

## Ayurvedic Management of Acne Vulgaris : A Case Report

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## Abstract :

Irregular eating habits, junk and fried food, excessive use of cosmetic without any consultation about 70-80% of young generation is suffering from severe skin disease and early aging. Improper diet and modern lifestyle is second reason to youth suffer from skin problems. **Aim and Objective:** To see the effect of Jaloukavcharan along with Ayurvedic intervention in Mukhdushika with special reference to Acne Vulgaris **Diagnosis:** It is confirm case study of Acne vulgaris. **Significant Clinical finding:** Active acne on bilateral cheek, epigastric burn along with constipation **Intervention:** Treatment protocol for this case, siravedha ,jalokavcharna with internal medicine Mahamanjisthadi kwath, Gandhak Rasayana, Arogya vardhini vati ,Kaishor guggul with Local application of raktachandan+Jatifala+maricha powder daily 20 min .Proper diet was plan during treatment **Result/Outcome:** During a period of treatment after 30 days of treatment plan all the pigmentation scar reduced and remarkable effect seen in reduction of active acne and hyperpigmentation. Epigastric burn and constipation reduced **Conclusion:** Raktamokshan And Ayurvedic intervention is effective in management of acne vulgaris.

**Keywords:** Mukhadushika, Kshudra roga, Lepa, Acne Vulgaris, Jalukavcharan, Siravedha

**Introduction:** Hormonal changes, pollution, change in diet and lifestyle many teen age young generation is suffering from skin disease which is very common in Nowadays Acne vulgaris.<sup>(1)</sup> In this condition skin pores become clogged<sup>(2)</sup>, so that skin producing the sebum pores get clogged and generally covers the area where dense sebaceous gland are present mostly on face, upper part of chest and back.<sup>(3)</sup> Not known the actual cause of acne but due to activation of androgen hormone leading more production sebum which make skin look more oily.<sup>(4)</sup> In ayurveda its correlated with vitiation of Vata, Kapha and Rakta which leads the formation of small and medium size eruption which resembles with Shalmali thorns. In Ayurveda it is termed as *Mukhdushika* or *Tarunyapitika*. Management of acne vulgaris the treatment

protocol planned is Shaman (Conservative treatment) and Shodhan chikitsa (purification of body). External application of lepa chikitsa is specifically explained in the treatment of kshudra-roga, Lepa procedure is described in various Samhita, it increases the Mukhakanti, play important role along with Raktamokshan and ayurvedic intervention.<sup>(5)</sup>

**Case report:** 21-years-old female presented with complaint of active acne on Bilateral cheek ,Todavat pida, constipation, epigastric burn, hyperpigmentation on acne site patient treated with *jalukavcharan* along with siravedha , followed by *maricha + jatifala+raktchandan lepa* for external application, internally with shaman aushadhis. Patient was more expose to dust, intake of more junk food and fast food.

Table 1 : Timeline of Intervention

Medication Dose	Timing/Frequency	Duration
1. Sarivasava	20ml After food 2 time	For 7 days
2. Kaishor guggul 250mg	After food 2 BD	For 7 days
3. Jatifala churna+Maricha churna+Raktachandan Lepa	HS daily for 20 min	For 15 days
4. Avipattikar churna	5gm HS	For 1 month
5 Raktamokshan siravedh Hold with above and start with	One setting 20min	80ml blood letting
6. Arogyavardhini vati 250mg	BD	For 15 days
7. Gandhak Rasayana 250mg	BD	
8. Jalukavacharan	1 setting (Repeated after 15 days)	For 10min 40-50 ml blood letting on
9. Mahamanjistadi kwath	20ml BD after food	For 15 days

## Case Report

### Discussion:

Vitiation of vata causes pain and pricking sensation, Pitta involvement cause Paka kapha leads the formation of puya, Kleda, oily skin. However, the fundamental is kshudra roga chikitsa. According to the Doshik analysis of the state, and Lakshana (symptoms) Treatment protocol mentioned. Sarivaasava started 20ml BD. Kaishor guggul<sup>[6]</sup> 250mg BD, Avipattikar churna 5gm HS, Jatifala+maricha churna+Raktachandan churna external application daily 20min HS, Raktamokshan setting done with interval of 15 days. After 15 days hold with above medication [Table 1] Start with Arogyavardhini vati 250mg BD and Gandhak Rasayana<sup>[7]</sup> 250mg BD, along with Mahamanjisthadi kwatha [Table 1]. In all *Kshudra roga Rakta dusti* is seen so that shodhan chikitsa Raktamokshan is first line of treatment [Table 1]. *Manjistha*<sup>[8]</sup> has Deepan property which stimulates Dhatvagni leads the formation of pure blood. Due to Deepan property it prevent the vitiation of Medagni resulting reduction of Pitika and frequency of acne eruption become minimum. Kaphahara properties improves the Vaktra Mukha Snigdghata. Manjistha has Tikta rasa and ushna Virya which

