INTRODUCTION

Acne is a common chronic inflammatory condition of skin with significant cutaneous and psychological disease burden. Acne affects both males and females, although males tend to have more with onset of puberty. Across the globe, acne affects 80% of individuals between Pubescence and 30 years of age. Many research studies have reported acne in 79-95% in the age group of 16-18 years. In India, research studies have reported acne in 50.6% of boys and 38.1% of girls in the age group of 12-17 years. Acne vulgaris, a chronic inflammatory disorder in adolescents consists of the pilosebaceous follicles, characterized by comedones, papules, pustules, cysts, nodules and often scars, chiefly on face, neck etc. It is a skin condition that occurs due to the clogging of oil glands of the skin. The oil that normally lubricates the skin gets trapped in blocked oil ducts and results in what we know as Pimples, Blackheads and Whiteheads. Sometimes it also includes deeper skin lesions that are called Cysts. It is more common during teenage years but is known to happen across all age. Adult acne is becoming increasingly popular. It is a disease of the skin which can be painful for those suffering from moderate to severe acne. Acne vulgaris mostly affects the areas of skin with the densest population of sebaceous follicles these areas include the face, the upper part of the chest, and the back. The cause of acne is unknown. It is presumed to be activated by androgens in genetically predisposed individuals. The earliest abnormalities in acne are:

- Increased sebum production due to which the skin looks greasy (seborrhea)
- Formation of horny plugs (comedone)

According to Ayurveda the Shalmali thorn like eruptions on the face of adolescents, due to vitiation of Vata, Vata and Rakta having Shalmali like eruption on face. In Ayurveda for the treatment of Mukhadushika (Kshudraroga) mainly two type of Chikitsa are described i.e. Shodhana chikitsa and Shamana chikitsa. As described by various Acharya the Shodhana chikitsa includes Vamana, Nasya and Shiravedha. The Shamana chikitsa includes various types of Lepa and Pralepa. Shamana Virechana, Nasya and Shira vedha will be beneficial along with some internal and external herbal, Mineral and herbomineral Ayurvedic drugs. In this review article, we tried to highlight Ayurvedic Management of Acne vulgaris (Mukhadushika) mentioned in Ayurveda with scientific justification.

KEYWORDS: Mukhadushika, Acne vulgaris, Shodhana Chikitsa, Shamana Chikitsa.

AIM AND OBJECTIVES

- To evaluate, elaborate and discuss the etiology, Symptoms, and Ayurvedic method of Mukhadushika (Acne Vulgaris).
- To evaluate, elaborate and discuss the management of Mukhadushika (Acne Vulgaris).

Material and Method

Material related to Yuvaan Pidika and Acne Vulgaris is collected from Ayurvedic text and text book of modern medicine respectively. The available commentaries of Ayurvedic Samhitas have also referred to collect relevant matter. The index, non-index medical journals has also referred to collect information of relevant topic.
Conceptual Study

**Definition**

According to Acharya Sushruta Boils like spine of Salmali appears on the face of youthful person caused by Kapha, Vata and rakta. They are known as Mukhadoshika (Pimples). They are also known as Yuvaanapidika. It correlates to Acne Vulgaris explained in modern science. According to modern medical science, acne is a chronic inflammatory condition of the pilo sebaceous units, characterized by the formation of comedone, erythematous papules and pustules, less frequently nodules or cysts too.

**Etiology of Yuvaan Pidika (Acne Vulgaris)**

In our Shastra very short description is available about the disease, “Mukhadoshika”. All the Samhitas have pointed out Kapha, Vata & Rakta as the causative factors of the disease, while Bhavaprakasa mentioned due to svabhava. In Sharangadhara samhita, Vakrasnigdhata and Pidika have been mentioned as due to Shukradhatumala.

