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Case Study

Role Of *Pratimarsha Nasya Inmukhdushika* Management: A Case Study

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ABSTRACT-

CASE SUMMARY- *Mukhdushika* is a disease which devastate beauty(excellence) of face which, in the end diminishes confidence of an individual. In texts of *Ayurveda* it is described as “*shalmalikantak*”, where *shalmalikantak* means small thorns seen on the bark of *shalmali* tree (*salmaliaindica*). Most resembling condition with *Mukhdushika* is acne (acne vulgaris). A 25-year-old girl presented on 21-12-18 in *Swasthavritta* opd of NIA (National Institute of Ayurveda) with severe acne and scars on her face. *Anutaila* is used in all *Urdhvajatrugatarogas*. As *Mukhdushika* is a *urdhvajatrugata* disease therefore, *Anu Taila* is selected for *pratimarshnasya* in this case. *Anu tailapratimarshanasya* was advised to the patient 2 drops in each nostril by the help of a dropper, twice a day morning and evening for 21 days. No other medication or *pathyaapathya* advice was given to patient. After trial it shown that *pratimarshanasya* causes decrease in acne number, size and grade. Hence, *PratimarshaNasya* of *anutaila* is highly effective treatment due to subsiding symptoms of *Mukhdushika* (acne vulgaris).

Key words-*Pratimarshnasya*, *Anu taila*, Acne, *Pidaka*

INTRODUCTION-People are most conscious and careful about beauty of face because beauty is the quality that gives pleasure to the senses, is perhaps the desire of every human being on earth. *Mukhdushika*, as its name suggests disfigurement of face. In texts of *Ayurveda* it is described under *kshudraroga* and its appearance is mentioned as “*shalmalikantak*”ⁱ, where *shalmalikantak* means small thorns seen on the bark of *shalmali* tree (*salmaliaindica*). Most resembling condition with *Mukhdushika* is acne (acne vulgaris). According to global burden of disease acne represents top three most prevalent skin condition in general population in UK, USA, Franceⁱⁱ. Its main effects are psychological i.e. slow personality development, stress and low self-esteem. So, it affects quality of life. *Acharya Vagbhata* advocates *anutailanasya* for the sound health of sense organsⁱⁱⁱ. Its description is also available in *dinacharya* context in *Charaka*^{iv}. *Anutaila* is used in all Personal history

Urdhvajatrugatarogas. As *Mukhdushika* is a *urdhvajatrugata* disease therefore, *Anu Taila* is selected for *pratimarshnasyain* this case.

AIMS AND OBJECTIVES

- To evaluate the effect of *Anutailapratimarshanasya* in management of *Mukhdushika*.

MATERIALS AND METHODS

Clinical Source-*Mukhdushika* patient was taken from OPD of NIA as per classical symptoms and assessment criteria.

CASE REPORT

A 25-year-old girl presented on 21-12-18 in *Swasthavrittaopd* of NIA (National Institute of Ayurveda) with severe acne and scars on her face. These were papule, pustule and nodular type. She is having vedana (pain), kandu (itching) in pidaka. She had acne from the past 6 years. She is also having irregular bowel habits.

Sr.No			
1.	Age- 25	6.	Blood Pressure-120/70
2.	Sex- Female	7.	Addiction- Tea
3.	Occupation- Student	8.	Appetite- Moderate
4.	Marital Status- Unmarried	9.	<i>DehaPrakriti-Pittavataja</i>
5.	Pulse- 74/min	10	<i>Desha- Jangala</i>

Treatment-

Anu tailapratimarshanasya was advised to the patient which was then administered by the patient 2 drops in each nostril by the help of a dropper, twice a day morning and evening. No other medication or *pathyaapathya* advice was given to patient.

Duration of study- 3 weeks. Follow up was done once in every 7 days i.e. 3 times in total trial.

PRATIMARSHA NASYA- *PratimarshaNasya* is included in context of *Dinacharya*^v for the prevention of disease as well as for the promotion of health. *PratimarshaNasya* is a type of *Nasya* that can be performed either by

dipping the clean little finger in the oil and applying oil into each nostril or by dropping 2 *bindu* into each nostril. It helps to maintain health of nasal passage and can be done twice daily. The *Nasyadravya* acts by reaching *sringatakamarma*^{vi}. From where it spreads into various *strotasas* (Vessels and Nerves) and brings out vitiated *doshas* from the body.

ASSESSMENT CRITERIA

Assessment was done on parameters like size of *Pidaka*, number of *Scars*, number of *Pidaka*, and **photographic assessment** (with Nikon camera) was also done.

Table showing Gradation Index

Symptoms		Grade
Lesions according to severity (Evaluation of Lesion-Acc.To American academy of Dermatology)	No Acne	0
	Mild Acne [Presence of comedones, few papules and pustules (generally <10) But no modules.]	1
	Moderate Acne [Presence of several too many papules and pustules (10-40) along with comedones (10-40). The presence of <40 papules and pustules along with larger deeper nodular inflamed lesions (up to 5)]	2
	Severe Acne [Presence of numerous or extensive papules and pustules as well as many nodular lesions.]	3

Objective parameters		Grade
Size of <i>Pidaka</i>	No. of <i>Pidaka</i>	0
	Less than 5 mm	01
	In between 5 to 10 mm	02
	More than 10 mm	03
No of Scars	No Scars	00
	Less than 1-5 on one side	01
	In between 6-10 on one side	02
	More than 10 on one side	03
No of <i>Pidaka</i>	No <i>Pidaka</i>	00
	Less than 1-5 on one side	01
	In between 6-10 on one side	02
	More than 10 on one side	03

Subjective Criteria		
Vedana of Pidaka	No tenderness	0
	Pain on deep pressure over the <i>Pidaka</i>	01
	Pain on touch	02
	Pain without touch	03
Oiliness of the face	Normal Skin	0
	Face becomes oily 3-4 hours after wash	01
	Face becomes oily 1-2 hours after wash	02
	Requires face wash once in every half an hour	03
Dryness of the face	Normal Skin	0
	Feels dryness of skin during winter	01
	Dryness subsides with application of moisturizers	02
	Feels dryness of skin in all seasons and do not subside by application of moisturizers	03

Laboratory Investigation— Complete blood count was also done prior to starting of

anutailapratimarshanasya to check the health status.

