

EFFICACY OF *JALAUKAVACHARANA* AND *SHAMANA OUSHADHAS* IN THE MANAGEMENT OF ACNE VULGARIS – A CASE REPORT

Dr. Haritha. A. H.*

M. S Scholar, Department of Shalya Tantra, GAC Raipur C.G. India.

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Corresponding Author: Dr. Haritha. A. H.

M. S Scholar, Department of Shalya Tantra, GAC Raipur C.G. India.

ABSTRACT

Background: - Skin diseases are a group of conditions which effect the person emotionally, mentally down and may be led to depression. Pimples vulgaris is an inflammatory situation that effects in whiteheads which are clogged pores and blackheads which might be open plugged pores. Papules, soft crimson bumps referred to as pustules, which comprise pus, make the circumstance extra painful. In Ayurveda classics this can be correlated with *Mukhadushika*. The purpose of this take a look at is to assess the efficacy of *Jalaukavacharana* (Leech therapy) and *shamana oushadhas* in the control of pimples vulgaris. **Materials and Methods:** This is a particular case take a look at of 24 years aged female patient with complaints of pustules all over each cheeks, pus discharge and suffering from 12 months. This case was successfully managed with 6 sitting (once in 7 days) of *Jalaukavacharana* and *shamana oushadhas* for 3 months. **Result:** All the pimples got cleared without leaving any discoloration. Skin complexion has increased. **Conclusion:** *Ayurveda* can provide promising result in the patient of Acne vulgaris through Leech therapy and *shamana oushadhas*.

KEYWORDS: Acne vulgaris, *Mukhadushika*, *Jaloukavacharana*, Leech Therapy.

INTRODUCTION

Acne can affect more than skin, as skin health has a powerful impact on your emotional and mental wellbeing. Always skin health is knowingly or unknowingly linked to confidence and self-esteem. Acne Vulgaris, acne means “eruption” and vulgaris, means “common”. So, that is a commonplace pores and skin eruption that occurs when hair follicles, or pores, get blocked by using particles like lifeless pores and skin cells or oil as soon as hair follicles are blocked. The blocked follicles reason blemishes on the skin, such as pimples, blackheads, whiteheads, and cysts. It is also referred to as common acne, certainly one of its predominant reasons is hormones, especially around puberty.^[1] Many exclusive treatments exist for pimples. Those include anti-androgen medications, alpha hydroxy acid, ant seborrheic medications, hormonal treatment, azelaic benzoyl peroxide, antibiotics, keratolytic soaps, salicylic acid, retinoids, and nicotinamide.^[2]

In Ayurveda Acne Vulgaris can be correlated with *Mukha dooshika (Yuvana pidaka)*. Due to aggravation of *kapha, vata* and *sonita* (blood), pimples appear on the face of the youths like the thorns of *salmali* tree.^[3] Acne Vulgaris is primarily seen in teen 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 *doshas*.^[4]

In *Mukhadushika*, there is underlying *Agnimandhya, Jadaragni* and *Dhatwagni* is disturbed, leads to improper formation of *Rasa- Raktadi Dhatu parinama*. This results in skin disorders like *Mukhadushika*.^[5]

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

CASE REPORT

24 years old female patient (student)

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 2 months.

History of presenting complaints: These issues started 1 year ago, after using some makeup for dance performance. Then started appearing 3 pimples in the left cheek, gradually that became pus filled and after rupture condition speeded. No dandruff problems on scalp. She tried lots and 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 (30 days), 5 days of bleeding, not much clots, bleeding is like 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 non veg, too much spicy bakery foods, cool drinks etc. without considering *Agni*. She is also suffering from constipation (once in a week) for the past 4 months. Also, there is history of external haemorrhoids. Irregular sleep wake cycle.

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 choornam*
 - *Chiruvillwadi kashayam* 20ml kashayam with 60 ml luke warm water BD * 2 weeks
 - *Dhanwantaram tablet* 2BD
 - *Chandraprabha tablet* 1 BD
- *Vishahara* medicines
 - *Dooshivishaari gulika* 1 BD
- *Kshalanam* 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.

Leech Therapy^[6]➤ *Poorva karma*

- Materials required: *Nirvisha jalouka*, *Haridra Churna*, Pure water.
- Three *Jaloukas* selected for the procedure should be transferred to turmeric water. This made *jalouka* 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 cotton. Procedure continued until patient complained of pain. Leeches are detached by sprinkling *Saindhava choorna* over it.

➤ *Paschat karma*

- Materials required: *Haridra churna*, *Satadouta ghrta*, Gauze pad, Gauze roll.
- For *Vrana*: -*Haridra choorna* was applied at the wound for remaining *dosha shamana*. A gauze soaked in *Shatadhouta ghrta* was applied on the site and bandaging was done.
- For Leech: - *Jalouka* was shifted to a kidney tray. *Haridra choorna* was sprinkled over it to enhance vomiting of sucked blood. *Jalouka* was then transferred to fresh water and made active again.

➤ Internal medication changed and continued for 2 months

- *Virechana* with *Avipattichurna* once in a month.
- *Manjishtadi kashayam* 20ml *kashaya* with 60 ml Luke warm water BD
- *Dhanwantara* tablet 2 BD
- *Dooshivishari* tablet 1 BD
- *Toyapaana* with *Guloochyadi Kashaya churna*.
- After complete recovery *Mahatiktakam grta* 1 tspn in empty stomach for 15 days.

Observation

- Significant difference started seen from 3rd 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 8th week patient felt extremely happy with a face of no pimples. Black discoloration was there in the face and also diminished complexion.

Before treatment**During treatment After treatment****DISCUSSION**

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. *Mukha dushika* is a condition belongs to *pitta pradhana rakta pradoshaja vyadhi*.

Chiruvilwadi 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. *Jalaokavacharana* started on 15th day and continued once in 7 days for 8 weeks. On the first sitting itself she felt very much relief from pain. From 3rd sitting number of pustules and pimples reduced also there was significant changes in

the pain. (*Jaloukavacharana* 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 8 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* because it is *rakta prasadana*. After complete cure *Mahatiktaka grta* 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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