

The role of dviharidradi taila locally in the management of *mukhadushika* w.s.r.to acne vulgaris –a case study
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ABSTRACT-

Acne vulgaris is a common chronic disease involving blockage and /or inflammation of pilosebaceous units. Acne can presents as noninflammatory lesions, inflammatory lesions, or a mixture of both, affecting mostly the face but also the back and chest. Typical features of the condition include blackheads or whiteheads, pimples, oily skin, and possible scarring. It primarily affects skin with a relatively high number of oil glands, including the face, upper part of the chest, and back. The resulting appearance can lead to anxiety, reduced self-esteem, and in extreme cases depression. It is the commonest dilemma associated with complexion and smoothness of skin .sometimes leading to major skin problems, which is characterized by macula, papulo, pustular eruption on the skin, especially on the face. Both male and female gender of adolescent age group are commonly affected. Genetics is the primary cause of acne in 80%of cases. The role of diet and cigarette smoking in the condition is unclear and neither cleanliness nor exposure to sunlight appears to play a part.

In both sexes, hormones called androgens appear to be part of the underlying mechanism, by causing increased production of sebum. In the Ayurvedic perspective Acne Vulgaris can be correlated with *Mukhadushika* . *Mukhadushika* is explained by Acharya Sushruta under *kshudra rogas* and is considered as *swatantra vyadhi* in the ayurvedic literature. It is characterized by *shalmali kantaka sadrusha pidika* on the face. *Mukhadushika* is also called as *Tarunya pitika*. *Tarunya pitika* word itself says that it is *pittikopatti in taurnya awastha* due to some hormonal changes, up to limit it is normal but in excess, it becomes a reason for depression in a person. In Modern Era, physicians came across so many patients suffering from the disease, mukhadushika .The prevalence of *mukhadushika* increasing day by day due to their fast lifestyle, consumption of food, constipation,late-night sleep, fast food, cold drinks leads to an imbalance in doshas which in turn affects the body as well as mind.turns affects body as well as mind.

Keywords – *Mukhadushika, Ksudraroga, Dviharidradi Taila, Acne Vulgaris*

INTRODUCTION-

Mukhadushika is a type of *kshudraroga* described in Ayurvedic classics. The classical symptoms of *mukhadushika* described in Ayurveda resembles with modern disease Acne Vulgaris . Acne vulgaris is a common chronic disease involving blockage and /or inflammation of pilosebaceous units. Acne can presents as noninflammatory lesions, inflammatory lesions, or a mixture of both, affecting mostly the face but also the back and chest. Typical features of the condition include blackheads or whiteheads, pimples, oily skin and possible scarring .It primary affects skin with a relatively high number of oil glands, including the face, upper part of the chest and back. The resulting appearance can lead to anxiety, reduced self-esteem and in extreme cases depression . It is the commonest dilemma associated with complexion and smoothness of skin .sometimes leading to major skin problem, which is characterized by macula, papulo, pustular eruption on the skin especially on the face. A both male and female gender of adolescent age group is commonly affected. Allopathy treatments includes for all forms of acne as topical retinoids and benzyl peroxide, orally antibiotics, steroids, oral isotretinoin. but these allopathy medicine does not treat permanently and also shows severe side effects. Using the Ayurveda is safe and better option in the long run .Dviharidradi Taila is described in the Ayurvedic classical text *bhaishjya*

ratnavali under the *kshudra rogadhikara*. Describing the properties of this oil, it is said that applying *dviharidradi taila* on the face every day removes *piplav, tilakalaka, nilika, vyanga and mukhadushika* .Dviharidra taila contains 14 herbal drugs. These include *Haridra, Daruharidra, Yashtimadhu, Kaliyak kashta, Raktachandan, Prapondarik, Manjishta, padma, Padmak, Kumkum, Kapittha, Tinduk, Plaksha And Vata* . The effect of these substances is *Varnya, Kandughna, Ropana, Shothahara, Vranaropana, Stambhana, Raktashodhana* etc. Dviharidradi taila is use in a case of *mukhadushika* was successfully treated. Marked improvement was observed in sign and symptoms after treatment .No any complications was found during treatment.

AIM-

To evaluate the effect of Dviharidradi Taila locally in *Mukhadushika* for 45 days.

OBJECTIVE – To study the effect of Dviharidradi Taila in *Mukhadushika*.

CASE REPORT-

A 21 years old college going female student presented to a L.K. Ayurvedic hospital, Yavatmal, Maharashtra, with complaints of

1. *Mukhavaivarnya* (Discolouration)
2. *Pidaka*
3. *Strava* (Discharge)
4. *Kandu* (Itching)
5. *Ruja* (Pain)

On right cheek, left cheek, forehead, nose and chin.

