ABSTRACT

Beauty is excellent state of physique and psyche, and everyone is conscious about it. Skin diseases and mainly cosmetic related disorders are gaining more importance now a day. As Mukhdushika is a very common disease seen at puberty in adolescence and young age on both the sexes, which significantly affects physical and psycho-social well being. Male are more prone to it than female. It is the skin condition due to clogging of oil glands Characterised by comedowns, papules, cysts, pustules, nodules and scars. Due to changed standard of living and heavy pollution this problem is increasing in present era. 80% of individual are affected by Acne between pubescence and 30 years of age and for this reason it is called as Yuvanpidika. In ayurveda there are many ways of diagnosis, and one of them is Nidan panchaka, which is very important method for disease diagnosis, it also helps in finding out its causes and prognosis, which is helpful in eliminating the root cause of any disease. There are five sub types of Nidan panchak, which are Nidan (causes), Purvroop (symptoms), Roop (signs), Upshay (method of examination) and Samprapti (pathogenesis). Such type of diagnosis is very important component in treatment of any disease. In this review article we explained the importance of Nidan panchak and tried to highlight the detail of Mukhdushika and its review through Samhitas.

Keywords: Mukhdushika, Nidan panchaka, Yuvanpidika, Nidan, Purvroop, Roop, Upshay, Samprapti.

1. INTRODUCTION

In modern era human lifestyle is changing day by day which includes stressful jobs, night shift duty, change in diet pattern, pollution, heavy work, addiction etc which lead to the imbalance of Dosha, Dhatu, Mala which can be correlated with hormonal imbalance in the body. And so if lifestyle and diet is taken according to season and as told by acharya, there will be no causative factor for disease. Nidan panchak1 which consist of Nidan (causes), Purvroop (symptoms), Roop (signs), Upshay (method of examination) and Samprapti (pathogenesis). These are very important and main diagnostic tools in Ayurveda for diagnosis of disease and understanding the root cause of disease. In many Samhitas of Ayurveda Nidan panchak is explained. It is explained in more detail in Madhav Nidan. These etiological factors can be correlated with the investigation sign and symptoms in modern science.

Mukhdushika is very common disease seen at puberty in adolescence, so it is one of the burning problems in today’s era. It is the skin condition due to clogging of oil glands Characterised by comedowns, papules, cysts, pustules, nodules and scars. Mukhdishika as per modern science resembles Acne Vulgaris.
Shalmalikantakprakhya:kaphamarutraktja means having Shalmali like eruption on face caused by vitiated Kapha, Vata and Rakta are known as Mukhdushika. These pidikas cause the disfigurement of face, so they are called as Mukhdushika. And they occur mostly in youth means Yuva so they are called as ‘Yuwanpidika’. The disease Mukhadushika is explained under the heading of KshudraRogas in all the classical texts of Ayurveda, Mukhdushika is not mentioned independently in any separate adhyaya.

Kashyapa explains that face reflects the personality of a person. Skin is the largest organ of the body. It is also a sense organ according to Maharshi Charaka. In all of the sense organs skin is one of the important sense organs, which called as sparshindriya which occupies whole body and mind (man). Everyone is very cautious about beauty and face is mirror of state of mind so it’s important to pay attention to this part. So, Acne Vulgaris is the burning problem in youngsters.

Need for the study

Mukhdushika is very common disease seen at puberty in adolescence on both the sexes, which significantly affects physical and psycho-social well-being. Due to changed standard of living and heavy pollution this problem is increasing in present era which is now a burning problem in youngsters. 80% of individuals are affected by Acne between pubescence and 30 years of age. Nidan panchak is very basic diagnostic tools for any disease and if we know the Nidan panchak of Mukhdushika then it can be helpful for prevention of it by eliminating the root cause of disease as well as treating it.

2. METHODS

2.1. Objective

To evaluate, elaborate and discuss the etiology, its symptoms and review of literature of Mukhdushika, its correlation with Acne vulgaris and its management in Ayurveda.

2.2. Methodology

Present study is review study. Literary review of literature related to Mukhdushika from all Samhitas (classical texts), Literature related to Acne Vulgaris from all modern medicine books as well as previous work done on this topic was referred from Indexed and Non-indexed journals. Comparison and critical analysis of collected information was carried out.

