Introduction:-
Everyone wants to look his face beautiful, clean & attractive. Even a small spot on the face especially of younger ones causes worry. “Mukhadhushika” is one of the culprits, which disturbs physical & psychological states of youngsters. In Ayurveda eruptions look like shalmali thorn eruptions on the face of adolescents. The shalmali thorn like eruptions on the face of adolescents due to vitiation of kapha, vata and shonita called as Mukhadhushika or Yuvanpidika. In allopathy Acne Vulgaris is a chronic inflammatory disorder of sebaceous follicles characterised by the formation of comedones,papules and pustules, less frequently nodules or cysts. Allopathic treatment includes treatment for all forms of acne as topical retinoids and benzyl peroxide, orally antibiotics, steroids, oral isotretinoin. But these therapies give serious side effects like nephrotoxicity, hepatotoxicity and bone marrow depression. So it is necessary to find out effective and safe treatment for Acne Vulgaris and Ayurveda is for it which plays important role through its principles i.e. Shodhana, Shamana and Nidanparivarjana. It is a unique and long lasting result providing treatment for better life of the patient. For present study we have reported an 18 years old male patient having symptoms of mukhadhushika since last 2 years. He had severe papules (shalamali thorn like eruptions) with itching and pustules with pus discharge on cheeks and forehead. There was no significant past history of any other chronic illness. The patient was treated with Vamana, Virechana, Raktamokshan and lepa followed by oral medication. The improvement was significantly increased during course of Panchakarma.

Materials and Methods
Place of Study:-
R. A. Podar Medical College (Ayu.) Hospital, Worli, Mumbai – 18.

Case Report:-
In the present case study, an 18 year old male patient of Mukhadhushika (Acne vulgaris) is successfully treated with Ayurvedic management. An 18 years old patient with Registration no. 847 came to OPD no.15 of Rognidan Department, Hospital, Worli, Mumbai-18, Maharashtra, India with chief complaint of papules, pustules on face.

Pain over a papules, pustules

Itching over papules, pustules

Oiliness over face

Discoloration of face

Redness of face

Patient had above complaints since two years. Associated lower route that is anus. Avatadoshayogavahi, means it functions according to accompanying kapha and pittadosha. Mahatiktakaghruta, Aarogyavardhini, musta, shunthichurna & lepa these are medications prescribed for patient. All these medications are used for the pacification of vata and kaphadosha & raktadosha. These drugs mainly possess katu and tiktta properties. Thus, purification mechanism in combination with oral medication and nidanparivarjana (avoidance of etiological factor) would be helpful in treatment of “Mukhadhushika”.

Keywords
Mukhadhushika, Kshudra Roga, Acne Vulgaris, Shalmali Thorn, Kapha, Vata, Rakta, Yuvanpidika, Shodhana, Shamana, Nidanparivarjana.
symptom was constipation.

History of present illness:-
Patient was normal two years back. But, since patient has been suffering from shalmali like eruptions (acne) on cheeks, frontal region, pain and itching all over eruptions, oiliness of face, spots on the face region. Simultaneously, he was suffering from constipation, physical and mental stress. He had taken treatment of allopathic medicine for years but did not get relief. There was no significant past history of any type of illness found.

Treatment Plan:-
The treatment was carried out in two phases.

First Phase:-
First phase included sanshodhana karma (purification mechanism) i.e. Vamana (Process of vomiting), virechana (process of purgation) raktmokshana (Jalawkavacharna, blood letting).

It was strictly followed & Purvakaarna and Paschatkarma (Before and after vamana and virechana respectively). Total period required for this process is 60 days.

Second Phase:-
After, shodhana second phase of treatment initiated in form of oral medication &Nidan, Parivarjana. The composition of oral administration of drugs was Aarogyavardhini Vati, Kaishor Guggul, Chandanadi Churna for local application. Gandharva haritaki for 2 months.