Patient having above complaints since 1 years. The patient was alright before 1 year. Gradually Pimples started coming on forehead, both cheeks and nose.

associated with *Strava*, *Kandu* & *Ruja*. While taking history her menstrual cycle was normal. she had chronic constipation and she used number of allopathy creams and lotions and soaps for the treatment of pimples in the past but did not get satisfactory results and for further management she came L.K.Ayurved Rugnalaya.

N/H/O – HTN, DM, Thyroid

No any H/O major illness

EXAMINATION ON DAY 1

On examination, 5mm and 2mm size pimples present with pinkish discoloration along with thick pus discharge (on & off). The large *Pidaka* measured 5mm on right cheek and forehead. The patient also had Itching and Pain. On the basis of symptoms such as *Shalmali kantakvat pidaka*, *Ruja* (Pain), *Pustules*, *Number of pidaka*, *Pus filled boils*, *Strava from lesions* (discharge), *Mukhavaivarnya* (Discolorations), *Kandui* (Itching) present in patient, she was diagnosed as having *mukhadushika*. Informed

Table 1 –Showing materials of case study

Sr.no	Dravya	Dose	Matra
1	Dviharidradi taila	Local application as per area	Twice a day

OBSERVATION –

The patient was assessed for following *lakshanas* (Symptoms)

Sr.no	Lakshanas/Symptoms	Before Treatment	After 15days of Treatment	After 45 days of Treatment
1.	<i>Mukhavaivarnya</i> (Discoloration)	+++++	++	-
2.	<i>Kandu</i> (Itching)	+++	-	-
3.	<i>Daha</i> (Burning Sensation)	+++	-	-
4.	<i>Strav</i> (Discharge)	++++	+	-
5.	<i>Ruja</i> (Pain)	+++++	-	-
6.	<i>Pitika</i>	+++++	++	-
7.	<i>Aakar</i>	5mm, 2mm	-	-

consent was obtained from the patient for case study.

Rugna Parikshana –

Nadi -82/ min

Mala (Stool)- *Malabaddhata*

Mutra (Urine) - *Prakrut*

Jivha (Tounge)- *Saam* (Coated)

Netra (Eyes)- *Shwetabh*

Shabdha (Speech)- *Spashta*

Sparsha (Skin)- *Samshitoshna*

Aakriti- *krush*

Bala - *Alpa bala*

Raktachaap- 110/60 mmhg

MATERIALS AND METHODS

METHODS

METHOD

1. Case Study.

2. Center of study - Postgraduate Department of kayachikitsa, L.K.Ayurved Hospital, Yavatmal affiliated to D.M.M.Ayurved college Yavatmal.

MATERIAL

Treatment plan

DISCUSSION –Hetu-

SR.NO	AHARAJ	VIHARAJ	MANSIKA	VAYA
1	<i>Upavasa</i>	<i>Malabaddhata</i>	<i>Krodha</i>	Tarunaavastha/ Yuvanavstha
2	<i>Abhishyandi</i>	<i>Chardi Vegavarodha</i>	Chinta	
3	<i>Atikatu</i>	Ratrijagarana	<i>Shoka</i>	
4	<i>Atitiktā</i>	<i>Panchakarma apachara</i>	<i>Kshobha</i>	
5	<i>Atiamla</i>	<i>Diwaswap</i>	<i>Santap</i>	
6	<i>Atilavana</i>	<i>Aswacchata</i>		
7	<i>Atisingdha</i>			
8	<i>Atiguru</i>			
9	<i>Picchila</i>			

SAMPRAPTI GHATAK-

1. Doshā – Kapha vata pitta
2. Dushya – Rara, Rakta, Mamsa, Medas
3. Strotas – Swedawaha, Raktawaha, Rasawaha
4. Mala – Sweda, Twakasneha
5. Srotodushti – Sanga, Atipravrutti
6. Agni – Jatharagni mandya
7. Rogamarga – Bahya marga
8. Udbhavsthan-Amashayotha Vyadhi because the main Doshā of the disease is Kaphadosha
9. Adhishthan – Mukhapradesha, Tvak

**Before treatment****RESULT –**

With Dviharidradi taila local application *Mukhadushika* healed completely within 45 days i.e, patient was cured from *mukhadushika* the image during, between and after treatment supports the statement mentioned .



