



### RESEARCH ARTICLE

#### A REVIEW ON “CONCEPTUAL STUDY ON MUKHADUSHIKA WITH SPECIAL REFERENCE TO ACNE VULGARIS

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#### Manuscript Info

##### Manuscript History

Received: 25 May 2020  
Final Accepted: 28 June 2020  
Published: July 2020

##### Key words:-

Mukhadushika, Acne-Vulgaris

#### Abstract

Mukhadushika is explained by Sushruta under Kushudarogas. It is characterized by Shalmali Kantka sadrush Pidaka on face. It co-relates to acne vulgaris explained in modern science. These acnes when not treated in the earlier stage leads to severity and hence leave permanent scars, which mentally depresses individual and face insecure. Hence there is a need to counter this condition effectively and prevent its progress to severity and thereby preventing the eruption of new lesions.

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#### Introduction:-

Mukhadushika is explained by Sushruta under Kushudarogas. It is characterized by Shalmali Kantka Sadrush Pidaka on face. It co-relates to acne vulgaris explained in modern science. These acnes when not treated in the earlier stage leads to severity and hence leave permanent scars, which mentally depresses individual and face insecure. Hence there is a need to counter this condition effectively and prevent its progress to severity and thereby preventing the eruption of new lesions.

#### Review of mukhadushika:

##### Historical Review:

In Vedic kala and Pauranik Kala there is no description of Mukhadushika elaborated in texts.

##### Samhita Kala:

##### Charaka Samhita:

In “Tisrashniya Adhayaya” it has been mentioned that Pidika Roga is said to occur as Bahya Roga Marga Ashrita Roga. And also, in Trishothiya Adhayaya, Vitiated Pitta in Twak and Rakta produce a reddish Sotha, called Pidika.

Sushruta Samhita: - SaalmalaI k NTk pa`Kyaa: k f maar}taSaaONaItaO: |jaayantaO ipaDk a yaunaaM vak~aO yaa mauKaduYaIk a | (sau. ina. 13/39)

Acharya Sushruta was the first person, who described Mukhdushika, under the heading of Kshudra Rogas, and he explains different treatment of Mukhdushika.

Ashtanga Hrudaya:- SaalmalaI k NTk ak ara: ipaTik a sar}jaaoO Ganaa |maodaogaBa\_amauKao yaunaa taaByaa ca mauKaduYaIk a | (A.sa. { . 36/5)

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In Astanga Hrudhyam Acharya Vagbhatta explained Mukhdooshika in Uttarasthana under Kshudra Rogas Vijnaniya.

### Medieval Period:

Bhaisajya- Ratnavali: -In Bhaisajyaratnavali it is described under Kshudra Roga and in Kshudra Roga Chikitsa Adhayaya different type of Yoga like Lodhradhi is explained.

Yogratnakara: - SaalmalaI kNTk pa`Kyaa: k f maar}tark tajaa | &aayantao ipaDk a yaunaaM&aoyaastaa mauKaduYaIk a || (yao. r.)

In Yogratnakara it is described in Kshudra Roga Nidhan, and Chikitsa under Kshudra Roga as Yuvna Pidika.

In other text like Rasakamdheni, Arkaprakasha, Brihat Rasarajsundara the diseases Mukhadushika has been described.

### Mukhadushika:

NIRUKTI: - mauKa Aanana | (A.=.saU )  
duYaNa na daoYak arNama\ | (ca. iva.)  
mauKaduYaNa pau. mauKaM duYayaita saovanaata duQa\_Kaona | (Aayauva\_oidya Sabdk aoSa)  
mauKaduiYak a s~aI. |  
mauKagataXaud`raogaBaodo | (vaO&ak SabdisaMQau:)

SYNONYMS OF MUKHADUSHIKA: -1) Pidaka, Pidika, Pitika, Visphot 2)Yuvankantak, Yuvaganda = Sharangdhar.