Preparation and Process of Vamana and Virechana:-
As a Mukhadhushika is chronic and relapsing in nature and also there is involvement of Vata, Kapha & Shonita. Hence, Shodhana is required for such chronic diseases. In Ayurveda “Shodhana” is one of the most important treatments which consist of mainly elimination of aggravated Doshas from body. By Panchakarma these Doshas (toxins and waste materials) should be eliminated from nearest route of body.

Purvakaarna (Deepana Pachana):-
It is very important and essential process before any purification process. Amadoshas present is Shakha undergoes digestion for removal of Amadosha adhered to the Strotasas should undergo the process of digestion through Deepana Pachana. Thus, doshas (toxins) can be easily eliminated outside the body through Vamana. Hence, patient was administered & Musta Churna and Shunthi Churna in dose of 3 gms thrice a day for 5 days with lukewarm water.

Snehapanas (Oleation):-
“Snehapanas” (oleation) therapy was carried out in patient after 5 days of Deepana Pachana process. Acharya Charak quotes that Kapha glides fluently towards koshtha through the body, which is kept ready by oleation & fomentation.

For this purpose “Mahatiktaka Ghrita” was administered in a dose of increasing order of 30 ml, 60 ml, 90 ml, 120 ml, and 150 ml with lukewarm water for 5 days respectively. The patient was kept on semi liquid hot diet with less quantity during these days.

Sarvang Abhyang (whole body massage) with oil and swedan (fomentation) after completion of oleation therapy on 7th day patient was subjected to sarvangabhyang (whole body massage) and sarvang swedan (fomentation) for 20-25 mins or until profuse perspiration occurred. The patient was advised for complete rest on this day and to eat kaphavardhaka & abhishyandi diet in the evening like Dahibhaat & dahivada.

Pradhana Karma:-
Vamana:- On this day, the patient was kept on nil by mouth (NBM) till the process of “Vamana” start. Abhyanga along with Swedana was given to the patient. Phanta of Yashhtimadhu (Glycyorrhiza Glabra) as Vamanopaga (helpful for omitting) which as was prepared by using Yashhtimadhu Bharada (coarse form) 750 mg mixed with 5 ltr of hot water.

Before start of Vamana patients general examination was done, pulse, blood pressure was monitored. Then he was administered lukewarm Godugdha (milk of cow) till he felt that his stomach was filled completely (1.5 ltr). The Vamanayoga prepared that contained the drugs Mandanphala Phanta (Randia dumetorum) 50 ml, Yashhtimadhu Phanta (Glycyira glabra) 50 ml, Saindhava 3 gm (sodium chloride), honey 20 ml.

This yoga was administered, after 25 minutes of administration of Vamakaya yoga, patient was follow for Vamanavega (act of vomiting) to commence on his own. Monitoring of B.P. and pulse during vomiting was done. Time and quantity of administration of Vamanopaga Dravyas, acts of vomiting (major, moderate or minor) and amount of vomits along with the contents were noted. The process was continued till patient was undergone through 6 major &3 minor omitting acts (vegas). When the appearance of vomitus composed of pittadosa, the procedure was stopped.

Paschat Karma (Process After Vomiting) :
Dhoomapana–
After rest of 15 mins, Dhoomapana was given with stick made of Aguru (Aquilaria agallocha) for 9 times by each nostril of patient.

Sanssarjana Karma –
In this dietic and behavioural restrictions were given to patient. As patient was undergone in Madhyam(moderate grade) of purification (6 major and 3 minor vegas) of Vamana, 5 days regimen of the dietic and behavioural restriction advised for him. The sequence of regimen was planned as Paya, Vilepi, Akrita Mudga Yusaha, Kri- ta Mudga Yusaha, rice with Mamsarasa were served for 2Aaharkaala(diets).

Virechana:-
After 7 days rest after Sanssarjana karma, Snehapana therapy was carried out again as before for 4 days, as Smyaka Snighdha lakshanas appeared earlier which was followed by Sarvang Abhyanga (whole body massage with oil) and Sarvanga Swedana (fomentation) for 2 days. The patient was advised to take Kaphaavardhaka and Pitta Vardhakaaahara like Tomato soup or Panipuri, in the evening on the second day of Abhyanga and Swedana.

