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## ROLE OF MANYAGATA SIIRAVYADHA (EXT. JUGULAR VEIN ) AND SHAMANA AUAUSHADHI IN THE MANAGEMENT OF MUKHADUSHIKA - A CASE STUDY

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### ABSTRACT

skin colour and texture is found the healthy state of the body reflects on the personality of a person. acne vulgaris a chronic inflammatory disorders in adolescents consist of the pilosebaceous follicles. in ayurveda it can be corrected with mukhadushika which is explained by acharya sushruta under kshudra rogas and is considered as swatantra vyadhi in the ayurvedic literature. acharya has considered siravedha raktamokshana as half of all the therapeutic measures in shalyatantra like basti karma in kayachikitsa . the surgical procedure of puncturing the vein for therapeutic purpose and thereby accomplishing the raktamokshakana (blood letting) is one of the panchakarma therapies . it is choice of the treatment in all the rakta pradoshaja vikaras like kushta , mukhadushika. it is a common procedure for the management of different disease with vitiated rakta dosha . the role of diet and cigarette smoking in the condition is unclear and neither cleanliness nor exposure to sunlight appears to play a part. in both sexes, hormones called androgens appear to be part of the underlying mechanism, by causing increased production of sebum. in the ayurveda it is characterized by shalmali kantaka sadrusha pidika on the face. mukhadushika is also called as tarunya pitika. the prevalence of mukhadushika increasing day by day due to their fast lifestyle, consumption of food, constipation, latenight sleep, fast food, cold drinks leads to an imbalance in doshas which in turn affects the body as well as mind.

Keywords: Mukhadushika, Ksudraroga , Acne vulgaris

## Introduction –

Siravyadha means letting out of blood which is mainly indicated in certain illness especially when there is raktadushti. Acharya Sushruta further says that, this is the only therapy which helps in eliminating all the three vitiated Doshas at a time. Diseases of the skin, tumours, swelling and diseases arising from blood will never occur in persons indulging in Manyagata siravyadha. These procedures destroys the raktaja vikara from its roots. The entire body is nourished by Siras, to alleviate vitiation of dosha involving a large area of body raktamokshana from sira, is the only way as it exerts its effect on the entire body. In general, various probable mechanisms are going to change in body by Manyagata siravyadha, such as local blood supply, local metabolism which is going to be improved, local fresh RBCs are produced which are active. And thus by these virtue, it is very much useful in many health ailments (especially Raktaja vikara) if judiciously administered and it is beneficial in physiological maintenance of well-being. The superficial veins ( Ext. Jugular vein ) are considered to be most suitable for Siravyadha. It cleanse the vitiated blood and thus make the person become lusturous, indriya become clear or are able to recognize their objects in a ideal manner, his digestive fire functions well, is enriched with happiness, good nourishment and strength.

Acne vulgaris, a chronic inflammatory disorder in adolescents consists of the pilosebaceous follicles, characterized by comedones, papules, pustules, cysts, nodules and often scars, chiefly on face, neck etc . It is a skin condition that occurs due to the clogging of oil glands (sebaceous glands) of the skin . The oil (sebum) that normally lubricates the skin

gets trapped in blocked oil ducts. Hormone changes during the teenage cause the body to make more of this oily substance (sebum), thus are clogging the follicles. Bacteria can get inside the follicle or oil gland and cause redness, swelling, and pus. It is one of the most common dermatologic condition that affects nearly everyone at some point in their lifetime. In Ayurveda, it can be correlate with Mukhadushika which is explained by Acharya Sushruta under Kshudra Rogas . and is considered as swatantra vyadhi in the ayurvedic literature. It is characterized by Shalmali Kantaka Sadrusha Pidikas on face. These Pidikas destroy the beauty of the face and cause disfigurement of the face therefore they are also called as "Mukhadushika. Allopathy treatments includes for all forms of acne as topical retinoids and benzyl peroxide, orally antibiotics, steroids, oral isotretinoin. but these Allopathy medicine does not treat permanently and also shows severe side effects.

## AIM -

To evaluate the effect of MANYAGATA SIIRAVYADHA (EXT. JUGULAR VEIN ) AND SHAMANA AUAUSHADHI in Mukhadushika for 21 days.

## OBJECTIVE –

To study the effect of MANYAGATA SIIRAVYADHA (EXT. JUGULAR VEIN ) AND SHAMANA AUAUSHADHI in Mukhadushika.

