

A Review on Mukhadoooshika

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ABSTRACT

Face is the index of mind and beauty. Mukhadoooshika is a kshudraroga affecting the face, characterised by the formation of shalmalikantakavat-saruja-ghana-medogarbhapidaka. The disease's nature and frequency are implied by its name alone. Similar characteristics can be found in the condition known as Acne Vulgaris described in the contemporary science, which is the chronic inflammation of the pilosebaceous units. Ayurveda provides many safe and effective methods of treatment for various skin problems including Mukhadoooshika. In the context of Mukhadoooshikachikitsa, Acharyas explain both shodhana and shamana methods. This article aims to emphasize the details of Mukhadoooshika according to various Ayurveda Samhita.

KEYWORDS : Mukhadoooshika, Kshudraroga, Acne vulgaris

I. INTRODUCTION

Skin is the largest integumentary organ of our body and it aids in proper functioning of the body and shields the underlying body from harmful substances including shock, climate changes, UV rays, and toxins. Any disease affecting the skin can affect the beauty as well as the personality of a person. Mukhadoooshika¹ is a common cosmetic problem occurring in the adolescents, which causes both physical and psychological scar having negative impact on social lives and self esteem. Mukhadoooshika is described as one among the 44 Kshudraroga in Susrutha Samhitha. It is a Kapha-Vata Raktapradhanavyadhi characterised by Shalmalikantakavat pidaka.² Ghana, Saruja, and

Medogarbhapidaka are present in the Mukhapradesha of young aged people. Similar features are found in the disease, Acne vulgaris and hence Mukhadoooshika can be correlated to Acne vulgaris. Acne is a common chronic inflammation of the pilosebaceous units. Acne usually affects the face and trunk. Greasiness of the skin (seborrhoea) accompanies open comedones (blackheads – dilated keratin-filled follicles) and closed comedones (whiteheads – caused by accumulation of sebum and keratin deeper in the pilosebaceous ducts). Inflammatory papules, nodules and cysts occur and may arise from comedones.³

NIRUKTI⁴

That which disfigures the face along with discolouration is known as Mukhadoooshika.

PARYAYA

- 1) Youvanapidaka⁵
- 2) Youvanakantaka⁶
- 3) Tarunyapitika⁷
- 4) Vayasphota⁸
- 5) Raktaspota, Kshudrasphota, Sukshmasphota, Raktapinda, Tanuvrana, Sukshnavrana, Kshudravrana, Ganda, Sukshmaganda, Varandaka⁹

NIDANA

There are no specific etiological factors mentioned regarding the disease Mukhadoooshika in the classics. Most of the Samhita mentions Vata, Kapha and Raktaprapakopa karana¹⁰ as the cause. Bhavaprakasha mentioned Mukhadoooshika is caused due to Swabhava and Sharangdhara mentioned the cause as Shukradhatu mala¹¹

VATA – KAPHA – RAKTA PRAKOPA KARANA

Table No.1 Vata-Kapha-RaktaPrakopa Karana

VataPrakopa Karana ¹²	KaphaPrakopa Karana ¹³	RaktaPrakopa Karana ¹⁴
Vihara : Balavatvighraha, Ativyayama Ativyavaya, Atishoka, Atidhyayana, Abhighata, Ratrijagarana, Bharaharana, Dukhashayana , Vegadharana	Vihara : Divaswapna, Avyayama, Alasya, Ratrijalapana, Adhikajalapana, Vegadharana, Virechanaayoga, Asyasukh a, Ajeerna	Vihara : Krodha, Vegadharana, Atidivaswapna, Vikritamadyasevana
Ahara : Katu-Kashaya-Tikta rasa pradhanaaharasevana, Ruks ha anna sevana, Langhana, Heenabhojana, Ahara like Shuskasaka, Vallura, Uddalaka, Koradusha, Syamaka, Mudga, Masura, Adhaki, Harenu, Kalaya, Nispava, Karira, Bisa, Saluki, Jambava etc.,	Ahara : Gurudravayasevana, Madhur a-Snigdha-Pichila- Abhishyandiravyasevana, Dadhi, Ahara like Hayanaka, Yavaka, Neshada, Itkata, Masa, Mahamasha, Godhuma, Tila, Krshara, Payasa, Ikshuvikara, Mamsa, Vasa, Kilata, Morata, Takra, Phanita, Bisa, Mrnaal a etc.	Ahara : Katu-Amla-Lavana- Tikshna-Ushna- Laghu- Vidahiaharasevana, Tilataila, Pinyaka, Kulatha, Godha Mamsa, Matsya, Takra, Tikshnamadya, Kshara, Masha, Nishpava, Dadhi, Mastu, Sura, Souviraka, Viruddhahara, Katvara Etc.
Kala : Grismaritu, Late phase of night and digestion	Kala : Vasanta and Sisiraritu, Early phase of night and digestion	Kala : Sararitu

SAMPRAPTI

Acharya Sushruta and Acharya Vagbhata have mentioned vitiated Kapha, Vata and Rakta as the causative factors of the disease. This has been accepted by other Acharyas like Bhavamisra, Madhavakara, Vangasena etc. In Sarangdhara Samhita, Vaktrasnigdha and Pidika have been mentioned, as produced due to Shukradhatumala. Also Bhavaprakasha mentions Swabhava as the cause of disease. So it may be concluded that due to Swabhava of the particular

age, there is excess production of Shukra dhatu and its mala, along with the vitiation of Kapha, Vata and Rakta which ultimately lead to the disease Mukhadoooshika.