Pradhana Karma:-
On the day of Virechana patient was kept Nil By Mouth (NBM), till the process of Virechana start. Abhyanga along with Swedana was given to the patient. Triphala(Emblica officinale, Terminalia belevica Terminalia chebula) and Aargwadha(cassia Fistula) kwatha 100 ml, Eranda Tail(Castor oil) 10 ml, Abhayadi Modaka 2 tablelets, this yoga was given to patient. After 1 hour of administration of Vire-
chana yogas, patient was followed for Virechana Vega (acts of purgations) to commense on his own. Time and quantity of administration of Virechana Dravyas, acts of Virechana(major, moderate and minor), amount of stool along with its consistency colour and other symptoms were noted. The process was continued till patient was undergone through 16 major and 3 minor purgation acts (Vegas). When appearance of stool was composed of Pitta and Kapha and also patient felt tired but light, the procedure was stopped. Samsarjana karma was followed as in Vamana karma for 2 Aaharakaalas(2diets) as shuddhi (purification) was madhyama(moderate).

Raktamokshana:-

After Virechana Apathya done by patient, 2 papules appeared on the cheek region of the patient. Hence Acharya Shushruta advised Raktaomokshana (blood Letting) for Shonitadushi, Jalaukavacharana.

(application of leech on papules) carried out. At the interval of 7 days, 3坐着 carried out. Patient got improvement from papules.

Observation and discussion:-

During the 60 days of course i.e, Vamanadi; patient had reported 70-80% improvement in his symptoms. He had got 50% relief from itching. The Shalamali Thron(acne) like eruptions suppressed to 80%. Oilsiness of face improved by 40%. Redness of face reduced to 60%. Also patient had developed normal bowel habit. The treatment regime was planned in two phases. In the initial phase of management patient was undergone through Vamana, Virechana and Raktamokshana Karma. Expel out the morbid Doshas from the body is the main principle of the therapy. It acts mainly on Vitated Doshas of Mukhadushika that is Kapha, Vata, and Shonita. Mahatikta Ghrita was administered in increasing manner in Purvakarma.

Ghee carries property of drug without leaving its own property. The ingredients are Saptaparna (Alstoniaschoenoides), Ativish(aconitum heterophyllum), Shampak(Cassia fistula), Kutki(Picrorrhizakurroa), Patha(Cissam pelocarpaeire), Musta(Cyperus rotundus), Ushir(Andropogon muricatus), Triphala(Empib officinalis, Terminalia chebula, Terminalia belerica), Patola(Trichosanthes dioica), Nimba(Azadirachta indica), Parpatka(Fumariaparvi flora), Dhanwayasa (Alaghi mouroum), Chandana(Santalum album), Pippali(Piper longum), Padmaka(Prunuscira soidus), Haridra(Curcuma longa), Daruvaridra( Berberis aristata), Vacha(Acorus calamus), Vishala(Citrullus colocynthis), Shatavari(Asparagus racemosus), Sariva(Hemidemis indicus), Krishna Sarival(ichnarpus frutescens), Vasa(Adhatoda vasica), Murva(Clematis triloba), Guduchi(Tinospora cordifolia), Kiratatica(Swertia chirata), Yashimadhu(Glycyrrhiza glabra), Trymamana(Gentian kurroa), Goghrata(Byturus deformum) etc. The drugs possess Ushna, Tikshna, Vyavayi, Vikashi, Katu,Tiktaasvatma and Katuvapaka. It was observed that the action of drugs was mainly due to properties of these drugs which have Dipan, Pachana, Amapachaka, Shuddhodhaka, Raktaaprasadan, Raktaapradhana, Kandughna, and Vamya mechanism of actions. They acted mainly for the eradication of doshas from shahka(whole body) and brought them into Koshta (stomach). It also pacified the symptoms like itching, discoloration and oiliness due to aggravated Vata and Kapha doshas.