## CASE REPORT -

A 21 years old college going female student presented to a s. C. M. Aryangla Vaidyak Mahavidyalaya, Satara, Maharashtra, with complaints of

1. Mukhavaivarnya (Discolouration)
2. Pidaka
3. Strava (Discharge)
4. Kandu (Itching)
5. Ruja (ain)
6. On right cheek, left cheek, forehead, nose and chin.

Patient having above complaints since 1 year. The patient was alright before 1 year. Gradually Pimples started coming on forehead, both cheeks and nose. associated with Strava, Kandu & Ruja. While taking history her Menstrual cycle was normal. she had constipation and she used number of allopathy creams and lotions and soaps for the treatment of pimples in the past but did not get satisfactory results and for further management she came Aryangla Hospital Satara.

N/H/O – HTN, DM, Thyroid

No any H/O major illness

SAMPRAPTI GHATAK -

1. Dosha –Kapha Vata Pitta
2. Dushya – Rara, Rakta, Mamsa, Medas
3. Strotas- Swedawaha, Raktawaha, Rasawaha

4. Mala – Sweda, Twakasneha
5. Srotodushti -Sanga, Atipravrutti
6. Agni – Jatharagni mandya
7. Rogamarga – Bahya marga
8. Udbhavsthan- Amashayotha Vyadhi because the main Dosha of the disease is Kaphadosha
9. Adhishthan –Mukhapradesha, Tvak

Treatment: -

1. Shodhana Treatment –

According to the course of the disease and involvement of Vata, Pitta and Kapha Dosha, Rasa, Rakta Dhatu, Twak Dushti and Sharir-Manas Bala of the patient, Manyagata ( Ext. Jugular vein) Siravyadha Karma was planned. Mahatiktak Ghritam Snehapana gave in Vardhaman Matra 10ml, 20ml, 30ml for 3 days. Then Manyagata Siravyadha Karma (bloodletting) did from Ext. Jugular vein of the patient. Manyagata Siravyadha Karma done two times with interval of every seven day and each time 30-40ml blood was removed.

2. Shamana Treatment –

Kaishor guggulu

Chandraprabha vati

Ananta + Amruta + Yastimadhu + Vidanga

Material –

Sr. No	Dravya	Dose	Matra
1	Scalp no 20 (Siravyadha)	Once in week	30 cc
2	Kaishor guggulu	Bid	2 tab
3	Chandraprabha vati	Bid	2 tab

4	Ananta + Amruta + Yashtimadhu + Vidanga	Bid	500 mg each
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## Observations -

Sr. No	Lakshana	Before treatment	After 14days treatment	After 21days treatment
1	Mukhavaivarnya(Discoloration)	+++++	++	-
2	Kandu(Itching) +++ - -	+++	-	-
3	Daha (Burning Sensation)	+++	-	-
4	Strav (Discharge)	++++	+	-
5	Ruja (Pain)	+++++	!	-
6	Pitika	+++++	++	-
7	Aakar	5mm- 2mm	1mm	-

## DISCUSSION –

Probable mode of action -

MANYAGATA (EXT. JUGULAR VEIN )  
SIRAVYADHA KARMA –

In Ayurveda, use of particular therapy in a particular disease depends on its property like Ras, Guna etc. Chikitsa (treatment) is nothing but correction of vitiated Doshas to reinstate the Tri- Dosha equilibrium. Manyagata (Ext. Jugular vein) Siravyadha acts on predominantly in Pitta, Rakta and Kaphaja Vyadhi or when Pitta or Kapha is in Anubandha to Vata Dosha. In such condition of Vata Prakopa, due to Kapha and Pitta Avarana; Manyagata ( Ext. Jugular vein ) Siravyadha can remove the Avarana of Kapha or Pitta Dosha giving way for Anulomana that indirectly cures the Vataja symptoms along with pitta or kapha dosha and patient gets immediate relief.

## KAISHOR GUGGULU –

Kaishor Guggulu contents are prominence of Tikta Rasa, it pacifies Pitta Dosha and Tikta Rasa is also Deepan, by which it improves Agni and Pachana Karma helps in Ama Pachana. Tikta and Kshaya Rasa also decrease the Kled Guna of Rakta, Kapha and Ama. It has properties like Lekhan and Shoshan which helps in clearance of obstruction due to Ama Dosha. In Kaishore guggulu maximum ingredients are Laghu and Ruksha in Guna, they help in clearance of Srotas Avrodha which increases the effect of drugs. Ruksha Guna helps in assimilation of Mala and Ama. As the Pradhan Virya of Kaishore guggulu is Ushna, it has Vata-kaphahar property and acts as Deepana and Pachan. It also helps in Vilayan of Doshas which is necessary step in bringing Shakhagata Dosha towards Koshtha. Majority of content in it is Madhura Vipaka, thus it is Vata-pittashamak. Also Madhura Vipaka

has Purish Virechan and Mutra Virechan Karma. It also helps in Uthrotra Dhatu Pushti. Madhura Vipaka formulations act like Rasyana and helps in rejuvenation. In general, Kaishore guggulu has Tridosh Shamak and Rakta Shodhak properties along with Rasayana Karma.

