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EFFICACY OF *JALAUKAVACHARANA* AND *SHAMANA OUSHADHIS* IN THE MANAGEMENT OF MUKHADUSHIKA (ACNE VULGARIS) – A CASE REPORT

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ABSTRACT
Mukhadushika (Acne) is a most common skin disease in adolescent. Current varies treatment procedures which include oral antibiotic,Topical applications; Surgery, Laser therapy etc. are associated with many side effect, scar & irritation of the skin & recurrence. But Raktamokshana is the most important treatment of the Pitta Dosha. Jalaukavacharna is the method of removing impure blood from the body. It is considered as the most easy and convenient method of bloodletting therapy which is one among the Panchakarma (five purificatory) Procedure. Raktamokshana is the most important treatment of the Pitta Dosha. Raktamokshana by Jalouka can provide a simple, painless, OPD basis & economic treatment. The purpose of this take a look at is to assess the efficacy of Jalaukavacharana(Leech therapy) and shamana oushadhis in the control of pimples vulgaris.

This is a particular case take a look at of 26 year aged female patient with complaints of pustules all over each cheeks and forehead pus discharge and suffering from 10-12 months. This case was successfully managed with 8 sitting (once in 7 days) of Jalaukavacharana and shamana oushadhis for 3 months. All the pimples got cleared, Skin complexion has increased. Conclusion is Ayurveda can provide promising result in the patient of Acne vulgaris through Leech therapy and shamana oushadhis.Result was significant, assessments were observed clinically & recorded.

KEYWORDS :*Mukhdushika, Acne, Jalaukavacharna , shamana oushadhis.*

INTRODUCTION

The concept of beauty is as old as mankind and civilization.A good complexion is desirable and decisive component of the beauty so everyone wants to be attain good complexion and good look.Even a small spot on face especially of younger generation may cause stress. In *Ayurveda* we found description of *Mukhadushika* under *Ksudraroga*. *Mukhadushika* is *Kapha vata pradhana* with *Rakta* as *Dushya* according to *Yogaratnakara*, It correlates acne vulgaris explained in modern science. Acne vulgaris is a disease of pilo sebaceous follicles characterised by comedones, papules, pustules and scars. It affects many teenagers. In modern medicine there is no specific remedy for acne vulgaris. Steroids may suppress the condition initially but later it may again cause for reoccurrence of the condition. In *Ayurveda* along with the *Shodhana karma* and various *Upakrama* like *Jalaukavacharana* are mentioned which helps in effective management. As this *Vyadhi* is *Vata kapha pradhana* and *Rakta* is *Dushya*. *Astanga Hrudaya* says *Padmakantaka* which means *Kantaku* without pain having *Shweta varna*, due to *Vata-Kaphaja dosha.*

Medhagarbastarunama mukho syu means it always with pus filled pocket which affects the face of the adolescence it is called as *Mukhadushika.*

Acne Vulgaris is primarily seen in teenage age group this means that in *Dhatuvivardhamana awathstha* 16-30yrs, in particular the beginning duration of functional state of *Shukradhatu* (*abhivyakti* and *vridhi*). It is also the era of imbalanced food intake, alternate ways of life style with predominance of *pitta* and *shukra dhatus*, which lead to vitiation of *doshas* and *dhatus*.

In *Mukhadushika*, there is underlying *Agnimandhya, Jatharagni* and *Dhatwagni* is disturbed, leads to improper formation of *Rasa-Raktadi Dhatu parinamana*. This results in skin disorders like *Mukhadushika.*

Since *Ama pachana* was the first step of the management internal medicines suggested for *Agni deepana* and *pachana*. Considering *Mukhadushika* as *pitta pradhana rakta pradoshaja vyadhi, panchakarma like Jalaukavacharana* was selected, good option for bloodletting *sodhana* therapy.

CASE REPORT

26 years old female patient (student).

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Presenting Complaints
She had complaints of pimples and pus-filled pustules all over both cheeks and forehead. After rupture of pimple there leaves a black mark. Now the condition becomes more painful in the last 3 months.

History of Presenting Complaints
She is apparently normal before 2 years gradually she developed *Pidaka* over the cheeks (both)then on the forehead and neck region which is having *Daha, Srava* with occasionally itching and also associated with loss of appetite,constipation and disturbed sleep since from she was migrated to costal region for higher studies.These issues started one and half year ago.

After rupture of pustules condition speeded(Especially travelling and use of make-up products aggravates the condition). No dandruff problems on scalp. She tried lots of home remedies, cosmetic products available in the market and also modern medications. But she got only temporary relief for 1 or 2 weeks and then the condition repeated with more discomfort.

Menstrual History
Normal intervals (28-30 days), 3-5 days of bleeding, not much clots, bleeding is like 2-3 pads per day.

Personal History
She is a patient of *Mandhagni*, but she takes all the junk foods,too much of foods from restaurants like too much spicy food,bakery items,cold drinks etc. without considering *Agni*. She is also suffering from constipation (once in a week) for the past 10-11 months. Also, there is history of irregular sleep wake cycle.