help in Shakha and Kosta dosha pachan, helps in dhatvagni Deepati and result in formation of quality of blood which breaks the pathophysiology of mukhadushika and improve skin texture<sup>[10]</sup> [Table 1] Gandhak Rasayana is blood purifier, used in skin infection.<sup>[11]</sup> While in many *Kshudra Rogas*, *Jalukavacharana*<sup>[9]</sup> [Figure 2] and advised *Siravedha*<sup>[13]</sup> (veinpuncture) [Figure 3] is mentioned as the preferred method of *Raktamokshana in Mukhadusika*, Primarily *Jalukavacharan* was done [Table 1]. Pharmacologically all the drugs used in shaman chikitsa has direct action on blood<sup>[12]</sup> Leech saliva contain hirudin and calin which proves analgesic acts as anticoagulant, preventing inflammation, and show healing properties and cleaning the wound. Leech does the Srotosodhana which sucks the impure blood and result in Srotosodhana Which reduces the active acne and pain, reduces hyperpigmentation<sup>[13]</sup>

**Result:** Significant result was obtained after application of jaluka and siravedha. Overall effect in active acne reduced with pigmentation and Todavat peeda, constipation relived, epigastric burn reduced before and after treatment.



Figure 1: Before treatment



Figure 2: Siravedha

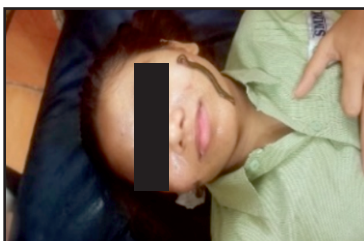


Figure 3: Jalukavacharan

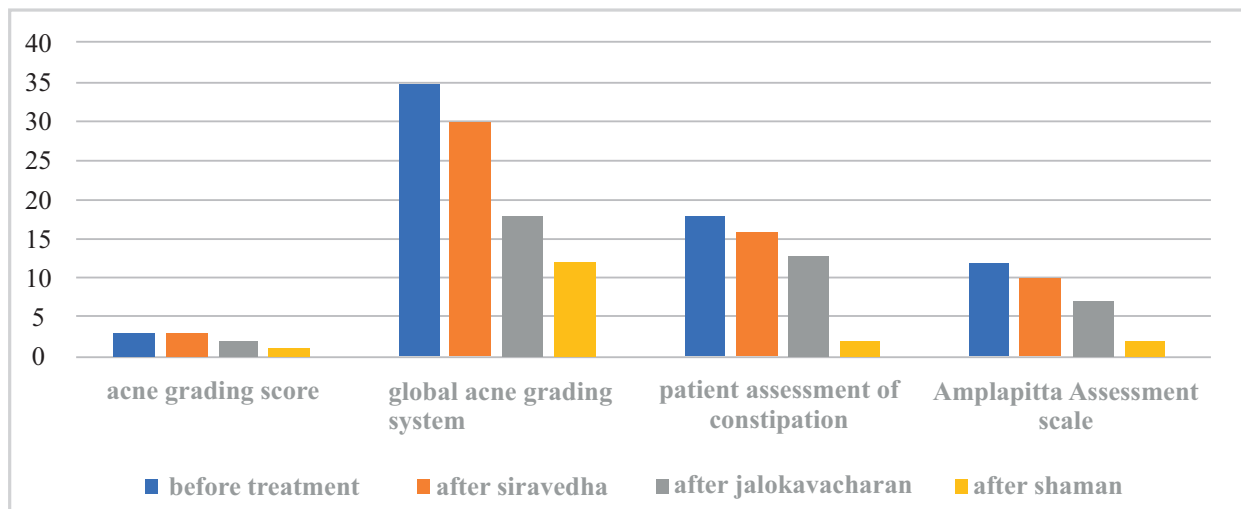


Figure 4: After treatment

Global acne assessment score<sup>[15]</sup> before treatment it was 35 after siravedha it was 30 after jalukavacharan accompanying with Shaman drugs score become 12. Acne grading scale<sup>[14]</sup> before treatment score 3 after siravedha 3, after jalukavacharan score 2 after shaman chikitsa score was 1. Patient assessment constipation PAC<sup>[16]</sup> before treatment score was 18 after siravedha and jalukavacharan no significant effect was found in patient after shaman drug significant score improved in PAC score [Graph 1]. Amla pitta assessment questionnaire score improved after treatment<sup>[17]</sup> before treatment area involved as shown in [figure 1]. after

