

Pratimarsha Nasya: For Mookhadushika and Skin Tone Enhancement

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Abstract

Mookhadushika, commonly referred to as acne vulgaris in modern medicine, is a common dermatological condition associated with the imbalance of Kapha and Vata Doshas, as per Ayurvedic principles. Acne not only affects physical appearance but also causes psychological distress due to its impact on skin clarity and complexion (Varna). In Ayurveda, Nasya Karma, specifically Pratimarsha Nasya, has been described as an effective therapy to address diseases related to the head and neck, including skin issues. Anutaila, a medicated oil widely used in Nasya, is known for its Dosha-balancing properties, which help in clearing the channels (Srotas) and improving overall skin health.

Keywords

Pratimarsha Nasya, Mookhadushika, Acne vulgaris, Anutaila, Varna enhancement, Ayurvedic dermatolog

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1. Introduction

Mookhadushika, described in Ayurveda, is a skin condition closely resembling acne vulgaris, characterized by papules, pustules, and comedones predominantly affecting the facial skin [1]. Acne is not just a physical ailment but also has a profound impact on mental well-being, leading to anxiety, social withdrawal, and low self-esteem. Modern treatments, though available, often involve chemical-based interventions that can have side effects or fail to address the root cause of the disorder.

According to Ayurvedic principles, Mookhadushika arises due to the imbalance of Kapha and Vata Doshas, combined with the vitiation of Rakta Dhatu (blood) [2-5]. Factors such as poor dietary habits, stress, hormonal imbalances, and improper skincare can aggravate this condition. To restore the balance of Doshas and promote overall skin health, Ayurveda offers a holistic and natural approach through various therapeutic modalities, including Nasya Karma.

Nasya Karma, one of the five Panchakarma treatments, involves the administration of medicated oils or powders through the nasal passage. Pratimarsha Nasya, a subtype of Nasya Karma, is a gentle and regular application of small doses of medicated oil to maintain balance in the head region. In this study, Anutaila, a classical medicated oil known for its Tridosha-balancing properties, has been used for Pratimarsha Nasya.

Anutaila is believed to help clear the micro-channels (Srotas), reduce inflammation, and improve circulation, which may contribute to the reduction of acne (Mookhadushika) and enhancement of skin tone (Varna) [6,7].

Varna, in Ayurvedic terms, refers to the clarity, radiance, and overall health of the skin. Healthy skin is seen as a reflection of balanced Doshas, proper nourishment, and toxin-free channels. An imbalance in these factors often manifests as dull or blemished skin. The present research aims to explore the efficacy of Anutaila Pratimarsha Nasya in managing Mookhadushika and enhancing skin complexion by bringing balance to the Doshas and improving skin health holistically [8,9].

1.1. Aims & Objectives

To evaluate the efficacy of Anutaila Pratimarsha Nasya in the management of Mookhadushika (acne vulgaris) and its effect on improving Varna (skin complexion).

To evaluate the effect of Pratimarsha Nasya in management of Mookhadushika.

To assess the reduction in the severity of Mookhadushika, to determine the improvement in varna (skin tone), to provide a natural safe and effective Ayurvedic treatment alternative for acne

2. Materials and Methods

2.1. Clinical Source

Mookhadushika patient was taken from GAM & RC CLG as per classical symptoms and assessment criteria.

2.2. Case Report

A 22-year-old female patient presented with:

2.2.1. Chief Complaints

Moderate to severe acne on the face (mostly on the forehead, chin, and cheeks), open pores, pustules, post-inflammatory hyperpigmentation (PIH), and dull skin tone

2.2.2. Duration

Persistent acne for the past 2 years.

2.2.3. Previous Treatment

Over-the-counter topical creams with little to no relief.

2.2.4. Life Style

Sedentary, with irregular eating patterns, excessive consumption of Kapha-aggravating foods (dairy, fried foods), and poor sleep quality.

2.2.5. Dosha Imbalance

Predominantly Kapha and Vata aggravation.

2.3. Treatment Plan

The treatment involved the daily administration of Anutaila Pratimarsha Nasya, dietary modifications, and lifestyle corrections aimed at balancing doshas.

2.3.1. Nasya Treatment

2.3.1.1. Formulation Used

Anutaila (a medicated oil prepared with herbs), manufactured by Shri Dharmasthala Manjunatheswara Ayurveda Pharmacy.

2.3.1.2. Duration

30 Days.

2.3.2. Dietary Adjustments

Avoidance of Kapha-aggravating foods such as dairy, fried items like samosa etc, sweets, inclusion of Pitta-pacifying foods like turmeric, neem, vegetables, and warm light meals.

2.3.3. Lifestyle Modifications

- Stress management through pranayama and meditation.
- Improved sleep hygiene (regular sleep schedule).

2.3.4. Grading of Acne Severity

Global Acne Grading System (GAGS).

The face is divided into six regions, and each region is assigned a severity factor. Lesions are classified into types (comedones, papules, pustules, and nodules) and given a score. The total score determines the severity.

- 0–18: Mild.
- 19–30: Moderate.
- 31–38: Severe.
- >39: Very Severe.