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Kalaja (Time/Age factors)</th>
<th>Aaharaja (Food)</th>
<th>Viharaja (Activities)</th>
<th>Manasika (Mind/Stress factors)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Tarunya (young age)</td>
<td>Ati Katu &amp; Madhura (excessive spicy and sweet)</td>
<td>Vegavorodha (stoppage of natural urge)</td>
<td>Ati Shoka (stress)</td>
</tr>
<tr>
<td>2.</td>
<td>Madhyanha (Noon)</td>
<td>Guru (heavy to digest)</td>
<td>Jagarana (insomnia)</td>
<td>Kshobha (botheration)</td>
</tr>
<tr>
<td>4.</td>
<td>Grishma Ritu (summer)</td>
<td>Mamsa (meat)</td>
<td>Upavasa (fasting)</td>
<td>Santapa (irritation)</td>
</tr>
<tr>
<td>5.</td>
<td>Sharada Ritu</td>
<td>Madya (alcohol)</td>
<td>Atapa Sevana (excessive sun bath)</td>
<td>Svabhava (behavioral changes)</td>
</tr>
</tbody>
</table>

**Pathogenesis of Acne Vulgaris as per Modern Medicine**

It is a skin condition that occurs due to the clogging of oil glands of the skin. The oil that normally lubricates the skin gets trapped in blocked oil ducts and results in what we know as Pimples, Blackheads and Whiteheads. Sometimes it also includes deeper skin lesions that are called cysts (a closed sac beneath the skin or deeper that contain fluid or semisolid substances). It is more common during teenage years but is known to happen across all age. Adult acne is becoming increasingly popular. It is a disease of the skin which can be painful for those suffering from moderate to severe acne. Acne vulgaris mostly affects the areas of skin with the dense population of sebaceous follicles these areas include the face, the upper part of the chest, and the back. The cause of acne is unknown. It is presumed to be activated by androgens in genetically predisposed individuals. The earliest abnormalities in acne are:

- Increased sebum production due to which the skin looks greasy (seborrhea).
- Formation of horny plugs (comedones)

**Pathogenesis (Samprapti) Acne vulgaris as per Ayurveda**

In Ayurvedic texts the disease, Mukhadoshika has not mentions independently, it has been described with some minor diseases. This group of minor diseases is known as “Kshudraroga”. According to Sushruta, 44 diseases has been describe under this group, Mukhadoshika is one of the diseases between them. The Shalmalithorn like eruptions on the face of adults due to vitiation of Kapha, Vata & Rakta are known as “Yuvaan Pidika” or “Tarunya Pitika” or “Mukhadoshika.”

**Purvarupa**

This Purvarupa of Mukhadoshika is not mentioned in the texts by Acharyas.

**Rupa**

Acharya Vagbhata has described the signs and symptoms in more details than Acharya Sushruta. The signs and symptoms told by him are as follows:

- Pitika-Pitika means eruption. The disease is in the form of eruptions.
- Sa-raja- The eruptions are painful. The pain may be mild or acute in nature.
- Ghana- The word Ghana means thick, hard or indurate. So the eruptions of the disease are hard and thick. Pandit Vardhaman Shastri in his commentary of Kalyankarka says that the eruptions of Mukhadoshika are thick & caused by the aggravated Kapha.
- Medogarbha- The eruptions are impregnated with Meda. Meda is known as comedone.
- Yuna Mukha- This disease occurs on the face of adults. This word shows the site and time of the occurrence of this disease.

**Associated Symptoms**

Along with Pidika, the main associated symptoms are

1. (1) Vedana (due to vitiation of Vata)
2. (2) Kanda (due to dominance of Kapha)
3. (3) Daha (due to dominance of Pitta)
4. (4) Srava (due to dominance of Kapha)

**Management of Acne Vulgaris (Mukhadoshika) as per Ayurveda**

As Mukhadoshika is described under Kshudraroga, the Chikitsa sutra of Kshudraroga is the Chikitsa sutra of Mukhadoshika. In Ayurvedic text mainly two types of Chikitsa are described so following therapies are to be advised for the disease Mukhadoshikas.