After treatment

**Probable mechanism of action of Dviharidradi Taila local application karma
/Mode of Action of Drugs used in formulations-**

Sr no	Drug name	Latin name	Family	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Haridra</i>	Curcuma Longa	Zingiberaceae	<i>Katu Tikta</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Varnya Kushtaghna Krimighna</i>
2.	<i>Daruharidra</i>	Berberis Aristata	Berberidaceae	<i>Tikta Kashay</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shophahara Vranajit Kandu Kushtahara</i>
3.	<i>Yashtimadhu</i>	Glycyrrhiza Glabra	Leguminosae	<i>Madhur</i>	<i>Guru Singdha</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Varnya Shothahara Kandughna Vedanasthapanana</i>
4.	<i>Kaliyak</i>	Aquilaria Agalocha	Thymelaeaceae	<i>Tikta Katu</i>	<i>Laghu Ruksha Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vranashodhana</i>
5.	<i>Raktachandan</i>	Pterocarpus Satalinus	Leguminosae	<i>Tikta</i>	<i>Guru Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Raktashuddhikara Dahaprashamana</i>
6.	<i>Prapondarik (Blue lotus)</i>	Nymphaea Nouchali	Nymphaeaceae	<i>Kashay Madhur Tikta</i>	<i>Laghu Snigdha Picchila</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Varnya Dahaprashamana Sthambhana</i>
7.	<i>Manjishtha</i>	Rubia Cardifolia	Rubiaceae	<i>Tikta Kashay Madhur</i>	<i>Guru Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shothahara Vranaropana Kushtaghna</i>
8.	<i>Padma</i>	Nelumbo	Nelumbonacea	<i>Kashay</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Varnya</i>

		Nucifera	e	a, Madhura Katu Lavana Tikta	Ruksha			Dahashamaka Krimighna
9.	Padmak	Prunus Cirasoidus	Rosaceae	Tikta Kashay	Laghu Sheet	Sheeta	Katu	Vranaropana Shothahara
10.	Kumkum	Crocus Sativus	Iridaceae	Katu Tikta	Snigdha	Ushna	Katu	Varnya Shothahara
11.	Kapittha	Limonia Acidissima	Rutaceae	Madhur Amla Kashaya	Laghu	Sheeta	Madhur	Vrananasha ,lekhana
12.	Tinduk	Diospyros Peregrina	Ebenaceae	Kashay	Laghu Ruksha	Sheeta	Katu	Shothahara Stambhana
13.	Plaksha	Ficus Lacor	Moraceae	Kashay	Guru Ruksha	Sheeta	Katu	Raktashodhana Shothahara Vranaropana Stambhana
14.	Vata	Ficus Bengalensis	Moraceae	Kashay	Guru Ruksha	Sheeta	Katu	Vranaropana Shothahara Vedanasthapanana
15.	Tila taila	Sesamum Indicum	Pedaliaceae	Madhur Kashaya Tikta	Guru Snigdha Tikshna Sukshma Vyavai Sara	Ushna	Madhur	Vranhit Twachya Shoolanashana Vataghna

DISSCUSSION – Ayurveda describes the development of *Mukhadushika* due to vitiation of *vata* and *kapha dosha*. These vitiated *doshas* further vitiates *rakta dhatu*, which inturn leads to vitiation of *medadhatu*. Due to this *Medodhatu dushti* excessive *sweda* is formed, which gets deposited in *romakupa* and produce *swedavhastrotas dushti* which leads ultimately to *Mukhadushika*. We selected *shaman aushada* like *Dviharidradi Taila* for study. *Dviharidradi Taila* is described in the Ayurvedic classical text *bhaishjya ratnavali* under the *kshudra rogadhikara*. Describing the properties

of this oil, it is said that applying *dviharidradi taila* on the face every day removes *piplav, tilakalaka, nilika, vyanga and mukhadushika*. *Dviharidradi taila* contains 14 herbal drugs. These include *Haridra, Daruharidra, Yashtimadhu, Kaliyak kashta, Raktachandan, Prapondarik, Manjishta, Padma, Padmak, Kumkum, Kapittha, Tinduk, Plaksha* And *Vata*. The effect of these drugs is *Varnya, Kandughna, Krimighna, Ropana, Shothahara, Vranaropana, Stambhana, Raktashodhana, Varananashana, Lekhana* etc. Modern science uses

Systemic antibiotics are mainstay in the treatment of moderate to severe inflammatory acne vulgaris .also they use birth control pills for hormonal balancing,Isotretinoin and laser therapy which does not treat permanently and also shows severe side effects.

CONCLUSION- Dviharidradi Taila is effective on *Mukhadushika* without any side effect.

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