

EFFICACY OF VIRECHANA KARMA IN MANAGEMENT OF MUKHADUSHIKA vis-à-vis ACNE VULGARIS

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ABSTRACT

Healthy skin is a result of overall health condition of individuals and a clear, healthy facial impression plays an important part in the individual's personality. Since, the ages *tarunyapitika* or *mukhadushika* or *yuvanpidika* is a major concern for youth (specially adolescents). *Mukhadushika* is one of the *kshudra rogas* explained by *acharya sushruta*. Herb *shalmali kantaka* like bump or blemish appears on the skin due to vitiation of *kapha, vata* and *shonita*. *Mukhadushika* is correlated as Acne vulgaris which is a disease of pilosebaceous follicle characterized by non-inflammatory and inflammatory lesions. In ayurveda, *mukhadushika* is treated through *shodhana* and *shamana chikitsa, nidanaparivarjana*. *Nidanaparivarjana* means to avoid the *hetu sevana*, *shodhana chikitsa* for *mukhadushika* includes *vamana, virechana, siravedha*. Among *shodhana, virechana karma* is used for underwritten case. *Shamana chikitsa* is also given to the patient.

KEYWORDS: *Mukhadushika, kshudra roga, virechana karma.*

INTRODUCTION

Mukhadushika, also called as *Yuvan pidika* (*Tarunyapitika*) as said by *Acharya Sushruta* in *Sushruta samhita*. *Acharya Sushruta* explained it in *Kshudrarogas*; it looks like *kantak* of herbal plant *Shalmali* so it is called as "*Shalmali Kantaka Sadrush Pidika*"^[1] on face. *Mukhadushika* can be co-related as acne vulgaris. *Mukhadushika* commonly occurs at puberty stage. At this age sebaceous glands are more active.^[2] As face gets affected mostly; beauty conscious youngsters may suffer from inferiority complex and depression. In Ayurveda *Mukhadushika* comes under *Kshudra Kushtha*. Skin gets affected mainly by vitiated *Pitta dosha* along with *Rakta*. This *Kupit mala pitta* through the blood circulation which leads to *kapha prakopa* in *twacha* and this *kupit kapha dosha* obstructs the opening of *swedavaha strotas* i.e. sebaceous glands. Thus develops *Mukhadushika*. Various Traditional^[3] treatments are also used for skin diseases. According to Modern Science *Mukhadushika* is correlated with Acne Vulgaris. Acne vulgaris is a infection of the pilosebaceous follicle. It is mainly characterized by non-inflammatory white and black heads, and inflammatory lesions like inflamed papules, and pustules. Acne is reactive to various therapies to clear the lesions, prevention of scar and thus indirectly prevents psychological stress of that individual.

Ayurvedic Reference of Acne

शलमलीकण्टकाकाराः पिटिकाः सरुजो घनाः ।

मेदोगर्भा मुखे यूनां ताभ्यां च मुखदूषिकाः ॥ (अ.ह.उ.३.३१/१) ॥
Shloka No. 5, Kshudrarogavijnaneeya, Utharasthana, AshtangaHrudaya by Vagbhata

Ayurvedic Review

Historical Review

In *Vedic kala*^[4] and *Pauranic kala* there is no description of *Mukhadushika* elaborated in texts.

Samhita Kala Review

- *Charaka samhita*: Dominance of *pitta* in *twacha* and *shonita*
- *Sushruta samhita*: Explained *mukh dushika* with forty four types of *kshudra roga*
- *Vagbhata*^[5]: Explained in both *ashtanga sangraha* and *ashtanga hridaya* with thirty six types of *kshudra roga*
- *Madhav Nidan*: As per *Sushruta* he explained the disease and is called by the name *yuvan pidika* with forty three types of *kshudra roga*.
- *Sharangdhar*^[6]: He explained as *yuvan pidika* with sixty types of *kshudra roga*
- *Bhav Prakash*: Explained as dominance of *kapha, vata* and *rakta* of *kshudra roga*. Both genders suffer with this disease.
- *Yog Ratnakar*: Explained as *yuvan pidika* under *ksudra roga*. This disease is due to dominance of *kapha, vata* and *rakta*.

