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Management of Acne vulgaris (*Mukha dushika*) with Ayurveda treatment modality: A case study

Wasana P D L, Dharmavijaya P K H

Gampaha Wickramarachchi Ayurveda Teaching Hospital, Kandy Road, Yakkala.

Abstract

Acne is a common skin disease especially in adolescents and young adults. Significant psychosocial effects such as depression and poor personality development have been linked with acne. Various causative factors as well as physical and psychological factors have been contributed towards acne. Various treatment methods of acne including surgery, laser treatments, antibiotics and topical applications and cosmetics products with chemicals are associated with many side effects. In Ayurveda, acne resembles as *Mukha dusika* and also has broad management procedure including external and internal treatment with congenial diet and lifestyle (*Pathyapathya*). A 27 years old female patient presented in OPD at Gampaha Wickramarachchi Ayurveda Teaching Hospital, Yakkala with the complaint of pimples on bilateral face associated with pain for 3years. The patient was prescribed poly herbal formulated decoction including *Shreshta Nimba*, *Gayathri Thriphala*, *Ushiran Chandanan*, *Shatawari Gopakanya* for each in 14 days and *Khaishor Guggulu*, *Thriphala vati* in required dose for each in 30 days respectively as internal administration. As an external application, purification of face with juice of *Nimba* leaves and wet turmeric and application of the paste of *Dashangalepa* powder mixed with king coconut water, rose water were done respectively each in 14 days. In addition, *Pathyapathya* was prescribed. After two months of treatment period, pimples were reduced from severe to mild stage. It was observed 100% relief of reduction of pain. According to above data, it was found that there was a significant difference between before and after treatments. Based on the above finding, it can be concluded that the treatment protocol is effective for Acne Vulgaris (*Mukha dushika*).

Keywords: *Mukha dusika*, Acne vulgaris, Ayurveda treatment

Corresponding E-mail: pdlakshmiwasana@gmail.com