OBSERVATION AND RESULTS-

Below table shows that *pratimarshanasya* causes improvement in all assessment criteria

Sr.No	Assessment Criteria	1 st visit	2 nd visit	Last visit
1.	Lesion(grade)	2	1	1
2.	Size of <i>Pidaka</i>	2	1	1
3.	No. of Scars	3	2	2
4.	No. of <i>Pidaka</i>	2	1	1
5.	Vedana of <i>Pidaka</i>	1	1	0
6.	Oiliness of the face	2	2	2
7.	Dryness of the face	0	0	0

Before Treatmnt

After treatment



DISCUSSION-*Mukhdushika* is a disease which devastate beauty(excellence) of face which, in the end diminishes confidence of an individual.

As in *mukhdushikakhai-vaigunya* is at facial skin so a karma/therapy which works best at it should be adopted. So, to work on *sthanavisheshachikita* as *khai-vaigunya* is at *lomkupa* of face which is *urdhwajatrugata* so, the therapy which works especially on *urdhwajatrugatapratyanga* is chosen i.e. *nasya*. Especially my work was on *pratimarshanasya* because it is easy to take and doesn't have any fear of complication moreover reference regarding use of *pratimarshnasya* in *Mukhdushika* is found in *VangsenSamhita*.

Mode of action of *PratimarshNasya* as specified by *AcharyaCharaka* is *ubhyarthkrut* i.e. *snehavirechanarthkrut*^{vii}. It does *snehan* as well as *shodhan*.

Anutailais special preparation for *Nasya Karma*, which is useful for eradicating, and preventing morbid conditions of inter cellular spaces and channels of the body^{viii}. Due to *Sukshama* and *VyavayiGuna* of *anutaila* it has a good spreading capacity through minute channels therefore called as *anutaila* which may lead to its better absorption (micro molecules and lipophilic are absorbed better via nerve route). *Laghu, tikshna,rukshagunaandushnaveerya* helps to remove the *margavarana*. Most of the drugs¹⁰

in anu tail has anti-inflammatory, anti-viral, anti-bacterial and anti-pyretic properties.

Nasyadravya when administered through nostril absorbs mainly through olfactory and trigeminal nerve root pathway and it acts on^{ix}:

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- Neurovascular Junction
- Neuro Endocrine Level- *Nasya* drug act on endocrine level through olfacto-hypothalamus-pituitary pathway. As it acts on endocrine level so it also balances androgen-dependent conditions which on puberty increases sebaceous secretion and also causes follicular hyperkeratinisation.
- Neuro Psychological levels- Through terminal nerves *nasya* drug affects limbic system of the brain which controls behavioural aspects of humans. By this effect acne due to stress can be very well cured by *nasya*.

CONCLUSION-After trial it shown that *pratimarshanasya* causes decrease in acne number, size and grade. Hence, *pratimarshanasya* of *anutaila* is highly effective treatment due to subsiding symptoms of *Mukhdushika* (acne vulgaris).

ⁱशाल्मलीकण्टकप्रख्याःकफमारुत्शौणितैः।

जायन्तेपिडकायूनांक्त्रेयामुखदूषिकाः॥ (सु . नि . 13/38)

ⁱⁱ The epidemiology of Acne Vulgaris in late adolescence by Darren D Lynn

A community study of prevalence and use of medical care. Br J prev Soc Med 1976;30(2), Survey-Arch Dermatol 2003;139(12)

ⁱⁱⁱVagbhat Astanghridyam (text only), Choukhamba Orientalia, Varanasi, Edition-2016, Sutrasthana chapter 20/38, 83p

^{iv}Agnivesha. Charaka Samhita, Comm. Chakrapanidatta Ed. LakshmidharDwivedi, Chowkhamba Krishnadas Academy, Varanasi, Edition-2016, Sutrasthana 5/56,41 p

^vAgnivesha. Charaka Samhita, Comm. Chakrapanidatta Ed. LakshmidharDwivedi, Chowkhamba Krishnadas Academy, Edition-2016, Varanasi, Sutrasthana 5/ 61-70 604p

^{vi}Sushruta, Sushruta Samhita nibandh sangraha commentary by acharya dalhana, translated in hindi by Dr.Keval Krishna Thakral, Chaukhambha Orientalia, Varanasi -221001 (India), reprint 2017, Chikitsasthana.40/30,618p

^{vii}Agnivesha. Charaka Samhita, Comm. Chakrapanidatta Ed. LakshmidharDwivedi, Chowkhamba Krishnadas Academy, Edition-2016, Varanasi, Sidhhisthana9/92, 722p

^{viii}Agnivesha. Charaka Samhita, Comm. Chakrapanidatta Ed. LakshmidharDwivedi, Chowkhamba Krishnadas Academy, Varanasi, Edition-2016, Sutrasthana 5/56,41 p

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