2.3.5. Grading Steps

2.3.5.1. Assign Regions and Factors

- Forehead (factor 2).
- Right cheek (factor 2).
- Left cheek (factor 2).
- Nose (factor 1).
- Chin (factor 1).
- Chest and upper back (factor 3).

2.3.5.2. Lesion Scoring

- Comedones: 1 point.
- Papules: 2 points.
- Pustules: 3 points.
- Nodules: 4 points.

2.3.5.3. Calculate

Multiply the lesion count by the regional factor and sum up to get the final score.

Formula: Region Score = Severity × Area Factor. Total score determines acne severity.

2.4. Step by Step Analysis

Regions Visible in the Photo:

Right Cheek (Before and After Treatment).

Left Cheek (Before and After Treatment).

Each cheek has a severity factor of 2 in GAGS.

2.4.1. Before Treatment Observations

- Right Cheek:

Papules: 6

Pustules: 2

Calculation: $(6 \times 2) + (2 \times 3) = 18$

- Left Cheek:

Papules: 4

Pustules: 1



Calculation: $(4 \times 2) + 3(1 \times 3) = 11$

Total GAGS Before Treatment: 18 (Right Cheek) + 11 (Left Cheek) = 29

2.4.2. After Treatment Observations

- Right Cheek:

Papules: 2

Pustules: 0

Calculation: $(2 \times 2) + 0(0 \times 3) = 4$

- Left Cheek:

Papules: 1

Pustules: 0

Calculation: $(1 \times 2) + 0(0 \times 1) = 2$.

Total GAGS After Treatment: 4 (Right Cheek) + 2 (Left Cheek) = 6.

3. Results and Discussion

3.1. Results

Before Treatment GAGS Score: 29 (Moderate Acne).

After Treatment GAGS Score: 6 (Mild Acne).

3.2. Observations

- First Week: The patient reported clearer breathing. Acne lesions began to show less inflammation.
- Second Week (Day 15): There was a visible reduction in the number of pustules and papules. The patient's skin appeared less oily, and post-inflammatory redness had decreased.
- Third and Fourth Weeks (Day 30): Further improvement was observed in the skin texture, with a reduction in new breakouts and a decrease in pigmentation marks.
- Complexion (Varna): Over 30 days, the patient reported a noticeable enhancement in her overall complexion, with a brighter and more even skin tone.

3.3. Photographic Assessment

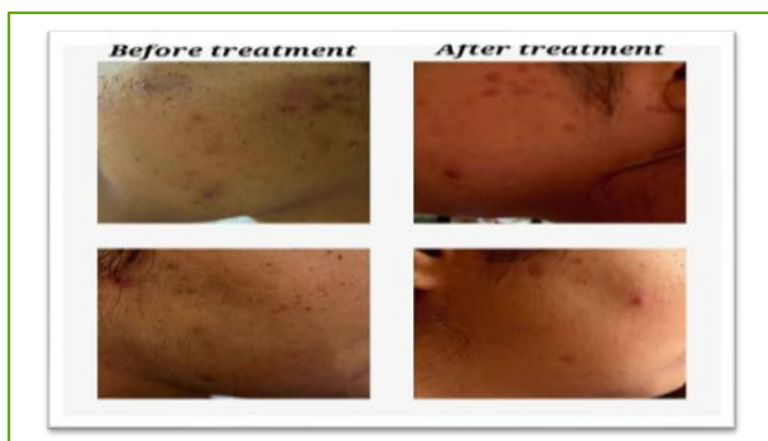


Figure 1. Photographic Assessment.

3.4. Discussion

The application of Anutaila Pratimarsha Nasya helped in balancing aggravated Kapha and Vata doshas, which are key factors in Mookhadushika. Pratimarsha (low dose unctuous errhine) does not produce any ill effects. The drug administered through nostrils reaches Shrugatata Marma (Sira Marma) and scratches morbid Doshas from supra clavicular region completely as Nasa is the gateway of Sira. The nasal administration of Anutaila works by clearing the nasal passages, promoting the removal of excess Kapha, and helping the body's natural detoxification process. Anutaila, with its nourishing and anti-inflammatory properties, also helped soothe inflamed skin and reduce pustules.

In addition to managing acne, the therapy seemed to improve the complexion (Varna) by supporting blood circulation, reducing inflammation, and enhancing the natural glow of the skin. The concurrent dietary changes and stress management techniques supported the detoxification process, contributing to improved skin health.

4. Conclusion

The treatment significantly reduced acne severity from moderate to mild. Anutaila Pratimarsha Nasya demonstrated significant effectiveness in reducing acne severity and improving complexion in a young adult female suffering from chronic Mookhadushika. The case shows how the holistic approach of Ayurveda can help manage complex skin disorders by targeting the root cause (Dosha imbalances) rather than just the symptoms.

The results from this case suggest that further clinical trials could validate the effectiveness of Anutaila Nasya on a larger scale, especially in the management of acne and enhancement of Varna.

This case highlights the importance of individualized care and holistic treatment in Ayurveda for managing skin disorders, making it a promising option for those seeking alternative acne treatments.

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