Nidana of Mukhadushika

Causative Factors of *Yuvanpidaka* or *Tarunypitika* or *Mukhadushika* includes katu, Madhur, guru, snigdha, mamsal ahaar. It also includes anidra, upwas, atapasewana.

Mukhadushika comes abruptly with the facial appearance of white and black heads. Characteristic features includes: Loss of sensation sometimes, No sweating or profuse sweating, Change in skin colour, Prominent rashes, Burning sensation, Acute pain, Physical exertion, Extreme pain in wounds, Lack of sensation, Extreme unevenness, reddish black staining of skin

Roopa: Appearance of *Mukhadushika* is *Shalmali Kantakakara sadrusha* (Just like thorn of Shalmali), *Shotha* (inflammation), *Raktavarniya* (reddish in color), *Vedana* (Pain), *Bhariv* (in cluster) *Peetavarniya vrana* (yellow fluid in the papules)

Samprapti

Vitiated *vata*, *pitta* and *kapha* doshas approaches the *raktadhatu* and it becomes *dushita* (*depraved*) and due to this abnormal creation of *kupit* (*vitiated*) *pitta* occurs. This *Kupit Pitta* along with *mala pitta* through the blood circulation which leads to *kapha prakopa* in *twacha* and this *kupit kapha dosha* obstructs the opening of *swedavaha strotas* i.e. sebaceous glands. Thus develops *Mukhadushika*.

Samprapti Ghataka

- *Dosha* – *Kapha* and *Vata*
- *Dhatu* -*Rasa*, *Rakta* and *Meda*
- *Upadhatu* –*Twak*
- *Agni* - *Jatharagni mandya*
- *Strotas*- *Svedavaha*, *Raktavaha*
- *Strotodushti* – *Sanga*
- *Udbhavasthanana* - *Ama-pakwashay*
- *Sancharasthanana* – *Sarva shareera*
- *Vyakta sthana* –*Mukha*
- *Adhithana* – *Twak*
- *Rogamarga* – *Bahya rogamarga*

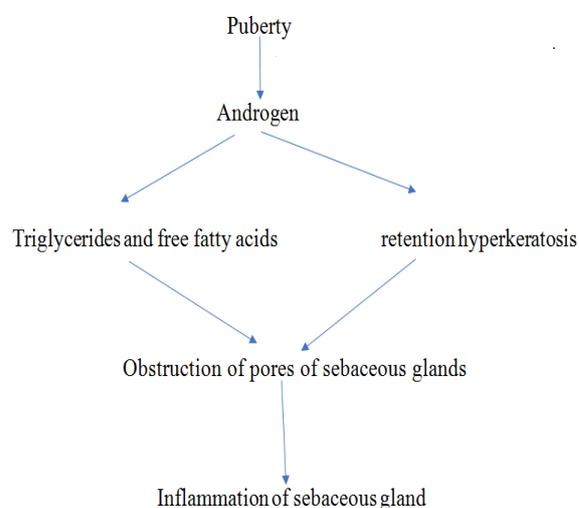
Pathogenesis (*Samprapti*) of *Acne vulgaris* as per Ayurveda In Ayurvediya Samhitas, there is a brief description available regarding the disease *Mukhadushika*, It is described under the heading of *Kshudra Rogas* and not as an independent disease. It is called as *Kshudra* because of their lesser severity. According to *Sushruta Samhita Nidana Sihana*, painful eruptions like thorn of *Shalmali*, impregnated with *Meda* are found on the face of adolescent are called as *Mukhadushika* or *Yuvanpidika*. In other *Samhitas* of Ayurveda like *Ashtanga Hridaya* and *Ashtanga Samgraha* there is description about *Mukhadushika* is almost similar.^[8] According to the description of various *Samhitas*, the probable *Samprapti* of the disease as- due to the indulgence of the aetiological factors *Kapha*, *Vata* and *Rakta Dushti*, there will be vitiation of *Vata* and *Kapha Dosha* which gradually vitiates *Rasarakta-adi*

Dhaatus. It may causes abnormality in *Dhaatva-agni* (mainly *Medoagni*) resulting into excessive *Sweda* production (as *Sweda mala* of *Medodhatu*), which obstructs the hair follicle (as *Meda* and *Lomakoopa* are the root of *Swedvaha Srotas*). Thus here *Sanga* type of *Srotodushti* takes place and its manifestation is *mukhadushika*.

