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Effect of *Jaloukavacharana* in *Mukhadooshika* - A Case Study

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ABSTRACT

Skin, being the largest integumentary organ of our body, fulfils a huge number of important functions, all of which are designed to help our body working properly. But the adverse factors like changing life style, excessive use of cosmetics and skin care products, junk food habits, air pollution, UV rays, stress etc. damages the human skin, especially the facial skin, which is much thinner and more sensitive than whole body skin.

Mukhadooshika is a skin disorder, one among the kshudraroga as explained in ayurvedic classics; featuring the formation of shalmaalikantakavat pidaka or pimples on face. An akin disorder to mukhadooshika is Acne vulgaris. It is a chronic inflammation of the pilosebaceous units. The hallmark of acne is the comedone: open comedones (black heads) and closed comedones (white heads). Inflammatory papules, nodules and cysts occur and may rise from comedones. Mukhadooshika can seriously affect the individual's confidence and quality of life. Present treatment options have their own limitations and can present with side effects. While mentioning the treatment modalities for mukhadooshika, Acharyas of Ayurveda have given importance on rakthamokshana. A female patient aged 22 years was presented in our OPD with pimples on both cheeks and forehead associated with itching, pain and burning sensation since 4 years. *Jaloukavacharana* was done for the same and result was significant. Assessment was done clinically and results were recorded with photographs.

KEYWORDS

Acne vulgaris, Comedones, Jaloukavacharana, Mukhadooshika, Rakthamokshana



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INTRODUCTION

In present scenario, all over the world, people are conscious towards health as well as beauty and have an eagle's eye on cosmetological appearance. According to the Transparency Market Research report, the global organic personal care market is expected to be worth US\$18.7 BN by the end of 2022 from US\$10.9 BN in 2017. *Mukhadooshika*¹ is a present burning cosmetic problem occurring in over 85% of adolescents, and it causes both physical and psychological scars having negative impact on social lives and self-esteem. Prevalence rate of this disease increases day by day due to the excessive stress, hormonal imbalance, junk food, lifestyle, long term use of cosmetics etc. Ayurvedic classics explain *mukhadooshika* in the context of *kshudraroga*, which is caused by the vitiation of *kapha*, *vata* and *rakta*, featuring the formation of *shalmalikantakavat pidaka*² or pimples on the face, along with *ruja* (pain). *Mukhadooshika* is also known as *Yuvanapidaka* or *Tarunyapidaka*, as it is common in adolescents. *Mukhadooshika* conforms to *acne vulgaris* in the contemporary science. *Acne vulgaris* is the formation of comedones, papules, pustules, nodules and/or cysts as a result of obstruction and inflammation of pilosebaceous units³. The

hallmark of *acne* is the comedone: open comedones (black heads) are dilated keratin-filled follicles, which appear as black papules due to the keratin debris; closed comedones (white heads) usually have no visible follicular opening and are caused by accumulation of sebum and keratin deeper in the pilosebaceous ducts⁴. Wide range of treatment exists for *acne vulgaris* – which includes both topical application and oral medicine, but side effects like skin irritation, contact dermatitis, photo sensitivity by topical application and gastro intestinal disturbances and other systemic disorders by oral medicines are often noticed.

In ayurvedic literature, while mentioning the treatment modalities for *mukhadooshika*, Acharyas explain both *shodhana* and *shamana* treatment, of which *raktamokshana* is one among them. Considering the prevalent age group and the area of affliction-face, *jaloukavacharana* was taken as the primary intervention, as it can provide simple, painless and economic *rakthamokshana* procedure for this condition. *Jaloukavacharana* is *paramasukumaropaya*⁵ and is indicated in the management of *kshudraroga*.

MATERIALS AND METHODS

CASE REPORT



A 22 year old female patient from a middle class economic background having the registration number 2438 came to Shalyatantra OPD of Sri Dharmasthala Manjunatheshwara Ayurveda Hospital, Udupi on 23/10/2019 presenting with complaints of pimples over the face associated with itching, pain and burning sensation since 4 years. 4 years back, she noticed appearance of multiple pimples over both cheeks and forehead which gradually increased in size and became pus filled, associated with reddish discoloration, burning sensation, itching and pain. She had taken different topical and oral medications. But there was no significant relief and symptoms recurred on stopping medicines. She came to our hospital for better management.

The patient was thoroughly examined and no significant abnormality was found on general examination. Vitals were stable :- Pulse Rate – 72/min, Heart Rate – 72/min, Respiratory Rate- 20/min, Temperature-98.6°F, BP- 120/70mmHg. Local examination of face revealed multiple black heads, white heads, nodules and pustules. Laboratory investigations were done and were within normal limits.

