



## Case Study

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### MANAGEMENT OF ACNE VULGARIS BY PRINCIPLES OF AYURVEDA: A CASE STUDY

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#### ABSTRACT

Acne is one of the most troublesome, frustrating and common skin-care problems for people around the world. Acne vulgaris is the most common disorder treated by dermatologists. Acne is a disease of pilosebaceous units characterized by the formation of the open and closed comedones, papules, pustules, nodules and cysts. This condition can be correlated with Mukhadushika. The incidence of Mukhadushika is increasing day by day due to consumption of junk food, fast food and cold drinks etc. which leads to imbalances in Doshas. This case is an ideal example of Mukhadushika and is successfully managed with Ayurveda therapy. Patient was suffering from acne on face, blackish spots, itching & burning sensation over facial skin along with pain since last one and half year. Considering clinical features and Kapha, Vata, Rakta involved in pathology; patient was treated with oral administration of Gandhak Rasayan and Triphala Churna along with external application (Lepa) of powder of Manjishtha, Lodhra, Haridra, Nimbapatra on face. After 15 days Ushir powder was added in Lepa instead of Nimbapatra; considering poor response to burning sensation. Treatment was continued for next 15 days. At the end of treatment, there was complete disappearance of acne, relief in itching, burning sensation and pain. Significant improvement was also observed in discoloration over face. Hence it was concluded that Lepa of Manjishtha, Lodhra, Nimbapatra, Haridra and Ushir Churna along with oral administration of Gandhak Rasayan and Triphala Churna is highly effective in the management of Mukhadushika.

**Keywords:** Acne, Mukhadushika, Manjishtha, Lodhra, Ushir, Gandhak Rasayan.

#### INTRODUCTION

Every person wants to look beautiful. Even a small spot on the face especially of younger one causes worry. A clear complexion might have created a stronger self image and a higher sense of self confidence. Unfortunately, acne hits young people at a time when they most want to look their best. Acne is a disease of sebaceous gland which occurs only during particular age period. The condition usually starts in adolescence and resolves by the mid-twenties, but in some patients it may persists up to the age of 35 years and more. Patients having acne have an associated increased secretion of the sebaceous gland leading to increased oiliness of the skin. This is acted upon by the normal flora of the skin. Fatty acids along with the other components of the sebaceous secretions and the bacteria are responsible for producing the acne lesions. The lesion consists of open comedones (black heads), close comedones (white heads), inflammatory papules, papulo-pustules and cystic lesions; frequently on the cheeks but also involve forehead, nose, chin and occasionally on the back and chest.<sup>1-2</sup> In Ayurveda science, this condition can be correlated with Mukhadushika. Yuvanpidaka, Mukhadushika and Tarunyapida are synonyms mentioned in Ayurvedic texts. In Sushrut Samhita, Mukhadushika is mentioned under Kshudra Rogas (Minor diseases). Mukhadushika (Acne vulgaris) by the name also it clears that it is a disease affecting face and Yuvanpidaka or Tarunyapida explain its onset during the period of young age.<sup>3</sup> Adolescence and girls around twenties are having more concern about their good look. Acne suppresses an individual's self confidence by causing distress with regard to physical appearance; which affects a significant number of

individuals during Yuvan (Young age). Acne vulgaris is found to have similarity with the disease Mukhadushika. These are Shalmali thorn like eruptions on the face due to vitiation of Kapha, Vata and Rakta which are found on the face.<sup>4-5</sup> Allopathic management of acne includes topical application of antibacterial, antiseptic creams, use of calamine lotion etc. Systemic antibiotics are used if acne is not treated by topical application.<sup>6</sup> Patient has tried out all these measures but had no relief. So she was given Ayurveda management in the form of Gandhak Rasayan, Triphala Churna orally and Manjishtha, Lodhra, Nimbapatra, Haridra, Ushir Churna for lepa (external application) over face. Patient was successfully managed with this treatment without any side effects.

#### MATERIALS AND METHODS

**Place of study-** Mahatma Gandhi Ayurveda College Hospital and Research centre, Salod (H), Wardha, Maharashtra, India, 442001.

**Case Report-** The present case study is successful Ayurvedic management of a case of Mukhadushika (Acne vulgaris). A 20-year-old female patient with Registration no 1601150005 came to Mahatma Gandhi Ayurveda College Hospital and Research centre, Salod (H), Maharashtra, India, with chief complaints of -

1. Acne on face (Pidaka)
2. Pain over face (Vedana)
3. Itching over face (Kandu)
4. Burning sensation (Daha)
5. Discoloration of face (Vaivarnya)

Associated symptom was- mild constipation.

Patient had above complaints since one and half year.

### History of present illness

The patient was normal one and half year back. But Since then patient has been suffering from acne on face, blackish spots, itching & burning sensation over facial skin along with pain. Patient was also psychologically upset since last 6 months. She

had used various local and oral allopathic medicines. But there was no any significant relief. Even local use of soaps and creams were worsening the acne. Hence she came to Mahatma Gandhi Ayurveda College and Hospital, Salod (H), Maharashtra, India, for management.

