Reduced	Absent
4	<i>Kandu</i>	Present	Mild Reduced	Absent
Associate Complaints				
1	Appetite	Poor	Mild Improved	Normal
2	Constipation	Present	Mild Improved	Normal bowel
3	Sleep	Disturbed	Improved	Improved

DISCUSSION**Discussion on *Jalaukavacharana***

As this condition is predominant of *Vata-kapha Dosh* and also *Rakta* is *Dusya*. So due to *Asraya asrayi bhava* with *Pitta* and *Rakta Jalaukaavacharana* is advised as it is best for *Pitta dosha*.

As *Jalouka* contains *Hirudins* which is very effective in the increasing in the blood circulation by vasodilatation for quick healing and also have a anti-allergic factors in the healing.

Leeches removes the local impure blood to help the tissue to heal its one of the parasurgical procedure to use for the smaller area blood purification.

Discussion on *Shamana Aushadhis*

Arogyavardhini: It contains *Katuki* acts a *Rechaka*, *Deepaka* and *Pachaka* which subsides the *Kandu*, *Agnimandhyata* and *Malabaddata*, also it contains *Nimba*, *Triphala*, *Guggulu*, *Shilajitu*, *Gandhaka*, so it act as *Kaphagna* and *Pittagna*.

Manjishtadi kashaya: It is *Rakta prasadaka* and *Rakta shodhaka* so helps in the proper healing without any remnant.

Avipattikara churna: It is *Amapachaka* and *Rechaka* which relieves the *Malabaddata* along with proper movement of *Apana vayu*.

Khadirarista: As in this condition *Tridosha* along with *Rakta* is involved and also it *Twachya*. As *Khadira* is best for all *Tvacha vikaras khadirariste sarva kustanivaranaha*.^[9]

Tab Gandhaka Rasayana: As *Gandhaka rasayana* is said and proved as best^[10] antibacterial, antimicrobial, antiviral, antibiotic and blood purifier action as it purifies the blood.

CONCLUSION

Mukhadusika is a *Kapha-Vataja* and *Raktaja vyadi* so treatment modalities also have to be *Kaphashamaka* and *Raktashodhaka*.

Shamanoushadis are used here also have the same effect of *Kaphashamaka* and some of the medicines are use for the associated symptoms along with chief complaints so choosing the medicine which is having multi-action is very useful and effective.

The condition get worsen if untreated so along with *Jalaukavacharana* and *Shamana aushadhis* the patient get relief. There by patients overall quality of life improved with *Shodhana* and *Shamana*.

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