Samprapti Ghataka¹⁵

Dosha – Kapha, Vata
Dushya – Rasa, Rakta, Medas
Mala – Twaksneha, Sweda
Agni - Jatharagni
Udbhavasthana – Ama-pakwashaya

Vyaktasthana - Mukha
 Marga – Bahyarogamarga
 Srotas – Swedavahasrotas
 Srotodushti – Sanga

PURVARUPA

There is no specific description regarding the Purvarupa of Mukhadooshika .So the symptoms like Ruja,small Pidaka,Kandu,Daha etc. can be considered as Purvarupa.

RUPA

Mukhadooshika is described as the eruptions in the face of adolescents which resembles Shalmalikantaka.¹⁶

More detailed description regarding the specific features of the Pidaka is given by Acharya Vagbhata¹⁷ like –

Shalmalikantakakara : The Pidaka which is similar to Kantaka of Shalmalitree,that is conical in shape,found on face.

Saruja : The eruptions are painful.

Ghana : The word Ghana means hard,solid,thick or indurated.The eruptions will be hard on touch.

Yunamukhe : This disease occurs in young age and affects the face.

Medogarbha : The Pidakas contain Medas like content inside it.

CHIKITSA

In Mukhadooshika both Shodhana and ShamanaChikitsa are explicated in the form of Vamana,Nasya,Raktamokshana and Lepa.

Table No.2 Chikitsa according to different Acharyas

Classics	Proposed Line of Treatment
Sushruta Samhita ¹⁸	Vamana,Lepana
Ashtanga Hridaya ¹⁹	Pralepa,Vamana,Nasya,Siravyadha
Ashtanga Sangraha ²⁰	Pradeha,Vamana,Siravyadha
Chakradatta ²¹	Vamana,Lepana,Siravyadha,Abhyanjana
Vangasena Samhita ²²	Siravyadha,Pralepa,Abhyanjana,Vamana,PratimarshaNasya
Bhavaprakasha ²³	Vamana,Pralepa
Bhaishajya Ratnavali ²⁴	Siravyadha,Pralepa,Abhyanjana,Vamana
Kalyanakaraka ²⁵	Pralepa,Nasya

SHODHANA CHIKITSA

Acharyas have mentioned Vamana, Raktamokshana and Nasya as ShodhanaChikitsa in the treatment of Mukhadooshika.

Vamana :

Mukhadooshika is considered as an Amashayoththitavikara and hence Vamana is indicated by various Acharyas.

Raktamokshana :

Raktamokshana is one of the therapeutic interventions explained as the line of management of Kshudraroga in general.²⁶ Ashtanga Hridaya and Ashtanga Sangraha explains Raktamokshana, in the form of Siravyadha in Lalatapradesha as the last resort in MukhadooshikaChikitsa. Other works like BhaishajyaRatnavali, Vangasena Samhita, Chakradatta also described the same. Raktamokshana in the form of Jalaukavacharana as a ShodhanaChikitsa can be effective in Mukhadooshika as it is a Raktapradoshajanyaroga .

Nasya :

PratimarshaNasya with Tilataila for 3 weeks alleviates Yuvanapidaka.²⁷

SHAMANA CHIKITSA

Internal and External administration of medicines are advised by various Acharyas as ShamanaChikitsa for the management of Mukhadooshika.

Lepa :

The amount of Lepa that covers 1/4th of the finger is the minimal quantity (Samanya),that which occupies 1/3rd of the finger is the medium quantity(Madhyama) and that occupying 1/2th of the finger is the maximum quantity to be taken (Uttama).The Lepa should be applied till it starts drying,because it may harm the skin when dried. The drugs with Twakdoshahara,Vedanahara,Shothahara and Krimighna properties are effective in Mukhadooshika.

Few Lepa that have been explained:

- Vacha, Lodhra, Saindhava and Sarshapa
- Dhanyaka, Vacha, Lodhra and Kushta
- Lodhra, Dhanyaka and Vacha
- Lodhra and Tuvrika
- Vatapallava, Narikela and Shukti
- Gorochana and Maricha
- Vata, Malati, Raktachandana, Kushta, Kaliyaka and Lodhra
- Yava, Sarjarasa, Lodhra, Ushira, Chandana, Madhu, Ghrta, Guda and Gomutra
- Matulunga, Goghrta, Manashila and Gosakrtrasa

Taila and GhrtaPrayoga

Some preparations of Taila and Ghrta which can be used internally as well as externally in the disease Mukhadoshika are mentioned :

- Haridradya Taila²⁸
- Manjishthadya Taila²⁹
- Kumkumadya Taila³⁰
- PanchangaKunkumadya Taila³¹
- SaptatrimshangaKunkumadya Taila³²

II. DISCUSSION

Mukhadoshika is described as the eruptions in the face of adolescents, which is similar to shalmalikantak. It is also known as Yuvanapidaka or Tarunyapidaka. It is considered as a Kapha – Vata – Raktapradhanavyadhi, where Saruja Ghana Pidaka is the chief complaint in the patient. Ayurveda classics explain Mukhadoshika in the context of Kshudrarooga and there are a wide range of treatment modalities for its management which includes both Shodhana and Shamana measures like Vamana, Nasya, Raktamokshana, Lepa and Tailaprayoga.

III. CONCLUSION

In Ayurvedic texts, Mukhadoshika is not explained independently but it is well described under the context of Kshudrarooga, along with the different treatment modalities for its cure. The description of Mukhadoshika available in the Samhita will be helpful in the diagnosis as well as the treatment of the disease successfully.

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