**Past History:** Not significant.

### Personal History:

**Table 1: Personal history**

Name: xyz	Bala: Madhyama (Average)	Prakriti: Pitta Vata
Age: 20 years	Sleep: Inadequate	BP: 110/70 mmHg
Sex: Female	Addiction: None	Weight: 40kg
Marital status: Unmarried	Bowel habit: Irregular	Height: 158cm
Occupation: Student	Appetite: Poor	

### Ashtavidha Pariksha

**Table 2: Ashtavidha Pariksha**

Nadi (pulse):	80/min	Shabda (speech):	Clear
Mala (stool):	Constipation	Sparsha (touch):	Normal
Mutra (urine):	Normal	Druka (eyes):	Normal
Jivha (tongue):	Saam (Coated)	Akruti (built):	Madhyama

**Treatment plan-** Patient was treated on OPD basis.

### A) Selected Internal Ayurvedic Drugs:

Gandhak Rasayan and Triphala Churna were selected for oral administration.

**Table 3: Dose, Route, Kala (drug administration time) and Anupan (vehicle) of drugs used in the management**

Name Of Medicine	Dose	Route	Kal	Anupan
Gandhak Rasayan	250 mg three times/day	Oral	Adhobhakta (after meal)	Water
Triphala Churna	3 grams once/day	Oral	Nishikal (bed time)	Koshna Jala (luke warm water)

**Duration:** 15 Days

**Criteria for Selection of internal medicines:** Oral medications were selected on the basis of their properties useful in pacifying vitiated Dosh in Mukhadushika and ability to relieve signs and symptoms of Mukhadushika.

**Table 4: Ingredients of preparation used for oral administration with their use<sup>7-8</sup>**

Name Of Medicine	Ingredients	Properties and use
Gandhak Rasayan	Guda, Ghee, Shunthi, Pippali, Twak, Ela, Marich, Vidang, Patra, Triphala, Rasna, Bhingaraj, Bakuchi, Erandabeej, Gandhak, Lohabhasma, Madhu	Raktashodhak, Vranropak, Twachya, useful in skin disease.
Triphala Churna	Amalaki, Haritaki, Bibhitaki	Tridoshghna, Mridu Virechak (mild purgative), Kushthghna, Deepaniya (Improve appetite).

### B) Selected external Ayurvedic Drugs

**Drug:** Powder of Manjistha (2gms), Lodhra (2gms), Nimbapatra (2gms), Haridra (1gms) with water in the form of paste.

**Dose:** Application on face once a day.

The mixture was advised to apply on the face once daily; left for 20 minutes and rinsed off using cold water.

**Duration:** Treatment was carried out daily for 15 days.

**Follow up:** After 15 days.

**Criteria for Selection of external medicines:** Medicines for external application were selected due to their properties beneficial for treating acne vulgaris.

Table 5: Ingredients of Lepa with their properties <sup>9-14</sup>

Name of ingredients	Latin name	Dose	Properties
Manjishtha	<i>Rubia cordifolia</i>	2gm	Varnya (Beneficial for skin colour), Kapha-Pitta Shamak, Shothahar (Reduce swelling), Kushthaghna (Beneficial for skin diseases), Vranropak (Wound healing), Raktashodhak (Blood purifier).
Lodhra	<i>Symplocos recemosa</i>	2gm	Kashay (Astringent), Shit (cold), Kapha-Pitta Shamak, Shothahar, Kushthaghna, Vranropak.
Nimbapatra	<i>Azadirachta indica</i>	2gm	Kapha-Pitta Shamak, Raktadoshahar, Kushthaghna, Vranropak.
Haridra	<i>Curcuma longa</i>	1gm	Tridoshshamak, Shothahar, Kushthaghna, Vranropak, Vranshodhak, Varnya, Vedanasthapak (Reduce pain), Kandughna (Reduce itching).
Ushir (Used after 1st follow up)	<i>Vetiveria zizanioidis</i>	2gm	Varnya, Dahaprashaman (Reduce burning), Kapha-Pitta Shamak, Twakdosahar (Beneficial for skin problems), Kushthaghna, Raktaprasadan.

**Preparation of Lepa:** Patient was asked to take 2gms of Manjishtha and Lodhra Churna each. Then it was added with 1 gm of Haridra Churna and 2 grams of Nimbapatra Churna. Adequate water was added to mix them. Lepa was prepared fresh every day.

All the internal and external medicines used in this case were prepared in Dattatreya Rasashala of Mahatma Gandhi Ayurveda College Hospital and Research centre, Salod (H), Wardha, Maharashtra, India, which is FDA approved, so as to assure authenticity of drugs.

**Ahar and Vihar (Diet and mode of life) advised during treatment:**

**Pathya (Regimen to be follow):** Green gram, rice, wheat, green vegetables, fruits.

Adequate sleep at night (8hours)

Washing face every time coming from external environment and sleeping at night.