Mukhadushika= Sushruta. 4) YuvanPidaka = Yogaratnaka  
paIDyaita [ita ipaDk a ||  
sf aoTk ivaSaoYaa: ipaDk a | (Sabdk lpad`uma)

### Paribhasha:

SaalmalaI kNTk pa`Kyaa: k f maar}taSaaONaItaO: |jaayantaO ipaDk a yaunaaM vak~aO yaa mauKaduYaIk a | (sau. ina. 13/39)

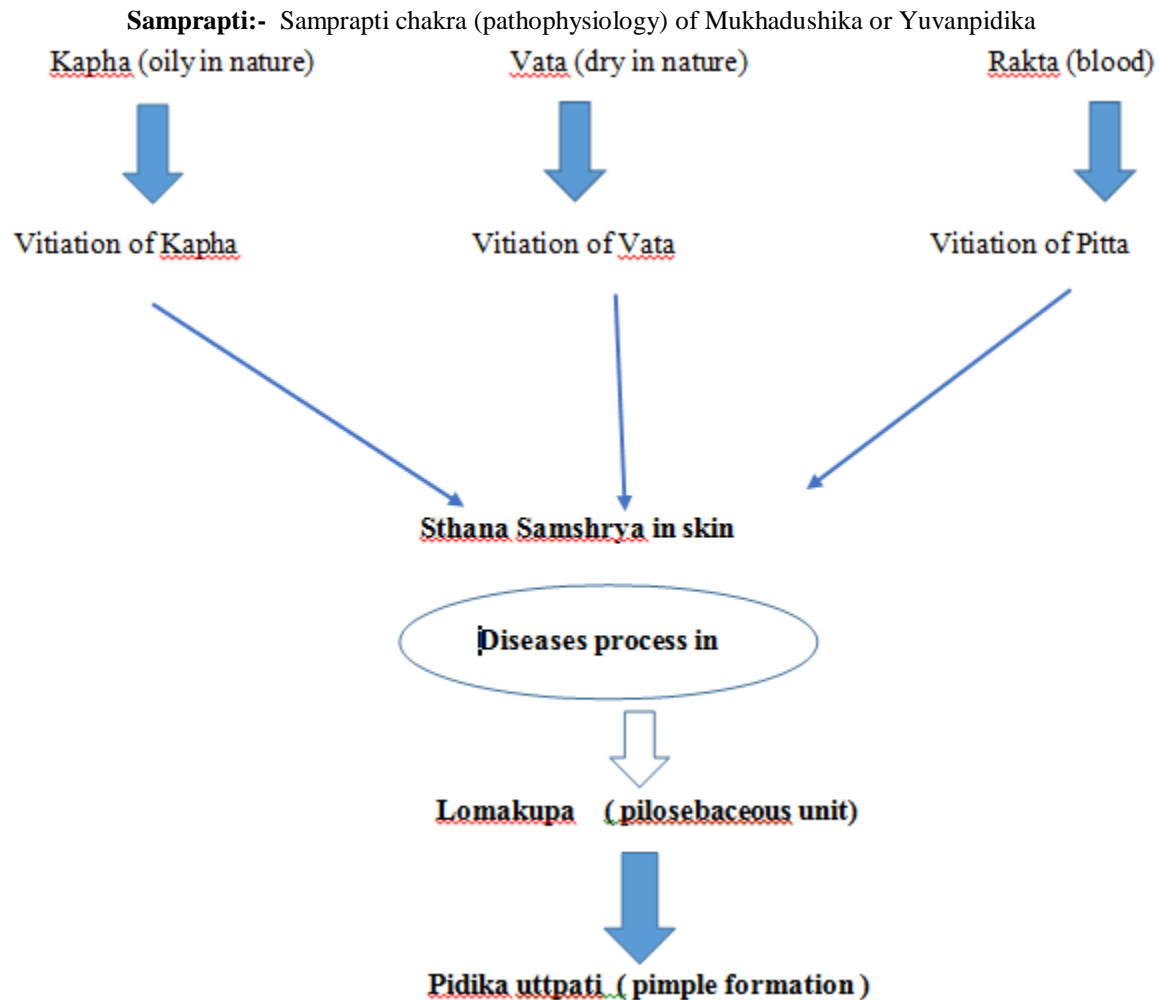
SaalmalaI kNTk ak ara: paITik a sar}jaaoO Ganaa |maodaoogaBaa\_mauKao yaunaa taaByaa ca mauKaduYaIk a | (A.sa. { . 36/5)

SaalmalaI kNTk pa`Kyaa: kf maar}tarktajaa |yauvaanaipaTik a yaunaa iva&ayaa mauKaduYaIk a || (maa. ina. 55/33)

The Pidaka is in the shape of Shalmalikantak (spine of indian red silktree) produced due to vitiation of Kapha, Vata, Rakta in the young age on the face causing blemishing is called Mukhadushika.