(i) Shodhana therapy: Vamana, Virechana, Nasya, Rakta Moksha etc.

(ii) Shaman therapy: Internal medicine and external applications of drugs.
Line of treatment prescribed by different Acharya can be summarized as follows.
1. Sushruta – *Vamana, Lepan*  
2. Ashtanga Hridaya – *Lepana, Vamana, Nasya, Shiravyad*  
3. Bhavaprakasha-Lepa, Vamana, Abhyanga  
4. Yoga Ratanakara-Shiravedha, Prallepa, Abhyanga  
5. Sarangadhara samhita-Lepa  
6. Bhaishajyajya Ratnavali-Shiravedha, Prallepa, Abhyanga

**Shodhana Therapy**

(a) **Vamana Karma (Emesis):** It is the best procedure to subside the *Kapha* abnormalities as told by both Acharya Sushruta and Vagbhat. It helps in *Samprapti Vigahatana* of Mukhadushika. Almost in all texts *Vamana* is the prime treatment of *Yuvaa Vidika*. According Acharya Sushruta in *Yuvaa pidika*, particular emesis is beneficial; the paste of *Vacho, Rodhra, and Saindhav* mixed with *Sarsapa*; or of *Dhanyaka, Vacha, Lodhra* and *Kushta* should be applied.

(b) **Virechana Karma:** This therapy is indicated specially to sub side *Pitta Dosha* or *Pitta Sansargaja Dosha*. The purgative drugs expel the excess *Pitta* from the *Guda Marga*. Property of *Rakta* is analogous to *Pitta Dosha*, there for *Virechana* is also effective in *Raktaja Vikara*.

(c) **Nasya Karma:** Acharya Vagbhatta has also described this process in Mukhadushika.

(d) **Shiravedha:** Raktamoksana by Shirvedhais described in Mukhadushika.

**Shaman Chikitsa:** Shamana Chikitsa includes use of topical as well as oral formulations such as pills, pastes, oils; scrubs etc. These formulations normalize the vitiated *Doshas*. Many authors have been emphasized in their texts on local treatment i.e. *Lepa* (paste), *Taila* (oil), *Kshara* application etc. *Lepas* (pastes) act as astringent, anti-inflammatory and antibacterial agents. *Lepas* not only treat the acne but also increase the skin complexion. In Ayurveda, *Lepas* have been especially advised for application on oily skin whereas *Tailas* (oils) have been advised for dry type of skin. Both *Lepas* and *Tailas* have been used as anti-inflammatory for the treatment of acne. *Tailas* also possess wound healing property and it reduces Scar formation.