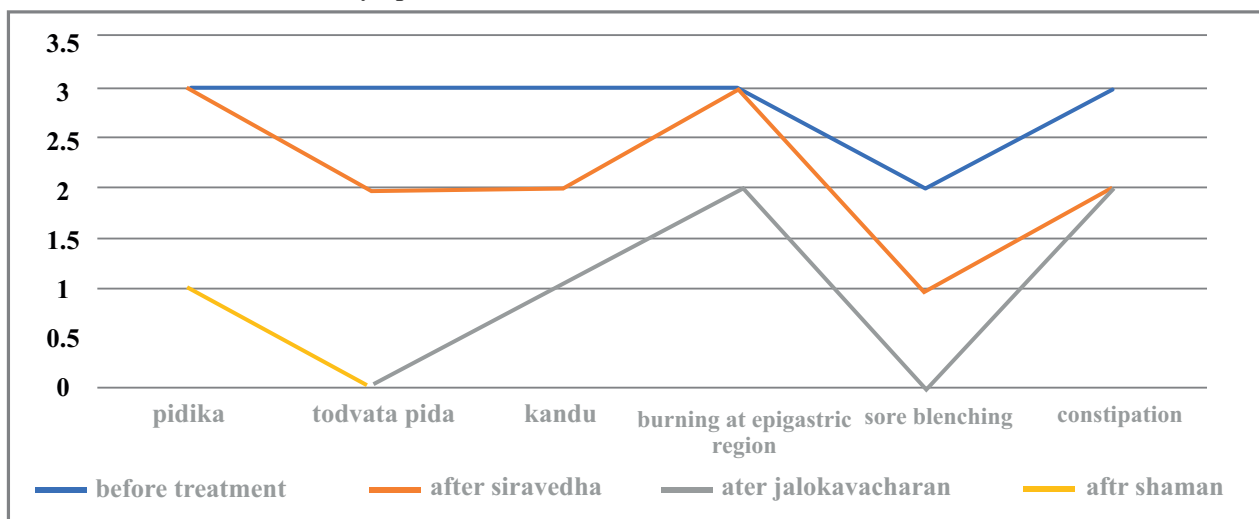
*siravedha* and *Jalukavacharan* [Figure 2, Figure 3]. Significant effect was noticed after treatment [Figure 4]. Before treatment total symptom score is 3.5 to 0 as per acne grading scale After siravedha score was in between 3 to 1, *pidika* was very much reduced, *Todavat vedana*, *Kandu*, epigastric burn, blenching was reduced with shaman *chikitsa* [Table 1] constipation was relieved, same with application of *Jalukavacharan* score 2 to 0 there is reduction symptoms like *pidika*, *todavata vedana*, *kandu* but constipation score was reduced only with *shaman chikitsa*. [Graph 2]

## Acne Assessment scale Showing before And After Effect



Graph 1: Acne grading score<sup>(14)</sup>, Global acne grading system<sup>(15)</sup>, Patient Assessment of constipation(PAC)<sup>(16)</sup>, Amplapitta Assessment scale<sup>(17)</sup>.

## Symptoms score after Siravedh And Jalukavacharan



Graph 2: showing symptoms before treatment and score after siravedha, improvement score after jalokavacharan, improvement score after shaman.

## Conclusion:

This case report concludes that Ayurvedic intervention like Avipattikar churna, external application of lepa with shaman drugs like *Mahamanjisthadi kwath*, *Gandhak Rasayana*, *Arogyavardhini vati* along with diet regimen can prove more beneficial for skin disease. *Jaloukavcharan* and *siravedha* is performed in Rakta Pradoshaj vikara mainly. This case reveals that *julukavacharan* with Ayurvedic intervention is more effective to treat acne vulgaris. Shodhan and shaman chikitsa show significant results in a time-bound period.

## Declaration of patient Consent

The authors certify that they have obtained all appropriate patient consent forms. In the form, the patient has given his consent for his images and other clinical information to be

reported in the journal. The patient understands that their name and initials will not be published and due efforts will be made to conceal their identity, but anonymity cannot be guaranteed.

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## Conflicts of interest

There are no conflicts of interest

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