

International Journal of Research in Indian Medicine**The role of dviharidradi taila locally in the management of *mukhadushika* w.s.r. to *Acne vulgaris* –a case study****Sneha Z. Borutkar^{*1}, Mamta S. Jaiswal², Suryaprakash K. Jaiswal³**PG Scholar¹, Guide & Assistant Professor², Prof & HOD³,

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*Corresponding author: snehaborutkar7@gmail.com**ABSTRACT-**

Acne vulgaris is a common chronic disease involving blockage and /or inflammation of pilo sebaceous units. Acne can presents as non inflammatory 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 Aacharya 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 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 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 everyday 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 complication 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. 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 discolouration 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 *Shalmalikantakvatpidaka*, *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**

MATERIAL

Treatment plan

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

OBSERVATION –

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

Sr.no	<i>Lakshanas</i> /Symptoms	Before Treatment	After 15days of Treatment	After 45 days of Treatment
1.	<i>Mukhavaivarnya</i> (Discoloration)	+++++	++	-

Table 1 – Showing materials of case study

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)- *Shweta*
- *Shabdha* (Speech)-
Spashta
- *Sparsha* (Skin)-
Samshitoshna
- *Aakriti*- *krush*
- *Bala* -*Alpa bala*
- *Raktachaap*-110/60 mmhg


MATERIALS AND 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.

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	-	-

DISCUSSION –*Hetu-*

Sr. No.	AHARAJ	VIHARAJ	MANSIKA	VAYA
1	<i>Upavasa</i>	<i>Malabaddhata</i>	<i>Krodha</i>	<i>Tarunaavastha/ Yu vanavstha</i>
2	<i>Abhishyandi</i>	<i>Chardi Vegavarodha</i>	<i>Chinta</i>	
3	<i>Atikatu</i>	<i>Ratrijagarana</i>	<i>Shoka</i>	
4	<i>Atitikta</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. *Dosha –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 Dosha of the diseaseis Kaphadosha*
9. *Adhishthan – Mukhapradesha,Tvak*

RESULLT –

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 .



Before treatment



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.	Haridra	Curcuma Longa	Zingiberaceae	Katu Tikta	Ruksha	Ushna	Katu	Varnya Kushtaghna Krimighna

2.	<i>Daruharidra</i>	Berberis Aristata	Berberidaceae	<i>Tikta Kashaya</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 Vedanasthapana</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>Raktachandana</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>Kashaya 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 Kashaya Madhur</i>	<i>Guru Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shothahara Vranaropana Kushtaghna</i>
8.	<i>Padma</i>	Nelumbo Nucifera	Nelumbonaceae	<i>Kashaya, Madhura, Katu, Lavana, Tikta</i>	<i>Guru Ruksha</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Varnya Dahashamaka Krimighna</i>
9.	<i>Padmak</i>	Prunus Cirasoidus	Rosaceae	<i>Tikta Kashaya</i>	<i>Laghu Sheet</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vranaropana Shothahara</i>
10.	<i>Kumkum</i>	Crocus Sativus	Iridaceae	<i>Katu Tikta</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Varnya Shothahara</i>
11.	<i>Kapittha</i>	Limonia Acidissima	Rutaceae	<i>Madhur Amla Kashaya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vrananasha, lekha</i>
12.	<i>Tinduk</i>	Diospyros Peregrina	Ebenaceae	<i>Kashaya</i>	<i>Laghu Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Shothahara Stambhana</i>
13.	<i>Plaksha</i>	Ficus Lacor	Moraceae	<i>Kashaya</i>	<i>Guru Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Raktashodhana Shothahara Vranaropana Stambhana</i>
14.	<i>Vata</i>	Ficus Bengalis	Moraceae	<i>Kashaya</i>	<i>Guru Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vranaropana Shothahara Vedanasthapana</i>

15	<i>Tila taila</i>	Sesamum Indicum	Pedaliaceae	<i>Madhu r Kashaya Tikta</i>	<i>Guru Snigdha Tikshna Sukshma Vyavai Sara</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Vranhit Twachya Shoolanashan Vataghna</i>
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DISCUSSION –

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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