The main components of Vamana and their actions are as follows - Madanaphala (Randia dumetorum) in small doses acted as nauseant and provided useful as a nerve calmative and antispasmodic during vomiting process. Yashtimadhu i.e. Glycyrrhiza glabra helped to lower the increasing blood pressure during the strenuous Vamana process. It also acts as smooth muscle relaxant. Saindhava i.e. Sodium Chloride was said to be the best in helping the process of emesis. According to Acharya Vagbhata, it possesses the properties like Vishyandi, Aruksha, Sukshma, Ushna, Vyavayi. Acharyalndu clears that it increases secretions through channels, penetrates the minute channels and spread quickly to the whole body. Madhu was effective in breaking the Avarana(shield) of fat tissue without aggravating the vata.

Components of virechana yoga and their action are as follows:-

Triphala kwatha Amalaki(Emblica officinale) was tridoshahar and Vibandhanashaka action like Haritaki(Terminalia chebula) and Bibhitaki(Terminalia belerica) had Rechaka (laxative) action.

Eranda Tail (Ricinus communis) acted as Adhibhaghar(a). Virechaka, Krunissaraka and also did shodhana of Kapha in Aamashaya.

In Abhayadi Modaka, Haritaki and Aamlakis Anulomaka, Danti is Tikshna Virechaka, Trivruta has Virechaka prabhava, Pippali is Pitta Virechaka and Maricha has Pramathi property. Along with pitta rechana, kapha samshodhana and vata anulomaka. Abhaydi Modaka is Katu Rasa, Tikshna Gun and Ushna Virya with Katu Vipaka. Doshas expel out through anal route (Gudamarga) as Virechaka dravyas have Jala and Pruthvi Mahabhusa pradhana and have Adhobhaghar prabhava. Thus Vamana and Virechana pacified itching, diminished redness of face, reduced oiliness, depressed shalma lithron like eruptions and mildly normalized the discoloration.

Raktamokshana it's action

As there is Shonitadushhi, in Raktaomokshna impured blood sucked by Jalauka (leech).And suppressed the burning and eruptions.

In second phase of treatment, the patient was administered with oral medications like Arogayaardhini-vati, Kaishorgugllu and for local application Chandanadi lepa. Arogavyadhini Vati contains Shuddha Parada (Herbal Purified Mercury), Shuddha Gandhaka (Herbal Purified Sulphur), Shuddha Loha (Purified Iron), Abhrakabhasma(Purified Mica), Tamrabhasma(Purified Copper), Triphala, Shuddha Shilajit (Asphaltum), Shuddha Guggulu (Commiphoramukul), Vrinda of root of Chitraka (Plumbago zeylanica), Kutaki (Picrorrhiza kurroa) all are pasted in swarasa (juice extract) of leaves of Nimba(Azadirachta indica). It was administered in a dose of 500 mg twice a day with lukewarm water after meal. This leads to delay of movements of stool which further results in production of organic toxins and get absorbed in interstitial skin, RaktaMansadi Dahtu which affects grahami (duodenum) means directly indigestion. Thus Arogayaardhini Vati worked as purificatory agent for large intestine Rasayana for duodenum and mainly purifier for toxins in large intestine.

The second content of oral medication is Kaishor Guggulu containing Trikatu(Zingiber officinale, Pipper longum and Pipper nigrum) Churna (powder form) Amalaki(Emblica officinale) was tridoshahar and Vibandhanashaka action like Haritaki (Terminalia chebula) and Bibhitaki (Terminalia belerica) had Rechaka (laxative) action, Guduchi (Tinsnora...
cardifolia) as a Tikta Rasatmaka Rakta-prasadaka, Danti is Tikshna Virechaka, Trivruta (Operculin ipomoca) has Virechaka Prabhava, Shuddha Guggulu (Commiphora mukul) Vatghanha. Vidanga (Emblica Ripes) Rakta-prasadaka, Varnya, danti (Baliospermum montum) Raktashdaka, Kaphapittahara.