Pathogenesis of acne vulgaris: It is a skin condition that occurs due to the clogging of oil glands of the skin.^[7]

There are four major factors involved in the disease production which are continued as:

- 1) Increased sebum production
- 2) Cornification of pilo-sebaceous duct
- 3) Microbial involvement
- 4) Production of inflammation.



VIRECHAN KARMA

Mukhadushika is caused due to vitiation of *Kapha*, *Vata* and *Rakta Dosha*. *Acharya Charaka* has highlighted the role of *Panchakarma* therapy by stating that the disease treated by *Shodhana* will never reoccur in due course of time. These *Shodhana* probably may leads to certain endogenous changes in the body responsible for the alleviation of *Acne* pathological process. Hence, *sanshodhana* (*Virechan*) therapy seems to be line of treatment. Among all the *Shodhana karma* first preference is given to *Virechana* by the physicians because of its broad spectrum applicability and simplicity with least possibility of complications; *Virechan* not only helps in eliminating *Doshas* from the body but it has also preventive as well as promotive aspects. The importance of *sanshodhana* along with *Shaman* therapy will be more helpful in the treatment of this ailment. Among *Shodhanas*, *Virechana* is best for the diseases of *Pitta & Rakta Pradoshaja* and some extent of *Kapha*, which are main *Dosha* of *Mukhadushika*. According to these lines of treatment, *Virechana* was firstly administered to the patients as a *shodhana* measure. Post *virechana karma*, internal medications were also given.

Probable Mode of Action of Virechana Karma⁽⁹⁾: All Acharyas have common opinion regarding the importance of *Shodhana* in the management of different diseases.

Table No. 1:

KARMA	MODE OF ACTION
<i>Deepana</i>	Enhances appetite and it pacifies vitiated <i>Vata dosha</i>
<i>Snehapan, Abhyang & Swedana</i>	Expels vitiated <i>Doshas</i> from <i>Shakha</i> to <i>Kostha</i> . By virtue of its property <i>Ghrita</i> is <i>Pitta-Shamak</i> and <i>Agni-Dipak</i> .
<i>Virechan Karma</i>	It is targeted to expel increased <i>Pitta Dosha</i> out of the body i.e. <i>Srotoshodhan</i> . As we know that <i>Rakta</i> is said to be <i>Pitta Sadharmi</i> so it will pacify vitiated <i>Pitta</i> as well as vitiated <i>Rakta</i>
<i>Sansarjana karma</i>	Due to <i>shodhan (Virechan)</i> procedure <i>Mandagni</i> develops therefore <i>Sansarjan karam</i> maintain <i>Agni</i> balance or equilibrium.

AIM AND OBJECTIVES

To evaluate efficacy of *Virechana karma* in the management of Acne Vulgaris.

Management: Line of treatment: *Ayurvediya* management mainly comprises of the following:

- I) Removal of causes (*Nidanparivarjana*)
- II) *Samshodhana Chikitsa*^[10,11,12]
 1. *Vamana Karma*: According to *Acharya Sushruta* in *Yuvaan pidika*, particular emesis is beneficial.
 2. *Virechana Karma*: It is indicated especially to subside *Pitta Dosha* or *Pitta Sansargaja Dosha*.
 3. *Nasya Karma*: *Acharya Vagbhatta* has also described this process *Mukhadushika*.
 4. *Siravedha*: The involvement of the *doshas* in *Yuvana pidika* is *Kapha, Vata* and *Rakta*. To get rid from these vitiated *Doshas, Raktamokshana* is one of the best lines of treatment explained in our classics.