**Table 2: Some Herbal Drugs and Their action**

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Plant Name</th>
<th>Botanical Name</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Shalmali</td>
<td>Salmalia malabarica</td>
<td>Anti-bacterial, Anti-inflammatory, Effective in Acne vulgaris</td>
</tr>
<tr>
<td>2.</td>
<td>Dhanyaka</td>
<td>Coriandrum sativum</td>
<td>Anti-bacterial, Anti-septic</td>
</tr>
<tr>
<td>3.</td>
<td>Vacho</td>
<td>Acorus calamus</td>
<td>Anti-bacterial, Anti-inflammatory</td>
</tr>
<tr>
<td>4.</td>
<td>Lodhra</td>
<td>Symlocos racemosa</td>
<td>Anti-bacterial, Anti-inflammatory, Antiseptic</td>
</tr>
<tr>
<td>5.</td>
<td>Daruwaridra</td>
<td>Berberis aristata</td>
<td>Analgesic, Anti-bacterial, Anti-dermatitis</td>
</tr>
<tr>
<td>6.</td>
<td>Manjishtha</td>
<td>Rubia cordifolia</td>
<td>Useful in hyper pigmentation, Increase skin complexion &amp; skin glow, Anti-oxidant, Anti-inflammatory</td>
</tr>
<tr>
<td>7.</td>
<td>Nimba</td>
<td>Azadirachta indica</td>
<td>Anti-bacterial, Useful in various skin Disorders, Anti-septic</td>
</tr>
<tr>
<td>8.</td>
<td>Khadoriya</td>
<td>Acacia catechu</td>
<td>Anti-bacterial, Overall skin disorders like Anti-Eczema, Anti-scalies, Anti-dermatitis</td>
</tr>
<tr>
<td>9.</td>
<td>Sariva</td>
<td>Hemidesmus indicus</td>
<td>Effective in Acne Vulgaris, Anti-inflammatory, Anti-bacterial, Anti-oxidant</td>
</tr>
<tr>
<td>11.</td>
<td>Jatiphala</td>
<td>Myristica fragrans</td>
<td>Rectify uneven skin pigmentation, Inhibits melanin biosynthesis, Anti-inflammatory</td>
</tr>
<tr>
<td>12.</td>
<td>Kakamachi</td>
<td>Solanum nigrum</td>
<td>Anti-inflammatory, Anti-bacterial</td>
</tr>
<tr>
<td>13.</td>
<td>Methika</td>
<td>Trigonella foenumgraecum</td>
<td>Emollient and healing effects, Antimicrobial, Anti-inflammatory</td>
</tr>
</tbody>
</table>

Several Lepas (pastes), such as *Yashtritadvadi Lepa, Kaliyakadi Lepa, Sharapunkhadi Lepa, Masuradi Lepa*, etc., and Tailas (oils) such as *Pacnhanga Kumkumadi Taila, Saptaprinshada Kumkumadi Taila*, etc., are mentioned in Ayurvedic texts for the management of acne.

**Table 3: Some Ayurvedic Preparation for management of Yuvaan Pidika**

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Ayurvedic Preparation</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Lodhradi Lepa</td>
<td>Lodhra (Symlocos racemosa), Dhanyaka (Coriandrum sativum), Vacha (Acorus calamus), Sarshapa (Brassica campestris), Saindhava Lavan</td>
</tr>
<tr>
<td>2.</td>
<td>Shalmali Kalkadi Lepa</td>
<td>Sharp spine of Shalmali (Salmaria malabarica) pounded with milk and mixed with oil</td>
</tr>
<tr>
<td>3.</td>
<td>Arjunadi Lepa</td>
<td>Arjuna (Terminalia arjuna) bark mixed with honey</td>
</tr>
<tr>
<td>4.</td>
<td>Vatankuradi Lepa</td>
<td>Rakita Chandana (Santalum album), Manjishtha (Rubia cordifolia), Kushta (Saussurea lappa), Lodhra (Symlocos racemosa), Priyangu (Callicarpa macrophylla), Vata (Ficus bengalensis) leaf-buds and lentils</td>
</tr>
<tr>
<td>5.</td>
<td>Jatiphaladi Lepa</td>
<td>Jatiphala (Myristica fragrans), Chandana (Santalum album), Maricha (Piper nigrum)</td>
</tr>
<tr>
<td>6.</td>
<td>Siddharthadi Lepa</td>
<td>Siddhartha (Brassica campestris), Vacha (Acorus calamus), Lodhra (Symlocos racemosa) and Saindhava Lavana</td>
</tr>
</tbody>
</table>

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If medicinal treatment does not give better results, surgical and parasurgical procedures have been used to treat acne. Vagbhata has elaborated in his texts that acne can be managed by Raktamokshan i.e. removing infected blood. He has also indicated Sirayadha (vessellation) to remove infected blood in severe type of acne vulgaris. Several other surgical procedures such as Chedana (excision), Agni Karma (cautery), etc., have been elaborated in Ayurveda to treat severe types of acne.