INTERVENTION

Two sittings of *Jaloukavacharana* was done with an interval of 15 days.

*Jaloukavacharana*⁶

Purvakarma

Preparation of Patient – Face was washed with water and dried.

Preparation of *Jalouka* – Was kept in *Haridra jala*

Pradhanakarma

Applied the *jalouka* to the required area

Covered the *jalouka* with a moist gauze piece.

Let the *jalouka* to draw blood till it detached spontaneously.

Paschat karma

Squeezed *Jalouka* to expel blood/put the *Jalouka* in *Haridra Choorna*.

Treatment to bitten site:- *Avachoorana* with *Haridra Churna* at the bitten site.

SOURCE OF *JALOUKA* :

Nirvisha jalouka were obtained from the available sources in and near Udupi.

DURATION OF TREATMENT

Jaloukavacharana was done 2 times – Day 1 & Day 15

OBSERVATION PERIOD

Observations was recorded on Day 1, Day 15, Day 30, Day 45, Day 60, Day 75 and Day 90

OBSERVATION

Symptoms of *ruja, daaha, srava, kandu* had shown significant relief. Considering the number of *pidaka*, there were no 100% complete relief within the treatment period. (Figures 1,2,3)



Figure 1 Before Treatment



Figure 2 During Treatment

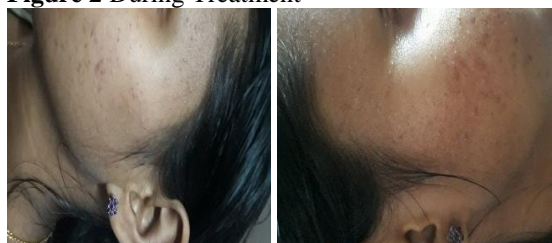


Figure 3 After Treatment

RESULTS

The assessment was done on day 1, day 15, day 30, day 45, day 60 and day 90 [Table 1]. During this period, the patient reported gradual improvement in the condition – reduction in the number of lesions, pain, itching and burning sensation (Table 2).

Table 1 ASSESSMENT

Signs & Symptoms	Score 1	Score 2	Score 3	Score 4
Black heads	0	1-5	6-10	>10
White heads	0	1-5	6-10	>10
Nodules	0	1-5	6-10	>10
Pustules	0	1-5	6-10	>10
<i>Ruja</i>	Absent	Present		
<i>Daha</i>	Absent	Present		
<i>Kandu</i>	Absent	Present		

Table 2 OBSERVATIONS

Signs & Symptoms	Before Treatment	Day 15	Day 30	Day 45	Day 60	Day 90
Back heads	4	4	3	3	2	2
White heads	4	4	3	3	2	2
Nodules	4	3	3	2	2	2
Pustules	3	2	2	2	2	2
<i>Ruja</i>	2	2	2	1	1	1
<i>Daha</i>	2	2	1	1	1	1
<i>Kandu</i>	2	2	1	1	1	1

DISCUSSION

Mukhadooshika is included as one among the *kshudraroga* in different ayurvedic classics. All the acharyas have mentioned *kapha* and *vata* to be the vitiated factors in the disease. *Pitta* has not been mentioned directly and the changes occurring in the skin have been attributed to *raktadushti*. *Pidaka* which is the chief complaint presented in the patient, is a *raktadushtilakshana* and *raktamokshana* is the preferred method of *shodhana* in *raktadushti*. *Jaloukavacharana*, one among the method of *raktamokshana*, is preferred in *bala, nari, durbala, bhiru* and *sukumara*. *Jaloukavacharana* removes vitiated *rakta*, and leads to reduction in *daha*, number of pustules and cysts. As per the explanation of Acharya Sushruta, one who undergoes *raktamokshana* periodically doesn't suffer from *twak roga, granthi, shopha* and *raktadushtijanya vikara*. The effectiveness



of the treatment may be attributed to the analgesic, anti-inflammatory and anaesthetic activity of leech saliva which contains a number of pharmacologically active biological substances like Hirudin, Hyaluronidase, Inhibitors of Kallikerine, Fibrinases, Collagenase etc. These substances are injected via leech into the body during the bite which brings about the effect⁷. Tryptase inhibitor inhibits proteolytic enzymes of host mast cells, which reduces burning sensation. Bdeellins, Eglins have anti-inflammatory action to check swelling of skin cells and redness. Hyaluronidase alleviate itching⁸.

CONCLUSION

At the end of the study, it was found that *jaloukavacharana* was highly effective in the management of *mukhadooshika* and gives significant relief. There were no adverse effects found during and after the treatment.



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