Among *Shodhanas, Virechana* is best for the diseases of *Pitta* and *Rakta Pradoshajavikara* and some extent of *Kapha*, which are main *Dosha* of *Mukhdooshika*. According to these lines of treatment, *Virechana* was administered to the patient as a *Shodhana* measure

MATERIALS AND METHODS

CASE REPORT

A 25-years-old female patient presented with complaint of red colored *Pidaka* (Papules and pustules) on face and back, associated with *shirashoola* (headache); *keshapatan* (hairfall); *palitya*(greying of hair); *sarvang dah* (burning sensation all over body) and *swapna-adhikya* (excessive sleep) since 3 years at *Panchakarma opd of Sane guruji Arogya kendra* on 15/3/2023,

Aggravating Factors

Exposure to dust and intake of *mamsala ahara*(chicken, mutton, egg)

• Past History

No other past history was noted according to patient statement.

- **History of Allergy:** No history of any type of allergies.
- **Medical History:** Patient not suffering from any systemic disease i.e. HTN/DM/IHD.
- **Family History:** No any relevant family history.
- **Personal History:** - Diet: *Aaharaja- Katu, amla, lavana, mamsala*(chicken, mutton, egg) *aahara ati sevana*.

Appetite: moderate, Bowel: regular (2 time/ day),

Micturition: normal (5-6 time/day),

Sleep: increased (12 hours/day),

Addiction – no any

Occupational History: - doctor; Hours of working: Day: 8 hours, **Nature of work:** prolong standing (atiasana)

On Examination

- Type of lesion- Papules
- Scars- Present
- Symmetry- Symmetrical
- Spread- Over face (mainly cheeks)
- Type of skin- Oily
- Tenderness- Present locally over active acne
- Pigmentation- Hyperpigmentation present
-

Table No.2: Assessment Scale (comprehensive acne vulgaris severity scale - CASS).

GRADE	SEVERITY	DESCRIPTION
0	Clear skin	No lesions to barely noticeable ones, very few scattered comedones and papules
1	Almost clear skin	Hardly visible from 2.5 meters away, a few scattered comedones, small papules, very few pustules
2	Mild	Easily recognizable, less than half of the affected area is involved, many small comedones, papules or/and pustules
3	Moderate	More than half of the affected area is involved, numerous comedones, papules or/and pustules
4	Severe	Entire area is involved, covered with comedones, numerous papules

		and pustules, very few nodules and cysts
5	Very severe	Highly inflammatory acne covering the affected area, nodules and cysts present

Assessment was done on the base of comprehensive acne vulgaris severity scale- CASS before treatment. Patient was assessed and examined, it was concluded that the patient was suffering from grade 3 acne vulgaris with papules, comedones, no nodules, cysts were observed over the face of patient.

Samprapti Ghataka

- **NIDANA-** Aaharaja- Katu, amla, lavana, mamsala(chicken, mutton, egg) aahara ati sevana Viharaja- Ati krodha.
- **DOSHA-** Pitta, Kapha and Rakta

- **DUSHYA-** Rasa, Rakta
- **AGNI-** Vishamagni
- **STROTODUSHTI-** Sanga
- **VYAKTA STHANA-** Mukha
- **UDBHAVA STHANA-** Amashya
- **ROGAMARGA-** Bahya

Shodhana- virechana

For first 3 days pachana was done with musta churna 2 gm. Along with it, patient was advised haematological test (haemoglobin with ESR).

Table No.3: Purvakarma.