Clinical Findings
- *Pidaka*- Blackish red
- Itching- Present
- Discharge- Present
- Burning- Present

Treatment Planned
- Stop all the *nidanas* like unhealthy food habits, use of other cosmetics etc.
- *Agni deepana* and *pachana* medication for 1st to 14th day.
- *Virechana* with *Avipatti choorna.*
- *Chiravillwadi kashayam 20ml kashayam with 60 ml luke warm water BD 2 weeks.*
- *Dhanwantaram tablet 2BD*
- *Chandraprabha tablet 1BD*
- *Vishahara medicines*
  Dooshivishaari gulika 1 BD
- *Kshalana* for face and neck with *Triphala kashaya* twice a day.
- ***Jalaukavacharana*** started on 15th day and continued in the interval of 7 days for 8 weeks with internal medication.

JALAUKAVACHARNA
- ***Poorva Karma***
  - Materials required: *Nirvisha jalauka, Haridra Churna*, Pure water.
  - Three *jalauka* selected for the procedure should be transferred to turmeric water. This made *jalauka* more active. Then shift them to pure water. Under all aseptic condition the patient was laid comfortably on the table.
- ***Pradhana Karma***
  - Materials required: *Triphala Kashaya,* Lancet, cotton, *Saindhava Churna*
  - The whole face is cleaned well with *Triphala Kashaya.* After dried up, leeches are applied over one of the cheek one by one. When leech start to suck blood, those was covered by wet clean gauze piece. Procedure continued until patient complained of pain. Leeches are detached by sprinkling *Saindhava choorna* over it.
- ***Paschat Karma***
  - Materials required: *Haridra churna, Satadhouta ghrta,* Gauze pad, Gauze roll.
  - For *Vrana*: *Haridra choorna* was applied at the wound for remaining *dosha* shamana. A gauze soaked in *Shatadhouta ghrita* was applied on the site and bandaging was done.
  - For Leech - *Jalauka* was shifted to a kidney tray. *Haridra churna* was sprinkled over it to enhance vomiting of sucked blood. After proper *Vaman* of *Jalauka* was transferred to fresh water and made active again.

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❖ **Internal medication changed and continued for 2 months**
- *Virechana* with *Avipattichurna* once in a month.
- *Manjishaadi kashayam* 20ml *kashaya* with 60 ml Luke warm water BD
- *Dhanwantara* tablet 2 BD
- *Dooshivishari* tablet 1 BD
- After complete recovery *Mahatiktakam* ghrita 1 tspn in empty stomach for 15 days.

Observation
- Significant difference started seen from 3 week. Pain reduced and number of pustules reduced
- She got good level of *Agni*; foods get digested in proper time according to the type of food.
- Bowel habits came to normal.
- On 8 week patient felt extremely happy with a face of no pimples. Black discoloration was there in the face and also diminished complexion.

S.No	Complaints	1st Sitting	4th Sitting	8th Sitting
1	Pidaka	Shyama and more in numbers	Mild reduced	Reduced
2	Srava	Present	Reduced	Absent
3	Daha	Present	Mild reduced	Absent
4	Kandu	Present	Mild reduced	Absent



BEFORE TREATMENT



DURING TREATMENT

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AFTER TREATMENT

DISCUSSION

A)Discussion on Jalaukavacharana

- As this condition is predominant of *Vata-kapha Dosha* and also *Rakta* is *Dushya*. So due to *Asraya-asrayi bhava* with *Pitta* and *Rakta ,Jalaukaavacharana* is advised as it is best for *Pitta dosha.*
- As *Jalauka* contains *Hirudins* which is very effective in the increasing in the blood circulation by vasodilatation for quick healing and also have a anti-allergic factors in the healing
- Leeches removes the local impure blood to help the tissue to heal, its one of the parasurgical procedure to use for the smaller area blood purification.
- *Jalaukavacharna* started on 15 day and continued once in 7 days for 8 weeks. On the first sitting itself she felt very much relief from pain.
- From 4th sitting number of pustules and pimples reduced also there was significant changes in the pain. (*Jalaukavacharna* has best fruitfull results in *pitta rakta* conditions).
- These changes made her confident about the treatment and her positive mindset also helped in the fast results.
- At 8th weeks her skin became free from all the pimples and we continued treatment with *manjishtadi kashayam* and all those above.

B)Discussion on Shamana Aushadhis

- In case of all skin diseases its better to assess *Agni* because its obvious that all the skin reflections has a root cause of stomach.
- Here there was significant *Agnimandhya* to address first of all. When there is vitiation in *Agni* that may lead to *Ama* formation and that will directly affect in the *Rasa* transformation.
- As *Rasa dhatu* is weak *rakta dhatu* will also be affected. *Mukhadushika* is a condition belongs to *pitta pradhana rakta pradoshaja vyadhi.*
- ***Chiravilwadi kashaya*** and ***Dhanwantaram*** tablet is selected to promote *Agni* and *anulomana* of *Vayu*.
- When the skin conditions are chronic there was association of *Dooshivisha*. Thats what ***Dhooshivishaari tablet*** is added in the treatment protocol.
- As the skin condition was so worse its better to avoid *lepana* that may irritate the skin. So here ***kshalana*** with ***Triphala kashaya*** was selected and that worked so well.
- After 2 week, she started experiencing difference in the digestive conditions. She started feeling appetite after a particular time according to the quantity and quality of the food she took. Bowel habits came to regular.
- After some weeks her skin became free from all the pimples and we continued treatment with ***manjishtadi kashayam*** and all those above.
- ***Manjishtadi kashaya*** indicated in *twak roga* becouse it is *rakta prasadana.*
- After complete cure ***Mahatiktaka ghrita*** was given as ***Rasayana***. So medicine continued upto 3 months till she became much satisfied.

RESULT

All the presenting complaints cleared also her complexion increased.

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