Indian J. Applied & Pure Bio. Vol. 41(2), 1068-1074 (2026). **ISSN: 0970-2091**

Role of Shamana therapy and Topical lepa in Mukhadushika (Acne vulgaris): A Clinical case study

[1]Drashti Vidja and [2]Adishree Bhat M.G

[1,2]Department of Agada Tantra, Parul Institute of Ayurved and Research,
Parul University, Vadodara - 391760 (India)
Contact No. – 8238154116
Email ID- 1200gjac@gmail.com
ORCHID ID - 0009-0002-3169-073X
Corresponding author : Adishree Bhat M.G.
[2]Contact No.-8970536003
Email ID- adishree.bhat37197@paruluniversity.ac.in
ORCHID ID-0009-0005-6175-6041

Abstract

Acne vulgaris, another name for *Mukhadushika*, is a common skin condition that affects young adults and adolescents worldwide. *Mukhadushika* is one of the many skin conditions that can be treated naturally by the ancient Indian medical system known as *Ayurveda*. This case study examines the management of a 24-year-old female patient with severe *mukhadushika* using *Ayurvedic* principles. In accordance with *Ayurvedic* principles, it looks at the patient's lifestyle, food habits, and medical history to identify any *dosha* imbalances. In *Ayurveda*, each patient's distinct constitution, *Prakriti* (constitution), and *Vikriti* (imbalances) are taken into consideration to create a customized treatment plan. The study highlights the significance of this approach. The *Ayurvedic* diagnosis following a comprehensive examination revealed a dominant *Pitta Dosha* imbalance. *Mukhadushika* developed as a result of the body experiencing excessive heat and inflammation. Additionally, there was some *Vata Dosha* involvement, which contributed to the painful and cystic lesions. For a month, she received treatment from *Shaman Aushada* and *Lepa Chikitsa*. Her acne lesions, inflammation, and hyperpigmentation all significantly decreased.

Key words : *Kshudraroga*, *Mukhadushika*, and Acne vulgaris.

According to modern science, Acne is a disease of the pilosebaceous follicles (PSF) on the skin's surface, except for the palms of the hands and soles of the feet. There is a much higher concentration of PSF in the T-zone of the face (*i.e.*, the forehead and nose), the chest, and the back. Although the precise cause of acne remains unclear, at least four factors are implicated in the pathophysiology:

- The release of inflammatory agents in the skin.
- Proliferation of the anaerobic organism

[1]3rd Year P.G Scholar, [2]Associate Professor,

Cutibacterium acne (formerly known as Propionibacterium acne), which is present within functionally blocked follicles.

- Increased production of altered sebum,
- Abnormal keratinocyte proliferation and differentiation (ductal hypercornification or conidiogenesis).

Acne develops due to hypersensitivity of the sebaceous glands to normal levels of circulating androgens. This process is further exacerbated by Cutibacterium acne (C. acne), a bacterial species, and subsequent inflammation. In Ayurveda, *Mukhadushika* can be correlated with acne vulgaris, which has been elaborated as one of the *kshudra roga* ventilation of *Kapha* and *vata* along with *Rakta Dhatu*, which leads to *Mukhadushika*. Most of the symptoms of *Mukhadushika* are consistent with inflammatory factors in acne production. *Mukhadushika* is a skin disorder that is equivalent to acne in modern dermatology. *Ayurveda Samhitas* have given numerous management for *Mukhadushika*. Several lines of treatment include *Dhupan*, *Abhyanga*, *Udvartana*, and applications of various *Ayurvedic Lepa* applications .These *Lepas* are *herbal ayurvedic* preparations which are locally applied to the skin and hence show direct drug effects through skin. It has been very effective for decades. The present case study involves the treatment of *Mukhadushika* by *Shaman Aushada* (*Abhyantar chikitsa*) and *Lepa Chikitsa* (*Bahyachikitsa*) which in results caused reduction of number of acne and significantly reduction of hyperpigmentation. For the preparation of the manuscript relevant literature[1-12] has been consulted.