#### CHANDRAPRABHA VATI –

Chandrapabha Vati is mainly Tridoshaja more commonly Vatakapha Shamaka in nature

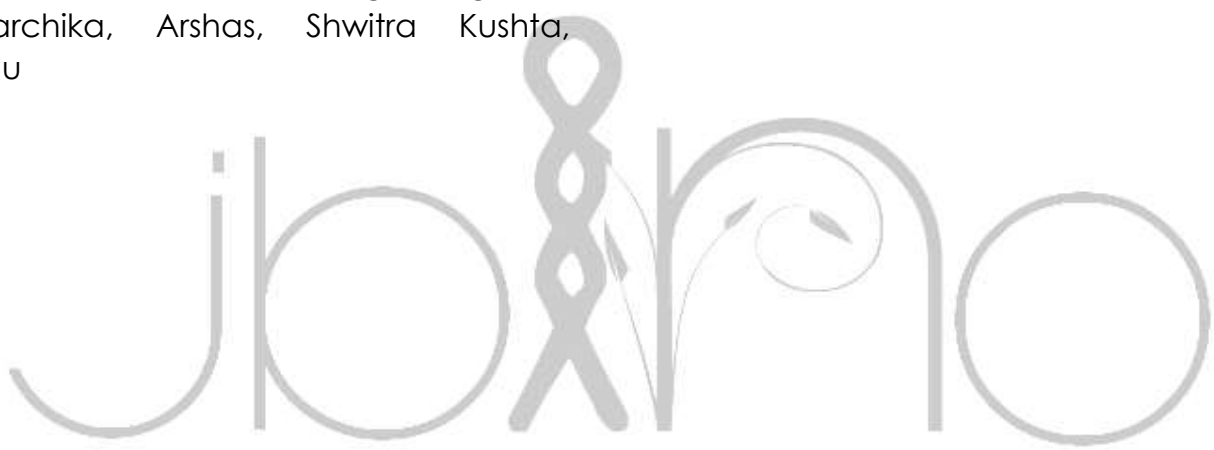
According to Dhatu - On analyzing the indications and properties this Vati acts on Rasa, Rakta, Mamsa, Medas, Asthi, Majja, Shukra Dhatus

Diseases in Bahya Rogamarga - Vicharchika, Arshas, Shwitra Kushta, Kandu

Diseases in Abhyantara Rogamarga - Swasa, Kasa, Arshas, Udara, Jwara, Atisara, Vibandha, Anaha, Pliha Roga, Udara, Aruchi, Agnimandhya

ANANTA(Gardenia jasminoides ) + AMRUTA (Tinospora cordifolia)+ YASTIMADHU ( Glycyrrhiza glabra) + VIDANGA (Embelia ribes) –

The effect of these drugs is Varnya, Kandughna, Krimighna, Ropana, Shothahara, Vranaropana, Stambhana, Raktashodhana, Varananashana, Lekhana etc.





BEFORR TREATMENT



**BEFORE TREATMENT**



**AFTER TREATMENT OF 14 DAYS**





**AFTER TREATMENT OF 21 days**



**MANYAGATA ( EXT. JUGULAR VEIN ) SIRAVYADHA**



## CONCLUSION -

Ayurveda shows the glimpses of excellence by the means of procedures like Manyagata Siravyadha (Ext. Jugular vein). It is indicated in therapeutic as well as prophylaxis. It is capable of providing relief in many health problems and hence should be practice on more and more number of patients with the aim of standardizing and promoting it as one of the better treatment modality. Practice of Manyagata Siravyadha (Ext. Jugular vein) requires a good degree of anatomical knowledge regarding Vedhya-Avedhya Siras, exact site of Avedhya sira to avoid injury to vital structures and to ease the procedure.

Skin diseases are very common in today's era. Along with Dosha Dhatu Dushti, poor hygiene is also one of the causes of skin diseases. The present case study concludes that use of Manyagata (Ext. jugular vien) Siravyadha along with Ayurvedic medicines and also maintaining personal hygiene can minimize the symptoms in early stages and cure the disease.

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