3. CONCEPT REVIEW

3.1. Nidan

Causative factor of disease is Nidan. It comes in two terms as causative factor and as diagnostic factor. Synonyms of Nidan are Karan, Kata, Heta, Sammuthan, Pratyay, Nidan. Causes of Acne Vulgaris are increased sebum production, cornification of pilosebaceous ducts, microbial involvement, and inflammation. Changed standard of living and heavy pollution, psychic suffering, and stress can also be the reason for Acne Vulgaris. According to Ayurveda Nidan of Mukhdushika are Vegavrodh, Nidra, Swabhav, Tarunya, Krodh, Upvasa, Atapsevan. Causative factors (Nidan) is classified as -

- **Aharaj**: Upvasa, oily, spicy food (cause of disturbance of doshas).
- **Viharaj**: Vegavrodh, Nidra, Jagaran, Atapsevan, Diwaspap, improper lifestyle.
- **Manasik**: Krodh, Chinta, Ati shoka, Santap, Swabhav.
- **Vaya**: Common in young age (Tarunya,yuva avastha)

3.2. Purvarupa

Before the arrival of the disease some symptoms are produce by body these are called Purvaroopa. It is also one of the very important tools of Nidan panchak. If the treatment is started in Purvavroopa avastha then disease can be easily curable. In Samhitas Purvaroopa of Mukhdushika is not mentioned. It can be illustrated as Kandu (itching), Todwat vedana (pain), Shotha (swelling), Vaivarnya (discoloration of skin).

3.3. Roopa

Roopa means the signs of the disease and al-
ways seen after the development of the disease. This is very helpful in diagnosis of disease as it gives the information of disease. Acharya Vagbhata has described it as – *Pitika* (Shalnali like eruption on face), *Ruja* (these *Pidikas* can be painful; this pain can be mild to acute in nature), *Ghana* (*Ghan* means hard, thick), *Medogarbha* (these *pidikas* are impregnated by *Meda*) and *Yunanukha* (they occur mostly on face of young individuals means *Yuva*.) Common *Roopa* of *Mukhdushika* are *Daha*, *Kandu*, *Vedana*, *Strava*, *Vivarnata*, *Raktima*, and *Shotha*. As per modern science signs and symptoms are *Pustules*, *Comedons*, *Papules*, *Nodules*, *Cyst or scar*, *Blackheads (pinhead black spot)*, *Whiteheads (white spot)*, *Inflammation*, *Redness* and *Abscesses formation.*

### 3.4. Upashaya

To rule out the disease whose manifestation doesn’t clear *Upashaya* can be used or the disease which has no specific signs and symptoms there *Upashaya* helps in proper diagnosis. Chakrapani has explained *Upashaya* and its 18 types.

### 3.5. Samprapti

Stages of formation of disease are known as *Samprapti*. When *Dosha* get aggravated and vitiated then disease gets produced and this process is known as *Samprapti*. If we know the *Samprapti* of the *vyadhi*, we can dissociate the *Dosha* and *Dushya* due to which it cannot produce the disease again. *Shalnali* like eruption on face caused by vitiated *Kapha*, *Vata*, and *Rakta* are known as *Mukhdushika*. Pathophysiology of Acne is the role of normal commensal bacterium *propionibacterium*. It is due to over activity of the sebaceous gland. Main responsible factor for this is increase in sebum production which gets clogged.

**Samprapti Ghataka:**
- **Dosha:** *Kapha*, *Vata*, *Rakta*.
- **Dushya:** *Ras*, *Rakta*, *Twacha*.

### 4. RESULTS AND DISCUSSION

*Nidan parivarjana* is considered as first line of treatment for any *vyadhi* in Ayurveda. Both Acharya Sushruta and Charaka have mentioned for avoiding the etiological factors which is primary step in management. So, formation of disease can be stopped by *Nidan parivarjana*. If the treatment is started in *Purvroopa* then disease is easily curable. In some diseases like *Prameha* and *Kushta* which are having same *Purvroopa*. *Nidan* can help in proper diagnosis. In *vyadhis* like *Jwara* and *Gulma* having same *Nidan*, *Purvroop* can be helpful to diagnose. *Roop* can be helpful in the differential diagnosis of *vyadhis* like *Rajana* and *Prameha*, With the help of *Samprapti*, stages of disease can be known in which disease formation can be stopped. In the diseases like *Urushthamb*, *Upshay* should be used for the examination and diagnosis. Disease is *Sadhya* that is curable if causative factors are less in quality and quantity. If these causative factors are moderately strong, then the disease is *Krichasadhya* means curable but needs more time and efforts to treat. If these are further stronger then the disease is *Asadhya* that is incurable.

