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## MANAGEMENT OF ACNE /MUKHADUSHIKA THROUGH AYURVEDA: A REVIEW ARTICLE

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### ABSTRACT

Acne is most common skin diseases in adolescents and substantial number of adults. Acne is a skin condition that occurs when hair follicles plug with oil and dead skin cells. Acne causes more of emotional than physical distress .If not treated earlier it hampers personality and sculpture of face. Improper life style, high pollution, misuse of below standard chemical based cosmetics plays an important role in the development of Acne .Acne is described in Kshudra roga in Bruhat Sanhita. According to Ayurveda texts pitika are seen on the forehead ,nose, cheek , shoulders and chest .It resembles the throne of” Shalmalee.” These causes lot shotha, shula, vaivarnya and kandu. Due to this minor but important diseases the patients get inferiority complex and alter the behaviors . Modern science has established treatment of this disease by laser therapy ,chemical based lotions, face washes, antibiotics , antiinflammatory drug etc. Modern drugs has many side effects and recurrence of acne still there .Ayurvedic counterparts and treatment of this disease is safe and effective . Ayurveda has given numbers of remedies for mukhdushika or acne like lep, upanah, swedan, dhupan for external use and some medicine for internal use also proper Dincharya, Rutucharya,Pathya-apathya, life style management helps to treat acne and its complication.

Keywords – Acne ,Mukhadushika, Shalmalee kantik, Lifestyle ,Disease.

## INTRODUCTION -

It is well said face is the mirror of human being ; it expresses emotions and personality of the individual .But the mirror is wrapped with dirty spot it will hamper its quality . Dirty spots mean acne .The 21<sup>st</sup> century is the era of glamour and fashion .There is definitely face value which is necessary in the world of advertisement. Now a day life is very fast so the lifestyle has been changed .High pollution , over or misuse of below standard chemical based cosmetics , disturbed diurnal habits , consumption of spice fermented food . Habit such as drinking tea/coffee , smoking , tobacco chewing , negligence toward personal health , stress those are many causes which are responsible for arousal of acne .

The disease acne is described in as Ayurveda

शाल्मली कण्टक प्रख्या कफमारुत् रक्तजा ।

युवान पीडिका युना विज्ञेया मुखदुषिका ॥

According to Ayurveda texts pitika are seen on the forehead , nose , cheek , neck , shoulder , chest and it resembles the throne of tree “shalmalee” . These cause shotha, shula, vaivarnya and kandu i.e. inflammation ,pain , discoloration of the skin in the form of pimples. These things more of emotional than physical distress .If not treated earlier it hampers personality and sculpture of face .Due to this minor but important disease the patient get inferiority complex which alter behavior and avoids meeting the people . So to achieve ideal results treatment has to be invented for this disease .

Modern science has established treatment of this disease by using various chemical based creams, lotions , face washes , antibiotics, laser and light therapy . Modern drugs have many side effects which are toxic for our body .Sometime it leaves bad effects on skin like rashes , pigmentation etc. Ayurvedic counterparts and treatment this disease is effective and safe .

Ayurveda has given number of remedies for mukhadushika and several encourageous treatment are suggested for conditions i.e. lepa, upanah, swedan, dhoopan, abhyanga, malhar, udwartin, applications of different herbal medicine .These are some types of local application of drug effects through skin i.e. bahyaprayoga and proves

very effective from centuries. Ayurvedic herbals are promising and show no side effects and they are also easily available and cheap .Present study efforts are to collect various preventive measurement in Ayurveda such as life style management , shodhan and shaman chikitsa.

➤ **Aims and Objectives :-**

To study the role of Lifestyle management ,yoga, meditation , medicines ,diet in acne according to *Ayurveda* which is helpful for the management and prevention of acne .All the references are collected from classical text of Ayurveda, modern text books and related web sites .

➤ **Materials and Methods :-**

This is based on conceptual study .The literature review collected from classical texts of Ayurvda, modern text books and web search .

➤ **Acne [Mukhadushika] :-**

Acne is a skin condition that occurs when dead skin cells and oil from the skin clog hair follicles .Typical features of the condition include blackheads or whiteheads, pimples ,oily skin , and possible scarring . It is primarily affects skin with a relatively high number of oil glands , including the face , upper part of chest and back .The resulting appearance can lead to anxiety , reduced self esteem and in extreme cases depression and thought of suicide .

➤ **Classification :-**

- Acne vulgaris
- Acne neonatrum
- Acne of external chemical origin (Acne verienta)
- Acne aestivalis
- Acne medicamentosa
- Acne conglobata

➤ **Gradation :-**

- Degree 1- Predominance of comedones, Mild papules and pustules (small and <10)
- Degree2- 10-40 papules and pustules Moderate (comedones).
- Degree 3- 40- 100 papules and pustules, > 40 moderate / severe comedones, presence of nodules
- Degree 4 – Nodulocystic and conglobata AV with severe , painful lesions , papules , severe pustules and comedones.