For external use Chandanadi Lepa used containing Chandana (Santalum alba) Rakta-prasadaka, Varnya, Dahashamaka, Ushir (Vetiveria zizanioidis) Rakta-prasadaka, Twagdoshahar, Guduchi (Tinospora Cordifolia) Vatakaphaghna, Rakta-prasadaka, Sariva (Hemidesmus indicus) Dahaprasamaka, Rakta-prasadaka, Twachya, Haridra (Curcuma Longa) Varnya, Rakta-prasadaka

Side by side Shodhana and Shaman therapy patient was advised to avoid Non vegetarian foods (chicken, eggs, mutton, fish etc.) Fast food (vadapaav, pizza, samosa) fermented food (Idali, Uttapa, dosa) Katu, Amla Rasa (dahivada, spicy food), contaminated water and environment.

Table 1: Preparation of Vamana

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Madanaphala Phanta (Randiadumtorum)</td>
<td>50 ml</td>
</tr>
<tr>
<td>Yashtimadhu Phanta (Glycirriza glabra)</td>
<td>50 ml</td>
</tr>
<tr>
<td>Saindhav (Sodium Chloride)</td>
<td>3 gram</td>
</tr>
<tr>
<td>Madhu (Honey)</td>
<td>25 ml</td>
</tr>
</tbody>
</table>

Table 2: Oral drugs, their Composition, Doses and Exact effect

<table>
<thead>
<tr>
<th>Name of drug Compound</th>
<th>Ingredients</th>
<th>Dose</th>
<th>Frequency</th>
<th>Duration</th>
<th>Exact effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arogyavardhini Vati</td>
<td>ShuddhadaParada, ShuddhaGandhaka, Abhrakabhasma, Tamrabhasma, Triphala, ShuddhaShilajit, ShuddhaGuggul, Chitrakmulatwaka, Kukatki</td>
<td>2tab (500mg each)</td>
<td>Twice a day</td>
<td>6 months</td>
<td>Amadoshanashak, Hepatoprotective, Vata and Kaphanashak</td>
</tr>
<tr>
<td>Kaishor Gugglu</td>
<td>Triphala, Amruta, Gugglu, Guda, Guduchi, Trivurta, Vidanga, Danti,</td>
<td>2tab (500 mg each)</td>
<td>Twice a day</td>
<td>3 months</td>
<td>Raktaprasadaka, Vataghna, Ruksha, Rechaka</td>
</tr>
<tr>
<td>Chandanadi Lepa</td>
<td>Chandana, Ushira, Guduchi, Mangista, Sariva, Haridra</td>
<td>As per requirement</td>
<td>Twice a day</td>
<td>3 months</td>
<td>Raktaprasadaka, Varnya, Twachya,</td>
</tr>
</tbody>
</table>

Steps in Process of Vamana and Virechana

<table>
<thead>
<tr>
<th>Mechanism</th>
<th>Exact effect showed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dipana Pachana</td>
<td>Removal of Amadosha Increase in Agni</td>
</tr>
<tr>
<td>Snehapano</td>
<td>Pacification of Vatadosha Decrease in Burning Sensation Reduction in pain at eruptions</td>
</tr>
<tr>
<td>Abhyanga</td>
<td>Decrease in redness Decrease in eruptions</td>
</tr>
<tr>
<td>Sarvanga Swedana</td>
<td>Removal of Obstruction Increase in Swedana</td>
</tr>
<tr>
<td>Vamana</td>
<td>Reduction in itching Pacification of Kaphadosha</td>
</tr>
<tr>
<td>Dhumapana</td>
<td>Kaphadosha</td>
</tr>
<tr>
<td>Virechana</td>
<td>Reduction in itching, discoloration, Pacification of Kaphadosha and Pittadosha</td>
</tr>
<tr>
<td>Raktamokshana</td>
<td>Reduction in eruption, redness, pacification of shonitadosha.</td>
</tr>
</tbody>
</table>
CONCLUSION

*Mukhadushika* (Acne Vulgaris) though it is a chronic and relapsing disease difficult to manage, proper management at proper time, give significant relief. In present case, the treatment was Significant relief. In present case, the treatment was Found very effective in treating *Mukhadushika*.

There was 70 to 80% relief in signs and symptoms After *Shodhana* therapy and after oral medication and Nidana-parivarjana 90% relief.

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