

A Conceptual Analysis of Mukhadushika: The Case of Acne Vulgaris

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Abstract

Sushruta explains Mukhadushika under Kushudrarogas. It is distinguished by Shalmali Kantka sadrush Pidaka on the face. It is related to acne vulgaris, as defined by current science. When acne is not treated at an early stage, it worsens and leaves lasting scars, which emotionally depresses the individual and makes their face insecure. As a result, there is an urgent need to combat this illness efficiently and prevent it from worsening, hence preventing the emergence of new lesions.

Keywords: *Sushruta, Kushudrarogas, Mukhdushika, Acne-Vulgaris*

INTRODUCTION

Sushruta explains Mukhadushika under Kushudrarogas. It is distinguished by Shalmali Kantka sadrush Pidaka on the face. It is related to acne vulgaris, as defined by current science. When acne is not treated at an early stage, it worsens and leaves lasting scars, which emotionally depresses the individual and makes their face insecure. As a result, there is an urgent need to combat this illness efficiently and prevent it from worsening,

hence preventing the emergence of new lesions.

REVIEW OF MUKHADUSHIKA

Historical Review:

There is no textual description of Mukhadushika in Vedic or Pauranic Kala.

SAMHITA KALA

Charaka Samhita:

According to "Tisrashniya Adhayaya," Pidika Roga can be found as Bahya Roga

Marga Ashrita Roga. Furthermore, in Trishothiya Adhayaya, vitiated Pitta in Twak and Rakta produces Pidika, a reddish Sotha.

Sushruta Samhita: - SaalmalaI k NTK pa`Kyaa: k f maar}taSaaONaItaO: |jaayantaO ipaDk a yaunaaM vak~aO yaa mauKaduYaIk a | (sau. ina. 13/39) Acharya Sushruta was the first person, who described Mukhdushika, under the heading of Kshudra Rogas, and he explains different treatment of Mukhdushika.

Ashtanga Hrudaya:- SaalmalaI k NTK ak ara: ipaTIk a sar}jaaooO Ganaa |maodaoogaBa_ amauKao yaunaa taaByaa ca mauKaduYaIk a | (A.sa. { . 36/5) In Astanga Hrudhyam Acharya Vagbhatta explained Mukhdooshika in Uttarasthana under Kshudra Rogas Vijnaniya.

MEDIEVAL PERIOD

Bhaisajya- Ratnavali: -In Bhaisajyaratnavali it is described under Kshudra Roga and in Kshudra Roga Chikitsa Adhayaya different type of Yoga like Lodhradhi is explained.

Yogratnakara: - SaalmalaI kNTk pa`Kyaa: k f maar}tark tajaa | &aayantao ipaDk a yaunaaM&aoyaastaa mauKaduYaIk a ||

(yaa. r.) In Yogratnakara it is described in Kshudra Roga Nidhan, and Chikitsa under Kshudra Roga as Youvna Pidika. In other text like Rasakamdhenu, Arkaprakasha, Brihat Rasarajsundara the diseases Mukhadushika has been described.

MUKHADUSHIKA

NIRUKTI: - mauKa Aanana | (A.=.saU) duYaNa na daoYak arNama\ | (ca. iva.) mauKaduYaNa pau. mauKaM duYayaita saovanaata duQa_Kaona | (Aayauva_oidya Sabdk aoSa) mauKaduiYak a s~aI. | mauKagataXaud`raogaBaodo | (vaO&ak SabdisaMQau:)

SYNONYMS OF MUKHADUSHIKA: -

1. Pidaka, Pidika, Pitika, Visphot
2. Yuvankantak, Yuvaganda = Sharangdhar.
3. Mukhadushika= Sushruta.
4. YuvanPidaka = Yogaratnaka paIDyaita [ita ipaDk a || sf aoTk ivaSaoYaa: ipaDk a | (Sabdk lpad`uma)

Paribhasha:

SaalmalaI kNTk pa`Kyaa: k f maar}taSaaONaItaO: |jaayantaO ipaDk a yaunaaM vak~aO yaa mauKaduYaIk a | (sau. ina. 13/39)

SaalmalaI kNTk ak ara:

paITik a sar}jaaooO Ganaa |maodaoga
Baa_mauKao yaunaa taaByaa ca
mauKaduYaIka | (A.sa. { . 36/5)