According to Ayurveda the dosha kapha, vat, rakta are three main factors taking part in the pathogenesis .Vayu taking vitiated kapha and rakta towards face and cause dushti of local skin .In Ashtang sanhita in mukhadushika skin pores are clogged with Meda and fill pidika like the thorn of Shalmalee. In some texts changes in stages of life young to adult ,it is join period of kaph and pitta dosha .

➤ Hetu /Causative factors :-

- Kulaj – Hereditary .
  - Age – puberty .
  - Ahar – Viruddha, guru,snigdha,ushna, tikshana, vidahi aahar sevan.
  - Ratri jagaran
  - Adharaniy veg dharan- to prevent natural urges .
  - Atyalp jalsevan.
  - Kashtartava/ menstrual problems .
  - Excessive use of cosmetics or use of low standard cosmetics .
  - Professional - working in moist and hot surrounding
  - Atapsevan/ dust , smoke , pollution .
  - Lack of cleanliness

Sr. no	Name of Herb	Chemical composition	Ras	Virya	Vipak	Karya
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- Constipation

1	श्वेत चन्दन	Santalol 90%	तिक्त कटु	शीत	कटु	पित्तघ्न,कफघ्न, वण्य रक्तप्रसादन
2	सारीवा	Roots - Methoxy salisilik aldehyde Seeds- Sisterol, Tetrasayclin try tripin, Keton ,saphonin	तिक्त मधुर	शीत	मधुर	रक्त मान्सगत वात पित् शमन
3	यष्टिमधु	Glycrayzin aysolikkiritin estrogen, Glucose, Sucrose, Manai	मधुर	शीत	मधुर	पित्तघ्न,कफघ्न, रक्तप्रसादन
4	मन्जिष्ठा	Purin, Manjishthin, Jantho Sudo purin	तिक्त कटु कषाय	शीत	कटु	भाजक पित्त दुष्टि नाशक
5	उशीर	Oil component resin,iorn oxide	तिक्त मधुर	शीत	कटु	पित्तघ्न कफघ्न वण्य त्वक्दोषहर
6	नागकेशर	Mesuaferin A&B, Bayoflovhinals, Mamisin mesuaul, Mesuon	तिक्त कषाय	ईषत उष्ण	कटु	रक्तगत कफपित्त शमन रक्तप्रसादन
7	रक्तचन्दन	santalina	तिक्त	शीत	कटु	रक्तप्रसादन

- Irregular habits of eating and sleeping .
- Mental stress and strain .

➤ **Ayurvedic management :-**

In Ayurveda there are various Shodhan and Shaman chikitsa available for acne .

- Shodhan chikitsa –

1. Vaman
2. Virechan
3. Raktamokshan
4. Nasya
5. Upanah swedan

Chronic disease and bahudoshattva in stage above shodhan is very useful .In mukhadushika doshas are situated in shakhamarg so far eliminating them shodhan is very useful .

- Shaman chikitsa-

1. Lep, udawartan, cream
2. Internal raktadushtihar medicines

Local Brajakagni is more important and is carried out very carefully by proper pathya palan and using kaph-vat shamak and raktadushtihar dravyas.

Charak samhita grouped raktashodhan medicines as Varnya, Kushtgana, Kandugna, Udardaprashaman and so on. In Susruta samhita some pradeh, upanah are described. Ashtang hrudaya described in twak roga. Some varnya dravas working as below

### **Stress management :-**

Acne is worsend by the experience of continuous strees so stress management is important role in acne . Mditation, yoga , pranayam are an important part of ayurveda. This reduces anxiety and stress factors .

### **➤ Life style management :-**

Dincharya (daily regimen) , Rutucharya (seasonal regimen ), Rasayan, Achar rasayan which play the important role for management of acne. That means healthy diets , exercise , avoid smoking and alcohol etc. are important management in acne.

## ➤ DISCUSSION AND CONCLUSION

Overall review of literature shows that the lifestyle , age plays an important role in the development and progression of disease acne . Improper lifestyle , unhealthy diet , mental stress , ratrijagaran plays an important role in progression and creation of disease .

This review shows that early use of ayurvedic drugs and its action which is helpful for breaking of samprapti and down the relapse rate of acne and prevent scarring of face. Also inclusion of proper ahar-vihar, dincharya, rutucharya, pathya-apathya, yoga, meditation in daily life helps to cure the acne early .

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