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EFFICACY OF SHIRODHARA IN THE MANAGEMENT OF MUKHADUSHIKA W.S.R TO ACNE VULGARIS - A CASE STUDY

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ABSTRACT

Mukhadushika (Acne Vulgaris) is one of the Twakavikar,[1] described under Khudra Roga in Ayurveda it is also known as Yuvanapidika or Tarunyapidika, closely resembles Acne Vulgaris, which is one of the most prevalent dermatological condition affecting adolescents and young adults worldwide. Mukhadushika which is oftenly associated with imbalance of pitta and vata doshas which leads to manifestation of inflammation, dryness etc. Shirodhara gives calming effect along with addressing physiological. Shirodhara gives calming effect along with addressing physical and psychological factors which are main causative factors of Twakavikar.[2] Sometimes Harmonal imbalance is causative factor for Harmonal imbalance and according to modern science harmonal imbalance is one of the main causative factor of Acne Vulgaris; here shirodhara is carried out by using Ksheerabala Taila and Brahmi Taila and followed with Shamanoushadhi. The result showed substantial improvement in the patient's symptoms, with complete absence of black and white comedones, reduced macules, papules and tenderness.

KEYWORDS: Mukhadushika, Acne Vulgaris, Shirodhara.

INTRODUCTION

Traditionally, Shirodhara used to alleviate stress and promote relaxation, its application in the management of Twakavikar (skin disorders). Twakavikar encompasses a wide range of skin disorders like eczema, psoriasis, achne, dermatitis etc. Shirodhara is advised for many diseases like Shirashula (headache), Daha (burning sestion), Paka(abscess), Vrana (wound), Arushika (boils) etc. by the shirodhara one can achieve all the benefits in dermatological conditions. Stress is known aggravator of Twakavikar, by calming effect shirodhara indirectly mitigates the triggers. Further more the medicated liquids used i.e. Ksheerabala Taila and Brahmi Taila possesss the therapeutic properties that helps to reduce the inflammation, promotes nourishment.

CASEREPOT

A 25 years student came to Panchakarma OPD, Dr. N.A. Magadum Ayurvedic Hospital Ankali with following complaints of Pidika, redish marks on the both cheeks, on forehead and on chin.

Patient was assessed and examined from that concluded the patient is suffering with acne vulgaris with pustules, papules, comedones, few nodules were observed over chin, cheek and on forehead.

H/O present illness – Since 5 years

H/O past illness - measles 9 years back

Personal History-

Occupation – Student
Diet - Non- Veg
Appetite - Regular
Bowel - Complete evacuation
Micturation- Normal
Sleep – Sound
Menstrual Cycle- Irregular

Nidana

Late night intake of food, Abhishyandi Ahara, Snigha food intake frequently, ratri jagarana, mental stress. History of measles.

Ashtavidha Pariksha

Nadi- Pitta-78/min
Mutra- Prakrita
Mala- Samanya
Jihva- Prakrita
Shabda- Spashta
Twacha – Ruksha
Druka- Prakrita
Akriti – Krisha

Sthanik Pariksha

Site – Face (both cheeks forehead and chin)
Type of Lesion-
Macue- Present
Papule- Present
Comedones- ioen comedones
Pustural nodule- present
Tenderness – present
Discharge- absent

The treatment protocol

Shirodhara

Treatment Schedule

Shirodhara with - Ksheerabala Taila and Brahmi Taila for 45 min – 7 days

OBSEVATION

This shows changes in signs and symptoms

OBSERAVATIONS AND RESULTS



Fig 1

This illustrates the patients condition before undergoing Shirodhara.



Fig 2

Signs and Symptoms	Present Before Symptoms	Absent Before Symptoms
Daha -	+ +	Absent
Ruja -	+ +	Absent
Kandu -	+	Absent
Shotha -	+	Absent
Black comedones-	+ +	Absent
White comedones-	+	Absent
Macules -	+ +	Absent
Papules	+ +	Absent
Nodules	+	Absent
Postural rash	+ +	Absent
Tenderness	+	Absent

DISCUSSION

Mukhadushika is a adolescence disease due to hormonal imbalance and in above case pitta pradhana raktaja dushti. Shirodhara is renowned for its profound effects on the nervous system and ability to reduce stress, anxiety.

Shirodhara helps in reducing systemic inflammation and regulates harmones. Shirodhara reduces induced hypothalamic – pituitary -adrenal axis. It lowers excessive secretion of cortisol (which is primary harmone). This reduces cortisol, helps to normalize other hormones. It may improve balance of Androgen. Balanced Androgen levels decreases excessive sebum production. Reduced sebum limits blockage of hair follicles and decreases acne formation.

Shirodhara gives cooling effect, which helps to reduce daha, redness and pain. Shirodhara helps to reduce stress also it leads to balance the hormones. The rhythmic pouring of warm taila stimulates the hypothalamus, promotes relaxation and reduces stress hormone level.

In Shirodhara warm oil is used, which induces a vasodilatory effect, increases blood supply, this nourishes skin tissues and aids in the detoxification.

Ksheerabala Taila possess vata-pittahara properties and vedanasthapaka, Laghu, Snigdha, Guru gunatmaka, Madhura-tikta rasatmaka and Sheeta Viryatmaka, Madhura Vipaka, subsides vata and pitta, as well as Balya and Brimhaniya to Shira dhatu.[3]

Brahmi taila effective for Vata and Pitta pacification, skin diseases, neuralgia, inflammations,. Brahmi is Medhya drug, anti depressant.[4], Brahmi is majjadhatu rasayana, kushtaghna.[5,6]

Brahmi oil and Ksheerabala oil indicated for vata and pitta imbalances, promoting relaxation and nourishment.

The shirodhara therapy pacifies vata and pitta dosha, which are implicated in mukhadushika.

The warm oil dhara enhances blood circulation, improves nutrient delivery to skin tissues and aid in healing inflamed areas.

CONCLUSION

This case study demonstrates that shirodhara is effectively works in case of Mukhadushika due to Harmonal imbalance. Shirodhara having ability to address the root cause i.e. harmonal imbalance, in above case along with that it nourishes the dhatu and medicated oils helps to pacify the doshas.

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