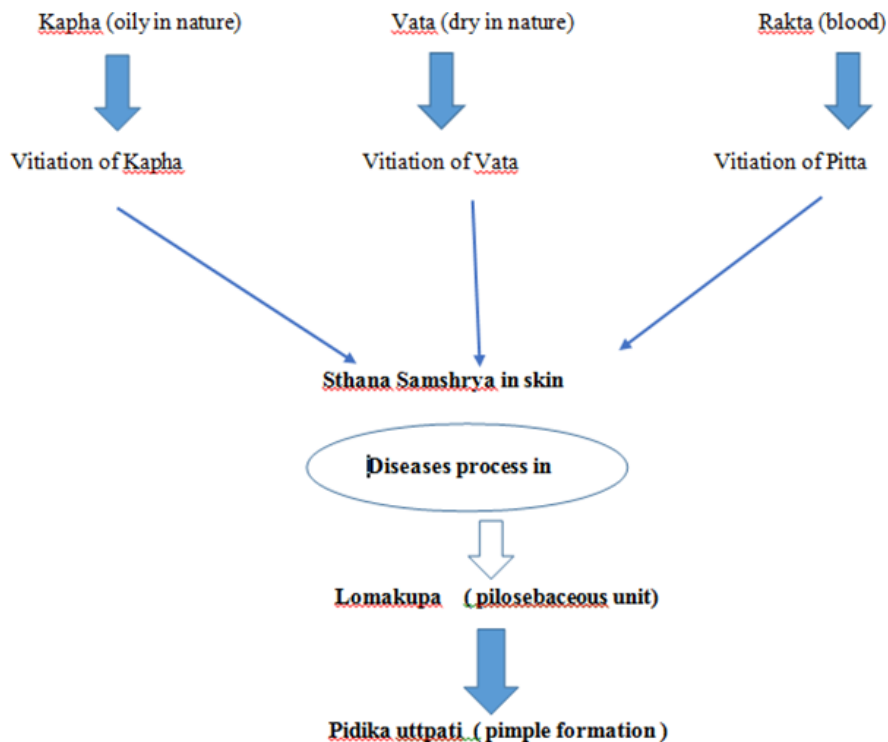
SaalmalaI kNTk pa`Kyaa: kf
maar}tarktajaa |yauvaanaipaTik a yaunaa

iva&ayaa mauKaduYaIk a || (maa. ina.
55/33) The Pidaka is in the shape of
Shalmalikantak (spine of indian red
silktree) produced due to vitiation of
Kapha, Vata, Rakta in the young age on
the face causing blemishing is called
Mukhadushika.

Nidana of Mukhadushika: The Causative Factors of Yuvanpidaka or Tarunyapitika or Mukhadushika

Kalaja (time/ age factors)	Aaharaj(food)	Viharaja (activities)	Manasika (mind/ Stress factors)
Tarunya (young age)	Ati Katu & Madhura	Vegavarodha	Ati Shoka
Madhyanha (noon)	Guru	Jagarana	Kshobha (Botheration)
Vasanta Rutu (blossom)	Ati Snigdha & Dughdha VargaAhara	Nidra	Krodha
Grishma Rutu (summer)	Mamsa	Upavasa	Santapa
Sharada Rutu	Madhya	Atapsevana	Svabhava (Behavioral changes)

Samprapti:- Samprapti chakra (pathophysiology) of Mukhadushika or Yuvanpidika



Samprapti Ghataka :

1. Dosha - Kapha, Vata Dushya
2. Dhatu -Rasa, Rakta, Meda
3. Upadhatu –Twacha
4. Agni - Jatharagni mandya
5. Srotas - Svedavaha, Raktavaha
6. Shrotodusti - Sanga
7. Udbhavasthana - Ama-pakwashay
8. Sancharasthana – Sarva shareera
9. Vyakta sthana –Mukha
10. Adhithana – Twak
11. Rogamarga – Bahya rogamarga

Purva Rupa (Premonitory Signs):

Purva Rupa of Mukhadushika was not manifested in any text.

Roopa (Signs and Symptoms):

SaalmalaI kNTk ak ara: paITik a sar}jaaooO Ganaa | maodaogaBaa_mauKao yaunaa taaByaa ca mauKaduYaIk a | (A.sa. { . 36/5)

According to Sushruta, Vagbhata, and Madhavacharya, the Pidika's look is similar to shalmali torns. This shows that the Pidika's ends are sharply pointed.

Ruja (pain) is a Vata-related symptom that signals the Shoola. There is Pachan in pitika on the face, indicating the creation of Puya. Vagbhata utilised Ghana as a standard for the swaroota. Medogarbha is a symptom associated with Meda Dhatu.

Roopa	Sushruta	Vagbhata	Others
Shalmali kantaka sadrusha Pidaka	Present	Present	Present
Ruja	-	Present	-
Contains Meda in its core	-	Present	-
Ghana Shotha	-	Present	-
Involved Doshas	Kapha, Vata, Rakta	Kapha, Vata, Rakta	Vata, Pitta, Kapha
Site of affliction	Face	Face	Face
Age of occurrence	Yauvana	Yauvana	Yauvana

Site of Mukhadushika:

Because the original phrase introduced by Sushruta is Mukhadushika, the face is inherently the seat of sickness. Almost all ancient ayurvedic experts have also unanimously agreed on this issue. However, no specific feature of the face has been identified by these authorities. Only in the Indu commentary, Ashtanga Hrudhya, are the frequent places of Mukhadushika mentioned: Kapala, Lalata, Nasika, and Chibuka.