**Apathya (Regimen to be restricted):** Ice cream, cold drinks, curd, bread, toast, oily substances like chips etc, non-veg, egg, fast food, tea and coffee.

Night awaking (Ratri Jagran), Daytime sleeping (Divaswap), squeezing of acne, excessive exposure to sunlight.

**Counseling-** As patient was also psychologically upset hence proper counseling of patient was done. She was made aware about hormonal changes in female body around this age. Patient was made confident that this condition is treatable.

**Follow up 1<sup>st</sup>-** After first follow up, Nimba Patra was replaced with equal amount of Ushir Churna (2gms), while rest of the contents was same. There were no changes in the internal management.

**Duration-** This treatment was carried out for 15 days.

**Follow up 2<sup>nd</sup> -** After 15 days.

Signs and symptoms of the patient regarding acne were assessed during each follow up and results were drawn after last follow up.

## Grading

Table 6: Criteria for assessment of results

Sign and symptoms	Normal 0	Mild (1)	Moderate (2)	Severe (3)
Acne(in number)	No acne (0)	1-3 (1)	4-9 (2)	More than 9 (3)
Burning	0	1	2	3
Itching	0	1	2	3
Pain	0	1	2	3
Discoloration	0	1	2	3

## OBSERVATION AND RESULTS

Assessment of signs and symptoms of the patient regarding acne was done during each follow up and results were as follows-

Assessment of signs and symptoms of acne vulgaris (Mukhadushika) before and after treatment are as-

Table 7: Changes in signs and symptoms during each follow up

Sign and Symptoms	before treatment	1 <sup>st</sup> follow up	2 <sup>nd</sup> follow up
Acne	3	1	0
Burning	3	3	0
Itching	2	1	0
Pain	1	0	0
Discoloration	3	2	1

Table 7 shows that there is significant relief in all signs and symptoms of Mukhadushika. It means selected management of Mukhadushika is effective.

## DISCUSSION

In Ayurvedic Samhitas Mukhadushika is described very shortly. In Ashtang Sangraha it is mentioned that these Pidaka looks like thorn of Shalmali tree. Acharya Sushruta has pointed out vitiated Kapha, Vata, Rakta as the causative factors of the disease. Acharya Vagbhat has also mentioned Medodushti in Mukhadushika. According to modern, it is a disease of sebaceous gland causing macules, papules, black spots etc. on face. Topical applications of antibacterial, antiseptic creams, calamine lotion etc. is commonly prescribed by modern science. Systemic antibiotics are prescribed if acne is not treated by topical application. According to modern acne patient doesn't need to observe any dietary precautions. This patient has tried out all these allopathic measures but had no relief. But Ayurveda has different holistic view while treating any disease. Diets, mode of life, psychological status are considered as important, along with medicinal management. This case was ideal case of Mukhadushika. Patient was taking fast food; oily, salty substances; bakery products regularly. She was having habit of Adhyashan (Eating even after taking full diet). Patient was also practicing Ratri Jagaran (night awaking) and Divaswap (Daytime sleeping). These etiological factors may be the cause for vitiation of Tridosha along with Rakta and resulted in formation of Pidaka (Acne) on face with clinical features like burning sensation, pain, discolouration, itching etc. Both internal and external treatments were selected for this patient considering Ayurveda Principles. Gandhak Rasayan is used in skin diseases and as a blood purifier, hence selected for study. Triphala Churna is also found beneficial in acne and it is also relieving constipation, hence selected along with Gandhak Rasayan for oral administration. Manjishtha, Lodhra, Haridra and Nimbapatra were used for external application. All these drugs are having properties like Varnya (Good for skin colour), Kapha-Pitta Shamak, Shothahar (Reduce swelling), Kushthaghna (Beneficial in skin disease), Vranropak (Wound healing), Raktashodhak (Blood purifier), Vedanasthapak (Reduce pain), Kandughna (Reduce itching) and Dahaprashaman (Reduce burning), which are helpful in treating acne. This remedy was given for 15 days. During complete duration of treatment, patient was instructed to follow Pathya (do's) and Apathya (don'ts) as advised strictly. During first follow up it was found that there is significant relief in all signs and symptoms of acne except burning sensation. Ushir is highly effective in burning sensation. Hence Ushir Churna was added in Lepa instead of Nimbapatra for next 15 days. Patient was examined again after 15 days. There was disappearance of acne, complete relief in itching, burning sensation and pain. Significant improvement was observed in discoloration over face from grade 3 to grade 1. This shows that if plan of treatment is selected according to Principles of Ayurveda along with proper drugs, doses, duration, Anupan, Pathya and Apathya there is assurance of success in treatment as seen in this case of Mukhadushika.

## CONCLUSION

Hence it is concluded that Lepa of Manjishtha, Lodhra, Nimbapatra, Haridra and Ushir Churna along with oral administration of Gandhak Rasayan, Triphala Churna is highly effective in the management of Mukhadushika (Acne vulgaris).

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