*Mukhdushika* is a very common disease seen at puberty and mainly male are more prone to it than female. *Mukhdushika* as per modern science resembles Acne vulgaris. It is the skin condition due to clogging of oil glands Characte- terized by comedons, papules, cysts, pustules, nodules and scars. Due to changed standard of living and heavy pollution this problem is increasing in present era. It is due to over activity of the sebaceous gland, insufficient diet, pollution, uses of different cosmetic chemical product, leads to skin diseases like acne. Main responsible factor for this is increase in sebum production which gets clogged. Acharya Vagbhata has described it as *Medogarbha* as these *pidikas* are impregnated by *Meda* (comedons). Very short description is available in Ayurveda about *Mukhdushika*. The disease *Mukhdushika* is explained under the heading of *Kshudra Rogas* in all the classical texts of Ayurveda. *Mukhdushika* is not mentioned independently in any separate Adhyaya. All Samhitas have pointed out
Kapha, Vata, Raka\textsuperscript{2} as main factors in Samprapti of Mukhadasika, while Bhavprakash mentioned it due to Swabhav.\textsuperscript{3} In Sharangdhara Samhita, Vakrasnidhata and pidika have been mentioned as due to shukradhatumala.

Doshas keep the body healthy when they are normal (sanyu) but when they become abnormal, they produce diseases. In this Mukhadasika vyadhi nidan panchaka\textsuperscript{1} are very important for its diagnosis, its treatment and mainly in its prevention. As Acharya Charaka has said the correct diagnosis of disease is very much essential before the treatment. In many samhitas of Ayurveda Nidan panchak is explained, but it is explained in more detail in Madhav Nidan. These etiological factors can be correlated with the investigation sign and symptoms in modern science. In modern era human lifestyle is changing day by day which includes stressful jobs, night shift duty, change in diet pattern, pollution, heavy work, addiction etc which lead to the imbalance of Dosha, Dhatu, Mala which can be correlated with hormonal imbalance in the body.

Management\textsuperscript{15-28} Nidan parivarjana\textsuperscript{12} is considered as first line of treatment of any vyadhi as per Acharya Sushruta and Charaka.\textsuperscript{5} Two type of chikitsa are explained in Samhitas for treatment of Mukhadasika viz. Shaman and Shodhan chikitasa. Raktamokshana (Blood-letting) is removing impure blood. It is mentioned by Acharya Vagbhatta in context of Mukhadasika. He has advised Siravedha type of Raktamokshana. In treatment of Mukhadasika following karamas are indicated by different acharyas as follows -

- Acharya Sushruta - Vaman, Lepa
- Acharya Vagbhata - Nasya, Vaman, Siravedha, Lepa
- Acharya Sharangdhara - Lepa
- Acharya Bhavamishra - Vaman, Abhyanga, Lepa
- Yogratnaker - Abhyang, Pralep, Siravedha
- Bhaishyahjayaranavali – Siravedha, Abhyanga, Pralepa

Important drugs used in Mukhadasika: Lodhra (Symplocos racemosa), Gokshura (Tribulus terristris), Manjishta (Rubia cordifoliya), Punarnava (Boerhaavia diffusa), Usheer (Ventiveria zizaniodes), Haridra (Curcuma longa), Chandana (Santalum album), Sarsapa (Brassica campastris), Anantmula (Hemidesmus indicus) etc.

Formulations used in Mukhadasika: Mahamanjishhtiadi kwath, Arogavyardhini vati, Panchitikha ghrita, Amritarishta, Khadirarishhtak, Sarivadi vati, Patoladi kwath, Amalki churna, Guduchi ghan vati, Kaishor Guggul, Ras manikya and Gandhak rasayan etc.

5. CONCLUSION
Mukhdisika resembles Acne Vulgaris. These pidikas cause the disfigurement of face, so they are called as Mukhadasika. It is due to the over activity of sebaceous gland. Nidan panchak are very important and main diagnostic tools to know the root cause of disease. Proper knowledge of Nidan panchak is very essential for the diagnosis as well as treatment of disease. If the treatment is started in Purvroop then disease is easily curable. Disease formation can be stopped in any stage by knowing the Samprapti of vyadhi and complication also can be avoided. By finding out exact hetus of the disease like Mukhdisika then by avoiding them we can break the samprapti which called Nidan parivarjan which also help in prevention of Mukhadasika. If lifestyle and diet is taken according to season and as told by Acharyas, we can prevent the Mukhadasika. Thus Ancient knowledge and knowledge of Nidan panchak can help us in diagnosis and management of Mukhadasika in present era.

REFERENCES


17. Ibidem 4, Purvardha, Sutrasthana: Ayushkamiyadhyaya; Chapter 1, Verse 2. p. 3.


Cite this article as:

Source of Support: Nil; Conflict of Interest: None declared.