

# A CORRELATIVE STUDY OF MUKHADUSHIKA (ACNE VULGARIS) THROUGH AYURVEDIC AND MODERN MEDICAL VIEWS

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## Abstract

Mukhadushika is a common skin problem mentioned under Kshudra Roga in Ayurveda<sup>[2,3,5-7]</sup>. It is similar to Acne Vulgaris described in modern dermatology<sup>[1]</sup>. In Ayurveda, this condition mainly happens due to imbalance of Kapha, Vata and Rakta, which leads to small inflamed eruptions on the face<sup>[2,3,5]</sup>. In modern science, acne is a long-lasting inflammatory disorder of the hair follicles caused by too much sebum, blockage of pores, bacterial growth (*Cutibacterium acnes*) and hormonal reasons<sup>[1,4,12]</sup>.

This paper tries to show a simple comparison between the Ayurvedic and modern understanding of Mukhadushika. Ayurveda manages it through purification therapies, internal medicines, external applications, diet and lifestyle changes<sup>[2,3,5-7]</sup>. Modern treatment uses local and oral medicines like retinoids, antibiotics, hormonal therapy and isotretinoin<sup>[1,4]</sup>.

Both systems have their own benefits. Ayurveda works more on root causes and prevention, while modern treatment gives quick symptom relief.

**Keywords:** Mukhadushika, Acne Vulgaris, Ayurveda, Kshudra Roga, Rakta Dushti, Acne Management

## Introduction

Skin reflects the internal health of the body. Acne vulgaris is one of the most common skin issues, especially seen in teenagers and young adults<sup>1</sup>. It not only affects the skin but also causes emotional stress, low confidence and social discomfort.

In Ayurveda, Mukhadushika falls under Kshudra Roga. The word means eruptions on the face which spoil facial beauty<sup>[2,3,5]</sup>. Ancient texts mention that imbalance of Kapha, Vata and Rakta along with blocked skin channels lead to these eruptions<sup>[2,3]</sup>.

Modern dermatology explains acne as a chronic inflammatory problem caused by hormonal imbalance, excess sebum, pore blockage and bacterial activity<sup>[1,4,12]</sup>. Even though many medicines are available, problems like recurrence and side effects still trouble many patients.

Studying Mukhadushika with both systems can help in understanding and treating it in a better way.

## Materials and Methods

This review is based on Ayurvedic classical texts and modern dermatological books and research papers.

## Sources of Literature

- Ayurvedic Books: Charaka Samhita<sup>2</sup>, Sushruta Samhita<sup>3</sup>, Ashtanga Hridaya<sup>5,6</sup>, Bhava Prakasha, Yoga Ratnakara
- Modern References: Fitzpatrick's Dermatology, Rook's Dermatology, PubMed and AYUSH research articles

## Inclusion Criteria

Studies related to causes, signs, treatment of acne vulgaris and Ayurvedic management of Mukhadushika.

## Method of Analysis

Information are arranged under

- Causes
- Pathogenesis
- Symptoms
- Treatment
- Comparison between both systems

## Ayurvedic View of Mukhadushika

### 1. Causes

Ayurvedic texts mention many reasons like<sup>[2, 3, 5]</sup>:

- Eating too much oily, spicy and junk foods
- Improper sleep
- Stress
- Hormonal changes
- Not cleaning the face properly
- Using heavy cosmetics

These factors disturb Kapha, Vata and Rakta and block the skin channels (srotas), forming pidika (pustules).

### 2. Pathogenesis<sup>[2,3,5]</sup>

- Kapha causes oiliness and blockage
- Vata causes dryness and pain
- Rakta causes redness and burning
- Mainly Rasa and Rakta dhatus are affected

### 3. Symptoms

As described by Sushruta<sup>[3]</sup>:

- Painful reddish eruptions
- Itching
- Burning
- Slight swelling
- Dark or red marks

### 4. Treatment

Ayurvedic treatment includes:

### **A. Shodhana (Purification)<sup>[2,5]</sup>**

- Vamana
- Virechana
- Raktamokshana (leech therapy)

### **B. Shamana (Internal medicines)<sup>[2,5,7]</sup>**

- Manjishta
- Sariva
- Khadira
- Triphala
- Gandhak Rasayana

### **C. External treatments<sup>[2,5]</sup>**

- Herbal pastes: Neem, Turmeric, Lodhra, Multani Mitti
- Oils: Kumkumadi Taila, Chandanadi Taila

### **D. Diet & Lifestyle<sup>[2,5]</sup>**

- Avoid fried and spicy foods
- Eat simple meals
- Proper sleep, yoga and stress control

### **2. Pathophysiology<sup>[1,4,12]</sup>**

- Excess sebum due to hormones
- Blockage of hair follicles
- Bacterial growth
- Inflammation

### **3. Clinical Features**

- Whiteheads, blackheads
- Papules, pustules
- Cysts in severe cases
- Seen commonly on face, back and chest<sup>[1]</sup>

### **4. Treatment**

- Topical: Retinoids, benzoyl peroxide, antibiotics<sup>[1,4]</sup>
- Oral: Antibiotics, isotretinoin<sup>[1,4]</sup>
- Hormonal therapy: Oral contraceptives<sup>[4]</sup>
- Lifestyle: Low-glycemic diet, stress control<sup>[11]</sup>

## **Modern View of Acne Vulgaris**

### **1. Causes**

- Hormonal changes
- Excess oil production
- Bacterial infection
- Stress<sup>[11]</sup>
- Genetics<sup>[12]</sup>

## Comparative View

Parameter	Ayurveda	Modern Medicine
Cause	Dosha imbalance, diet, stress	Hormones, bacteria, oil, inflammation
Pathogenesis	Srotorodha (blockage)	Follicular blockage, inflammation
Lesions	Pidika	Comedones, papules, pustules
Treatment	Shodhana, herbs, lepa	Retinoids, antibiotics, hormones
Goal	Balance doshas, purify blood	Reduce sebum & bacteria
Diet role	Very important	Moderate

Both agree that internal and external factors play a role.

## Discussion

Ayurvedic description of Mukhadushika<sup>[2,3,5]</sup> matches well with modern understanding that acne is a multi-factorial disease<sup>[1,4,12]</sup>. Ayurveda focuses on digestion, blood purification and mental balance, which is similar to modern concepts of stress and gut-skin connection<sup>[10,11]</sup>.

Modern treatments give quick results but may have side effects. Ayurveda gives long-term benefits

through detoxification and lifestyle care. A mixed approach can be more beneficial.

## Conclusion

Mukhadushika and Acne Vulgaris share many similarities in their causes and presentation. Ayurveda gives a complete view focusing on root causes, while modern medicine gives fast relief through targeted drugs.

Combining both systems can help in better management of acne with fewer side effects. More controlled clinical studies are needed to compare herbal and modern therapies.

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