Aim and Objectives : To evaluate the effect of *Ayurvedic* medication in the management of *Mukhadushika* (Acne vulgaris) by single case study.

Place of Study : agadtantra (OPD), khemdas hospital , parul institute of ayurveda and research, ishwarpura, Vadodara, gujarat.

Study Design : A single case study with *Hetu* and *Samprapti* of *Mukhadushika* (Acne vulgaris) according to *Ayurveda*.

Duration of study : The duration of treatment was 1 months with follow up on 15 days.

Case Study :

A 24 year old female patient visited agadtantra OPD of khemdas hospital, parul institute of ayurveda and research, ishwarpura, Vadodara, Gujarat with majorly complaint of multiple blackheads, whiteheads, small red tender papules and pustules. The patient had oily skin type. Some papules were cystic in appearance and they were present over the region of face on both side. They were irregular in size and multiple in number The appearance of acne was from last 3 to 4 months.Initially it appeared as small and isolated pupils, later got increased progressively in size with mild itching and redness. Patient took allopathic treatment medication for the period of two and a half months without any definite improvement. As per the classical sign and symptoms, the patient was diagnosed as a case of *Mukhadushika* (acne vulgaris).

History of the present illness :

The patient appears to be normal until about 3 to 4 months ago when the symptoms of Acne begin with blackheads, multiple papules (acne) on both sides of cheeks. The number, area and size of those papules

increased gradually with clearly marked borders. Initially the patient received allopathic treatment but there was no complete relief in the symptoms. After obtaining no significant symptomatic alleviation the patient came for Ayurvedic treatment.

Past History :

- No history of the above skin complaint was present before 4 months.

History of other past illness :

No history of HTN, diabetes, thyroid, PCOS, PCOD disorder.

- The patient has a high desire for spicy food, oily food, junk food etc and could not tolerate warmth.

Family history : There was no specific family history of a similar skin disorder.

Psychological history : The patient was feeling embarrassed and looked depressed psychologically because of the multiple blackheads and cystic acne increasing day by day for the last 2 months.

Personal history :

Name – XYZ , Height – 5.3"
Sex- female ,Weight _- 48 kg
Age – 24 years , B.P -110 /70 mm of Hg
Marital status –unmarried, Pulse -78/min
Occupation – job, Prakriti– vatapittaj

Local examination :

1. Site of lesion - both sides of the cheeks and forehead
2. Distribution -asymmetrically
3. Itching- mildly present
4. Discharge- absent
5. Type of skin - oily skin
6. Inflammation- mildly present
7. Severity - moderate to severe. (Grade 3 according to the Investigator Global Assessment Scale IGA by US –FDA)

Investigator Global Assessment Scale (IGA) by US FDA

Clinical Description :

0 - Clear skin with no inflammatory or non-inflammatory lesions

1 - Almost clear; rare non-inflammatory lesions with more than one small inflammatory lesion

2 - Mild severity; greater than grade 1; some non-inflammatory lesions with no more than a few inflammatory lesions (papules/pustules only, no nodular lesions)

3- Moderate severity; greater than grade 2; up to many non-inflammatory lesions and may have some inflammatory lesions, but no more than one small nodular lesion

4 - Severe; greater than grade 3; up to many non-inflammatory and inflammatory lesions, but no more than a few nodular lesions

Personal history :

1. Bowel - irregular bowel habits with feeling of incomplete evacuation of bowel.
2. Bladder- frequency upto 5 to 6 times in a day. No nocturnal micturition.
3. Sleep pattern- disturbed, late night sleep pattern.
4. Diet- excessive intake of spicy food, outside food, oily food regularly.
5 Vyasana _-None.