Upadrava of Mukhadushika:

The disease's name is self-explanatory, "Mukhadushika," implying a cosmetic detrimental effect on the face as Mukhdushana in terms of Vaivarnya or discolouration and Vranavastu or temporary or permanent scars.

Review of Acne:- Defination:

Almost all dermatologists agree that this is an inflammatory condition of the pilosebaceous follicles characterised by comedones, papules, pustules, cysts, nodules, and adolescent scars.

Site of the Disease:

Acne vulgaris mainly affects the greasy parts of the skin. On the face, it is most common on the cheeks, with a smaller degree on the nose, forehead, and chin.

Massive comedones in the concha, cysts in the lobes, and large cystic lesions in the neck, particularly in the nuchal region, are common in the ears. These may eventually develop into keloids.

Etiology of Acne:

Exact cause is unknown. But there are four etiopathogenetic factors:- 1) Increase sebum secretion(seborrhea) 2) Abnormal follicular keratinization (retention hyperkeratosis) 3) Growth of anaerobic bacterium in pilosebaceous unit 4) Inflammation 5) Others-a) Puberty-major trigger factor b) Hormonal changes c) Drugs d) Stress e) Environmental factors f) Genetics

Pathophysiology:

Sebaceous gland hyperactivity and the proliferation of bacteria (particularly Propionibacterium acnes) within sebum, as well as inflammation, cause an increase in sebum production and inflammation. Keratinocyte hyperproliferation This causes retention hyperkeratosis. Acne/Comedones are caused by the formation of a plug of keratin and sebum in the follicular duct of a dilated sebaceous follicle.

Types of Acne Lesions:

1. Non inflammatory – Comedones i.e. blackheads/whiteheads
2. Inflammatory- papules/ pustules/ cyst/ Nodules

CLASSIFICATION OF ACNE LESIONS:

Classified on the basis of Severity and morphology are as follow:

MILD ACNE: - Comedones and / occasional papules and pustules

MODERATE ACNE: - More inflammatory, with shallow papules and/or pustules (papulopustular acne). Comedones may be present, and lesions may heal with scars.

SEVERE ACNE: - Papules, pustules, nodules, cysts, and perhaps abscesses are present in increasing depth and frequency. Scarring and keloid development may be seen.

MORPHOLOGY

1. **Acne vulgaris:-** This is the most prevalent kind of acne. It is one of the symptoms seen in teenagers. Comedones in a 10-year-old are pretty common nowadays. The disease peaks in activity between the ages of 16 and 18 and gradually fades, frequently not

disappearing until the early to mid-twenties.

2. **Acne rosacea:-** It is a skin ailment that usually begins in maturity and affects just the nose, cheeks, chin, and forehead. The skin on the face becomes greasy, reddish, and bumpy. There are several little red vessels visible. In severe cases, the nose might seem bright red and bulbous.

3. **Nodulocystic acne:** - This is a very nasty kind of acne. The degree of physical manifestation and chronicity distinguishes it from acne vulgaris. Deep and painful papules and nodules grow, resulting in disfiguring scarring, occasionally with keloid formation. The face, chest, and back may be implicated alone or in combination.

4. **Acne conglobata:** - feature typical epithelial-lined sinus tracks. Large, deep nodules, cysts, ulcers, abscesses, sinus tracks, scars, and many blackheads appear.

5. **Acne fulminans:** - is a severe type of acne ulceration accompanied by fever and arthralgia.

Complication:

In short main Complications are: - Cysts, skin abscesses, permanent face scars, keloids, skin colour changes, and psychological harm to self-esteem, confidence, personality, and social life are all possibilities.

DISCUSSION

Mukhdushika is one such ailment that wreaks havoc on the skin's attractiveness. The location and time of incidence of this illness are the face and adolescence, respectively. The source of the sickness, according to Sushruta, is a disturbance in the balance of Vata, Kapha, and Rakta

Doshas. Bhavaprakash refers to himself as a Svabhavaja. Mukhadushika is influenced by Katu, Guru, Snigdha aharaja, and Viharaja such as Jagaran, Nidra, and Vegavrodhaja.

CONCLUSION

A historical examination of Mukhdushika in various Samhitas has provided a wealth of information.

Mukhdushika w.s.r. acne vulguris review.
3) Mukhdushika's Nidana, Poorva roopa, Roopa, Samprapti, and Chikitsa based on Ayurveda and contemporary science.

Comparison between Ayyurveda and Modern concept of Mukhadushika

Sr.no.	Points	Yuvan Pidika	Acne vulgaris
1.	Types of disease	Kshudra roga	Specific disease
2.	Etiological factors	Vata, Kapha, Rakta	Basic cause still unknown but it is Multi factorial disease
3.	Sign & symptoms	Dushti Hetus	Comedones (black and white heads), papules, pustules, nodules, cyst
4.	Treatment	Ruja, Paka, Kandu	Topicals-benzoilperoxide, retinoid, Topical antiseptics, antibiotics and combination productsetc. Systemic-antibiotics, steroids etc.

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