**Nidana of Mukhadushika:** The Causative Factors of Yuvanpidaka or Tarunyapitika or Mukhadushika

Kalaja ( time/ age factors )	Aaharaj (food)	Viharaja (activities)	Manasika (mind/ Stress factors)
Tarunya (young age)	Ati Katu & Madhura	Vegavarodha	Ati Shoka
Madhyanha (noon)	Guru	Jagarana	Kshobha (Botheration)
Vasanta Rutu (blossom)	Ati Snigdha & Dughdha Varga Ahara	Nidra	Krodha
Grishma Rutu (summer)	Mamsa	Upavasa	Santapa
Sharada Rutu	Madhya	Atapsevana	Svabhava (Behavioral changes)

**Samprapti Ghataka :**

1. Dosha - Kapha, Vata Dushya
2. Dhatu -Rasa, Rakta, Meda
3. Upadhatu –Twacha
4. Agni - Jatharagni mandya
5. Srotas - Svedavaha, Raktavaha
6. Shrotodusti - Sanga
7. Udbhavasthana - Ama-pakwashay
8. Sancharasthana – Sarva shareera
9. Vyakta sthana –Mukha
10. Adhisthana – Twak
11. Rogamarga – Bahya rogamarga

**Purva Rupa (Premonitory Signs):**

Purva Rupa of Mukhadushika were not manifested in any text.

**Roopa (Signs And Symptoms):**

SaalmalaI kNTk ak ara: paITik a sar}jaaoO Ganaa | maodaoogaBaa\_mauKao yaunaa taaByaa ca mauKaduYalk a | (A.sa. { . 36/5)

According to Sushruta, Vaghabhata, Madhavacharya the appearance of the Pidika resembles the tears of shalmali. This indicates the Pidika has sharp pointed ends.

Ruja (pain) a symptom which is associated with Vata and indicates the Shoola. There is Pachan in pitika on the face i.e, there is formation of Puya on it. Vagbhata used a specification for the swaroopa as Ghana. Medogarbha a symptom is related to Meda Dhatu.

Roopa	Sushruta	Vagbhata	Others
Shalmali kantaka sadrusha Pidaka	Present	Present	Present
Ruja	-	Present	-
Contains Meda in its core	-	Present	-
Ghana Shotha	-	Present	-
Involved Doshas	Kapha, Vata, Rakta	Kapha, Vata, Rakta	Vata, Pitta, Kapha
Site of affliction	Face	Face	Face
Age of occurrence	Yauvana	Yauvana	Yauvana

#### Site of Mukhadushika:

Since the original term introduced by Sushruta is Mukhadushika, naturally the face is the site of disease. Almost all the ancient ayurvedic authorities have unanimously agreed to this point as well. However these authorities have not pointed out a particular part of the face. Only in the Indu commentary, Ashtanga Hrudhya it has been mentioned that the common sites of Mukhadushika are Kapala, Lalata, Nasika, Chibuka.

#### Upadrava of Mukhadushika:

The name of the disease is self-explanatory i.e. "Mukhadushika" suggesting cosmetic adverse effect upon the face as Mukhadushana in terms of Vaivarnya or discoloration and Vranavastu or scars of temporary or permanent nature.

#### Review of Acne:- Definition:

Almost all the dermatologist has defined this is an inflammatory disorders of the pilosebaceous follicles characterized by the Comedone, Papules, Pustules, cysts and nodules and of teen scars.

#### Site of the Disease:

Acne vulgaris occurs primarily in the oily areas of the skin. On the face it occurs most frequently on the cheeks, in lesser degree on the nose, forehead and chin. The ears are frequently involved with large comedones in the concha, cysts in the lobes, and the neck, especially in the nuchal area, large cystic lesions may predominate. These may later become keloids.