General examination :

1. Pallor - mildly present
2. Icterus - absent
3. Cyanosis- absent
4. Clubbing - absent
5. Lymph node - not palpable.

Ashtavidha pariksha :

1. Nadi- Samyak 78 beats per minute regular.
2. Mala - *Badha koshtha*(constipated).
3. Mutra -frequency 5 – 6 times per day
4. Jeevha –Lipta.
5. Shabd - Prakruta .
6. Sparsh -Snigdha(oily skin).
7. Drik-Prakruta.
8. Aakruti-Madhyam

Dashavidha pariksha :

- Prakriti: vatapittaj
- Vikruti: Kapha, Pitta, Rasa, Rakta
- Satva: Madhyam
- Samhanan: Madhyam
- Aharashakti: a) Abyavarna: Uttam
  b) JaranShakti: Madhyam
- Vyam Shakti: Madhyam
- Praman: Madhyam
- Vaya: Madhyam

Nidanpanchak :

- Nidan: Ushna, Tikshna Ahara, over indulging in outside and spicy food Ratrijagrana, Diwaswap.
- Poorvaroopa: - no specific purvaroopa.
- Roopa: Vedana, raktavarni Kanduyukta Pidika on Mukha
- Upashayanupashya: Sheetal Upachar

Samprapti ghatak :

1) Dosha: Kapha,Vata.
2) Dooshya: Rakta (sometime medas - according to Vagbhatt)
3) Srotas: Rasa, Rakta.
4) SrotasDushti: Sanga.
5) Sancharstan: Rasa, Rakta.
6) Adhishthan: Twakai,eMukha.

• Samprapti

Nidan Sevan → *Kapha, vata dosha Dushti→rakta dhatu dushti ~ Pidika* on *Mukha→Mukhadushika*.

Chikitsa : The patient was treated on an OPD basis with the following line of treatment.

Medicine	Dose and time of administration	Method of administration with anupan
1) *Mahamanjisthadi kashaya*	20 ML BD	Before a meal with lukewarm water
2) *Arogyavardhini vati*	2 tab BD A/F(morning and evening)	after a meal with lukewarm water
3) *Manjistha+haridra+ lodhra+neem* for l/a	Twice in a day	Local application
4) *Gandhaka rasayan*	2 tab BD A/F	after a meal with lukewarm water

Pathya-apathya (Dietary advice):
Pathya – Home-cooked food without or fewer spices, green leafy vegetables, salad, repeated face wash with plain water.

Apathya - Avoid Abhishyandi Ahar, salty and junk food, spicy food, outside food, non-veg food, diwaswap, ratrijagaran, repeated exposure to dirt and dust.

After 1 months of medication, the patient was significantly relieved from signs and symptoms of Acne, and there was no recurrence of active acne on Mukha. Gradual improvement in hyperpigmentation was also observed.

Before and after treatment changes are shown in the following picture

Before tretment

After treatment

Mukhadushika is a *Kshudra Roga* which mainly involves *Kapha* and *Vata dosha* along with *Rakta* and *medadhatu*. So, in the presented case, the more emphasis was over treating these *doshas* at prime aspect *manjisthadi kashaya* contains *Manjistha* and other drugs helps to balance *Tridosha*, indicated in skin disorders, analgesic, wound healing, and antipruritic properties. In *Bhaishajyaratanavali*, *Arogyavardhinivati* is strongly advocated for treating *yakrit vikara i.e* liver disorders .It helps in blood purification and has *Pitta* balancing quality. *ArogyavardhiniVati* helps to manage the digestive problem due to its *Deepan* and *Pachan*, *lekhan* properties as the patient was suffering from constipation. It also helps to expel the waste products from the body because of its *Shodhana* (detoxification) nature. *Gandhak rasayan* is prepared by giving 12 *Bhavanas* of drugs to *Shuddha Gandhaka*. It is mainly indicated in the management of *Kushta Roga*. It having antibacterial and antifungal properties. As it is a *Rasayan*, it has natural skin soothing properties and helps in reduction of acne and pimple. It works by purifying blood, cleaning dirt and impurities, unclogging the skin pores. Saundrayaprasadhan lepa constituents of *Manjishtha*, *haldi*, *neem*, *lodhra*. All the contents are known for skin enhancing and blood purifying properties .*Manjistha* plays a vital role in balancing the *Pitta dosha*. *Pitta* imbalance leads to skin issues such as acne, inflammation. With its cooling and purifying properties, *Manjistha* helps pacify *Pitta* and promote a healthy and radiant complexion. It helps remove toxins from the body, leading to clearer and more vibrant skin. Additionally, *Haldi* and usher possesses anti-inflammatory properties that can soothe irritated skin and reduce redness. According to *Ayurveda*, a *Kapha-Pittaj* skin type is generally more vulnerable to acne. Aggravation of *Kapha* leads to increased production of sebum and clogged pores. This results in the formation blackheads. Similarly, aggravation of *Pitta* is marked by the appearance of some red papules (bumps) and inflammation with pus.