Days	Advise	Inferences
Day 0	Patient was assessed for virechana arha/anarha(suitable/ unsuitable for virechana) and also for Hb, ESR, BSL random, Urine routine, ECG	Haemogram with ESR- NAD BSL- random -NAD Urine routine - NAD ECG- NAD
Day 1-3	Pachana was given with musta churna (muhu-muhu panartha)	Boil musta churna 2gm in 1 litre water; for 3 days

Snehapana was given with gaughrita in increasing amount after obtaining nirama avastha from day 4 – day 7, attaining samyaka snigdha lakshanas i.e., Peeta-harita varni pichila drava mala pravartan, snehadwesa, twaka-snigdhta, alpatah adha stad sneha darshana on day 7.

From day 8-day 10, vishrama kala was observed, in which sarvang snehana swedana was given with tila taila.

Table no.4: Pradhana karma.

Therapy	Drug	Dose	Days
Sarwang snehan Sarwang swedan	Til taila	100 ml	1 Day
Virechana day	Yoga- Icchabhedi rasa Anupaan-jal	2 vati 100 ml	1 Day

27 mala vega were recorded with kafanta (pichila and Shweta varni mala pravartana) at 9:00 PM.; samyaka lakshana of virechana were observed i.e., Prasanna-

indriya, laghavta, vata-anulomana, agni-pradipti. No ati yoga or heena yoga lakshana was observed.

Paschat karma

Table No.5.

Therapy	Drugs	Dose	Days
Sansarjan karma	Peya Vilepi Akruta yusha Kurta yusha krushra	As per requirement	7 days

After vamaana, the patient stated that there was relief in papules on b/l sides of face, and reduction in burning sensation whole body, shirashoola. after 15 days it was noted that there was remarkable relief in active acne, acne, scars and spots. There was reduction in number of active acne as well as reduction in the size of these, the hyper pigmentation over the acne spots and scars began

to reduce. On 32nd day, the day of follow up, it was noted that texture of skin was smoother than before, the papules had shrunken, the skin tone had improved. After treatment comprehensive acne vulgaris severity scale-CASS was Grade-2; as we can see in the above picture mild comedones were there.

RESULT

Following visible results were seen, along with it,



DISCUSSION

Mukha dushika or *Yuvan pidika* is a problem which affects 70-80% of adolescents. It is one of the *kshudra rogas* mentioned in Ayurveda. As in the adolescent age there is natural predominance of *pitta* and on consumption of unbalanced food and alternate lifestyle it causes vitiation of *dosha* which in turn results in *dosha dushya sammurchana* and causes the disease. In the above mentioned case there was intake of *ati-katu, lavana, amla, virudh aahara* and *atikopa* which resulted in appearance and aggravation of disease. *Shodhana chikitsa* includes *vamana, virechana, nasya, jalaukavcharna* and *siravedha*. Here, *virechana karma* was chosen for the patient. *Acharya Charaka* says that depending on the location and *dushya* each subject should be given specific therapies.¹³ Hence *shodhana* in the form of *virechana* was selected, as this procedure helps to remove vitiated *doshas* from the body. *Acharya Charaka* has explained *upvasa, virechana, raktamokshana* in *raktaja* and *pittavikara*. There are many studies¹⁴ has been done where *virechana* shows significant effect on management of different skin disease. Thus to do *samprapti bhanga chikitsa, virechana* is one of the best treatment as the drug used in this therapy absorbs very quickly due to *vyavayiguna, vikasiguna* does the *dhatushithilata, ushnaguna* liquefies the *doshasangha, teekshnaguna* does the *chedana* of *dosha*, due to *sukshmaguna* reaches the micro channels and breaks up the *grathitdoshas* and brings to *kostha*. Due to predominance of *Prithvi* and *jala mahabhuta* and *adhobhagahara prabahava* of drug the vitiated *doshas* comes to *kostha* and then expel through *gudamarga*.

CONCLUSION

Ayurvediya panchakarma management of mukhadushika showed significant result in this case. Moderate improvement was found in comedones, papules and pustules. Along with it improvement was also seen in shirashoola i.e., headache; keshapatana (hairfall), sarvang dah (burning sensation all over the body), swapan-adhikya (increased sleep) also got subsided. This case study suggests that *virechana karma* may provide a significant result in mukhadushika i.e., Acne vulgaris.

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