#### Etiology of Acne:

Exact cause is unknown. But there are four etiopathogenetic factors:- 1) Increase sebum secretion (seborrhea) 2) Abnormal follicular keratinization (retention hyperkeratosis) 3) Growth of anaerobic bacterium in pilosebaceous unit 4) Inflammation 5) Others-a) Puberty-major trigger factor b) Hormonal changes c) Drugs d) Stress e) Environmental factors f) Genetics

#### Pathophysiology:

Sebaceous gland hyperactivity and Proliferation of bacteria (especially Propionibacterium acnes) within sebum and inflammation leads to increase sebum production and Hyperproliferation of keratinocytes Leads to retention hyperkeratosis. Which causes Formation of plug of keratin and sebum in follicular duct dilated sebaceous follicle produces lesions of Acne/ Comedones.

#### Types of Acne Lesions:

1. Non inflammatory – Comedones i.e. blackheads/whiteheads
2. Inflammatory- papules/ pustules/ cyst/ Nodules

#### Classification of Acne Lesions:

classified on the basis of Severity and morphology are as follow:

MILD ACNE:- Comedones and / occasional papules and pustules

MODERATE ACNE:- More inflammatory, with relative superficial papules and or pustules (papulopustular acne) Comedones may also be present and lesions may heal with scars.

**SEVERE ACNE:-** Has a greater degree depth and number of lesions; Papules, pustules, nodules, cysts and possibly abscesses. Significant scarring and keloid formation may be evident.

### Morphology:

1. Acne vulgaris:- this is the common variety of acne. it is one of the manifestations in adolescents. Today it is quite usual to see comedones in a 10-year-old. The disorder reaches maximum activity at 16-18 years and then subsides, but often does not disappear until the early or mid-twenties.
2. Acne rosacea:- it is a skin disorder limited to the nose, cheeks, chin, and forehead, typically beginning during adulthood. The facial skin becomes oily reddened and bumpy. Small red blood vessels are visible. In extreme cases, the nose may appear very red and bulbous.
3. Nodulocystic acne:- this is an exceedingly unpleasant form of acne. It differs from acne vulgaris in the degree of physical sign and its chronicity. The lesions are deep and painful papules and nodules, which result in disfiguring scarring, sometimes with keloid formation. The face, chest and back may be involved in isolation or together.
4. acne conglobata:- have characteristic epithelial-lined sinus tracks. Seem with large, deep nodules, cysts, ulcers, abscesses, sinus tracks, scars and many blackheads.
5. acne fulminans:- is a severe destructive form of acne ulceration along with fever and arthralgia.

### Complication:

In short main Complications are: - Cysts, Skin abscess, Permanent facial scars, Keloids, Changes in skin color and Psychological damage to self-esteem, confidence, personality, social life.

Comparison between Ayyurveda and Modern concept of Mukhadushika

Sr.no.	Points	Yuvan Pidika	Acne vulgaris
1.	Types of disease	Kshudra roga	Specific disease
2.	Etiological factors	Vata, Kapha, Rakta	Basic cause still unknown but it is Multi factorial disease
3.	Sign & symptoms	Dushti Hetus	Comedones (black and white heads), papules, pustules, nodules, cyst
4.	Treatment	Ruja, Paka, Kandu	Topicals-benzoylperoxide, retinoid, Topical antiseptics, antibiotics and combination products etc. Systemic-antibiotics, steroids etc.

### Discussion:-

Mukhdushika is one of such disease which massacres the beauty of the skin. The site and the period of the occurrence of this disease are face and adolescent respectively. According to Sushruta, the cause of the disease is the disturbance in the equilibrium in the state of Vata, Kapha and Rakta Doshas. Bhavaprakash mentions as a Svabhavaja. The Katu, Guru, Snigdha ahara and Viharaja like Jagaran, Nidra and Vegavrodhaja plays an influencing cause of Mukhadushika.

### Conclusion:-

Historical review of Mukhdushika in different Samhitas, has revealed a lot of information.

Review of Mukhdushika w.r. acne vulgaris. 3) Nidana, Poorva roopa, Roopa, Samprapti, and Chikitsa of Mukhdushika on the bases of Ayurveda and modern science.

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