**DISCUSSION**

Sushruta has mentioned Mukhadushika is a Ksudhararog causes harms the beauty of the face typically during adolescent. Most of the Acharya supposed Kapha, Vata and Rakta as the causative disease while Bhav prakas mention as a Savbhavaj. The Katu, Guru, Snigdha ahara and Viharaj like Jagaran, Nidra and Vegavrodhaj plays a influencing causes of Mukhadushika. Modern science has supposed the hormonal imbalance and blockage in the oil gland and ducts. Pitika, Saruja, Ghan, Medogarbha, Yuna Mukha these are the clinical manifestation in the Ayurveda. Most of the Acharya has mentioned in Varnen, Virechan, Nasya, Raktamokshan for Mukhadushika along with Samana chikitsa and local application. Shalami, Dhanayaka, Vacha, Lodhra, Daruharidra, Manjishthia, Nimba, Khadira, Sariva, Guduchi, Jatiphala, Kakamachi, Methika, and Zedu these are some herbal medicine and Lodhradi Lepa, Shalami Kalkadi Lepa, Arjunadi Lepa, Vatankuradi Lepa, Jatiphaladi Lepa, Siddharthadi Lepa, Marichadi Lepa, Kumkumadi Taila, Majishthadi Taila, Haridradi Taila, Kanaka Taila and Sarshapa Taila these are some external application in the form of Taila and Lepa which are generally used in acne vulgaris (Mukhadushika).

**Research on Acne Vulgaris**

1. The Clinical study of Siddharthakadi Lepa in Acne vulgaris (Mukhadushika) was found significant and out of 30 individuals showed reduction in acne.37
2. A Case study on effect of Ayurvedic Saman and sodhan treatment in Acne vulgaris Grade III was showed highly significant result in which Aarogyavardhini vati, Chandraprabha vati, Gandharva haritaki, Paripathadi kwatha was given as a Saman chikitsa, Jaloka avcharan as a Shodhan chikitsa and Salmali kantak lepa as a local application.38
3. An another case study on management of Yauvan Pidika has showed good result in which Manjishtha, Daruharidra, Amalaki, Hingwashtak, Trikatu, Pachak vati, Aragya-wardhini, Gandhaka rasayana has given along with Panchvalkal ointment locally.39

**CONCLUSION**

Mukhadushika is a common skin disease which affects the beauty of adolescence. It can be cure by using Sanshodhan therapy like Vaman, Virechan Nasya and Siravedhan along with Sansaman therapy including internal and external applications of herbal, mineral herbo-mineral Ayurvedic drugs. Thus Ayurveda help to enhance the charming face of the adolescence.

**REFERENCES**


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### Table: Ingredients of Ayurvedic Lepa and Taila

<table>
<thead>
<tr>
<th>Lepa/Taila</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marichadi Lepa</td>
<td>Maricha (Piper nigrum) mixed with Gorochana</td>
</tr>
<tr>
<td>Kumkumadi Taila</td>
<td>Kumkum (Crocat sativus), Chandan (Santalum album), Laksha (Laccifer Laca), Manjishtha (Rubia cordifolia), Yashtimadhu (Glycyrrhiza glabra) etc.</td>
</tr>
<tr>
<td>Majishthadi Taila</td>
<td>Manjishtha (Rubia cordifolia), Madhuka (Madhuca indica), Laksha (Laccifer Laca), Matulunga (Citrus medica) and Yashtimadhu (Glycyrrhiza glabra)</td>
</tr>
<tr>
<td>Haridradi Taila</td>
<td>Haridra, Daruhradra (Berberis aristata), Madhuka, Manjishtha, Kumkuma, Tinduka, etc.</td>
</tr>
<tr>
<td>Kanaka Taila</td>
<td>Madhuka, Priyangu (Callicarpa macrophylla), Manjishtha, Chandana, etc.</td>
</tr>
<tr>
<td>Sarshapa Taila</td>
<td>Sarshapa i.e. Mustard (Brassica campestris)</td>
</tr>
</tbody>
</table>


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