The disease *Mukhadushika* is a *Kshudraroga* occurs due to vitiation of *Kapha*, *Vata*, and *Rakta*. While *Bhavprakasha* mentions *Mukhadushika* as a *Savbhavajaroga*. '*Mukhadushika' causes* psychological stress to the individual suffering with it. The results found in the presented case shows the effectiveness of *the Ayurvedic* principle in the treatment of *Mukhadushika* .Hence, *shaman aushadha* which includes *Arogyavardhinivati*, *gandhakrasayan* and *manjisthadi kashaya* along with *Lepa chikitsa* (*saundaryaprasadhanlepa– manjishtha*, *lodhra*, *haldi* , *neem*), there was a remarkable relief in the number of active acnes, reduction in size of spots , hyperpigmentation over face.

References :

1. Ambikadatta Shastri (2005). Sushruta Samhita. Nidanasthana 13, Kshudraroga-nidana Adhyaya. Reprint Chaukhamba Sanskrit Sansthan Varanasi: 372.
2. Ashtanga Hridayam. Vd. Brahmanand Tripathi. Uttarsthana. Chaukhambha Prakashan; 32/3: 1111.
3. Bhavamisra. Bhavaprakasa. (2012). Commentary Vidyotini by Bhisagratna Pandit and Brahma Shankar Mishra. Vol. II. Kustharogadhikara; verse 99–106. Chaukhambha Sanskrit Bhawan Varanasi; 11th ed. 537.
4. Kaviraj Ambikadatta Shastri, (2012).

editor. Sushruta Samhita with Ayurveda Tattva Sandipika. Reprint ed. Nidanasthana; Chapter *13:* 372.

5. Rasyog Sagar. Vd. Haripatra Sharma. Krishnadas Academy. Arogyavardhini; 1308–1312.
6. Shastri Ambikadatta Kaviraj (2013). Ayurveda Tattva Sandipika Hindi commentary of Sushruta Samhita. Vol. 1. Nidanasthana 13/38. Chaukhambha Sanskrit Sansthan; 392.
7. Sudarshan Shastri (2005). Madhava Nidanam (Part 2) of Madhavakara with Madhukosha commentary by Vijayrakshita and Shrikanthadatta. Kshudraroganidanam Upadhyaya. Reprint 2005. Choukhamba Sanskrit Sansthan Varanasi: 17.
8. Sushruta Samhita. Dr. Ambikadutta Shastri. Chaukhambha Prakashan. Nidanasthana 13/38:372.
9. Sushruta Samhita. Dr. Ambikadutta Shastri. Chaukhambha Prakashan. Chikitsasthana 20/37:118.
10. U.S. Food and Drug Administration (FDA). (2005). Acne Vulgaris: Developing Drugs for Treatment. FDA; [cited 2008 Jun 22]. Available from: https://downloads.regulations.gov/FDA-1975-N-0012-0317/attachment_250.pdf
11. Yogratnakar. Vd. Shrilaxmipati Shastri, Tikakar Bhishagratna Shri Brahma Shankar Shastri. Chaukhambha Prakashan. Rasayanadhikar; shloka 1–6: 501.
12. Yogratnakar. Uttara Vishayasuchi. Chaukhambha Prakashan. Kshudra Rog Chikitsa; shloka 1–5: 282.