



A CASE STUDY ON THE MANAGEMENT OF ACNE VULGARIS (MUGAPARU) IN SIDDHA SYSTEM OF MEDICINE

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ABSTRACT

Background: Acne Vulgaris is a common chronic inflammatory disorder of the pilosebaceous unit, which is characterized by the development of comedones, erythematous papules, and pustules mainly on the face but also occur in the trunk, back of the trunk, and extremities. Since it is a self-limiting disease, it produces psychological problems and disfiguring scars. The global prevalence of this disease is estimated as 9.4 % approximately. Main Clinical Finding: A 19-year-old female studying at college presented with complaints of pimples and reddish spots on her face for the last three months. She had papules and pustules with itching, pain, and reddish spots on both cheeks. Diagnosis: The condition was diagnosed as Acne vulgaris (Siddha diagnosis – Pitta-Kapham dominant Mugapparau). Interventions: The patient was treated with Parangipattai mathirai, Palagarai parppam mathirai, and karisalai karppam mathirai internally and Thiripala chooranam externally for 48 days. Outcome: The patient had relief in all the symptoms after 20 days of treatment with no new eruptions. Complete remission of the disease was observed after 48 days of treatment with the improved skin condition. Conclusion: This case study demonstrates the potential and usefulness of Siddha in the management of acne vulgaris.

KEY WORDS: *Acne vulgaris, Case report, Mugapparau, Siddha medicine.*

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1. Introduction

Acne vulgaris is a commonly seen disease that occurs in teenagers, it is a chronic inflammatory disease of pilosebaceous units categorized by the development of comedones, in the form of papules, pustules and less commonly nodules. According to the Global Burden of Disease (GBD), study AV affects approximately 85% of young adults with age groups ranging from 12-25 years. Many research studies have reported 75-95% of Acne vulgaris occur in the age group of 16-18 years. In India, research studies have reported acne in 50.6% of Boys and 38.13% of Girls occurs at the age of 12-17 years [1]. In Siddha text, there is a group of diseases called Arpa viranam which includes 14 diseases. Mugaparu (Acne vulgaris) is one of the diseases among them. Mugaparu occurs as papules resembling the sprouts on the bark of the Ilavam tree (*Bombax ceiba*) and occurs on the faces of adolescents due to vitiated Pitham and Kapham dosham [2]. Acne vulgaris can be treated by both internal and external Siddha medications containing anti-microbial actions. Since Acne vulgaris produces some psychological disturbances we have to treat it with medication having anti-depressant activity [3].

2. Materials and Methods

2.1. Case Presentation

A 19-year-old female presented with complaints of pimples and reddish spots on her face for the last 3 months. Initially, she underwent treatment with allopathic medication. Her personal history revealed she follows normal food habits and normal sleep. Her bowel habit was clear and her menstrual history is normal.

On examination, the assessment was done on the base of comprehensive acne vulgaris severity scale - CASS before treatment. The patient was assessed and examined and concluded that the patient was suffering from grade 4 acne vulgaris with pustules, papules, and comedones, and very few nodules were observed over the cheek, chin and forehead. [Figure 1]

Table 1. Assessment Scale (Comprehensive acne vulgaris severity scale - CASS)

Grade	Severity	Description
0	Clear Skin	No lesions to barely noticeable ones, very few scattered comedones and papules
1	Almost clear Skin	Hardly visible from 2.5 meters away, A few scattered comedones, small papules, Very few pustules
2	Mild	Easily recognisable, Less than half of the affected area is involved, Many small comedones, Papules and pustules
3	Moderate	More than half of the affected area is involved, Numerous comedones, Papules and pustules
4	Severe	Entire areas is involved, Covered with comedones, Numerous papules and pustules, Very few nodules and cysts
5	Very severe	Highly inflammatory acne covering the affected area, Nodules and cysts present

2.1. Treatment Protocol

The following medicines were administered Parangipattai mathirai, Karisalai karpam mathirai, and Palagarai parpam mathirai 2 tablets from each given internally twice a day after food. Thiripala chooranam was made into a decoction and used for face washing twice a day for about 48 days. The medicines which were used for this study were procured from SKM Siddha and Ayurveda Pharmaceutical Company.

Table 2. Therapeutic intervention

Drugs	Dose	Mode of usage	Time of usage
Parangipattai mathirai	2 tablet s	Internally	Twice a day after food
Karisalai Karpam mathirai	2 tablet s	Internally	Twice a day after food
Palagarai parpam mathirai	2 tablet s	Internally	Twice a day after food
Thiripala Chooranam	5 gram s	Made into a decoction for face wash	Twice a day

3. Results

On the first follow-up, i.e., on the 15th day of treatment, the patient was told mild relief in the symptoms. She felt moderate relief with pustules on her face. The patient felt gentle relief from pain, burning, and itching. There was marked relief in pus discharge, and she felt less in oily skin. There was no relief in papules. On the second follow-up, i.e., the patient is relieved from

symptoms on the 30th day of treatment. In all the remnant symptoms, the patient was feeling marked relief. Also, relief in papules. Only small papules were left, and there was total relief in the pustules. There was no pus discharge or pain, but it was still burning. She felt mild itching on her cheek and neck. On examination, comedones in place of pustules and papules. On the third follow-up, i.e., on the 48th day of treatment, the patient's face was moderately clean. No papules and comedones were left behind—wholly relieved from pain, itching, mildly present redness, and discoloration. The patient was quite satisfied since the patient was ultimately cleared of the disease. [Figure 1, 2]

Table 3. Assessment on grading of symptoms Before and after treatment

S. No	Duration	Symptoms				
		Pain	Papule / Pustules	Itching	Discoloration	Redness
1	0th day	+++	+++	+++	+++	+++
2	15th day	++	++	+	+++	++
3	30th day	++	Nil	+	+	+
4	48th day	Nil	Nil	Nil	+	+

Figure 1. Clinical presentation of Acne vulgaris Before Treatment



Figure 2. Clinical presentation of Acne vulgaris After treatment



4. Discussion

Acne Vulgaris is mostly seen in the adolescent age group 13 to 30, This is also the age of predominance of Pittam and Shuronitham thathu, along with consumption of unbalanced food, an alternate mode of lifestyle, which causes the vitiation of uyir thathukkal and udal thathukkal [4]. Steam therapy can help minor pore blockages and blackheads be extracted. Steam therapy softens blemishes and makes them easier to extract but steaming alone won't clear up acne [5]. In the present case, there was a history of regular consumption of sour and pungent potential elements causing obstruction in channels, and incompatible food such as fast food, salty, and oily substances with the habit of consuming food without earlier meal completely digested, late night sleep, and day time sleep. These etiological factors may be the cause for vitiation of pithakabam and senner, further causing secondary vitiation of Vatham due to sebaceous glands in this pathogenesis resulting in the formation of eruptions on the face with clinical presentation as acne with pain, itching, and discoloration of the skin.

Parangipattai mathirai (*Smilax china*) contains the active compound ABRUTIN which has potent anti-microbial, anti-inflammatory action which controls the suppurative reactions [6]. Tablet Karisalai karpam mathirai (*Eclipta prostrata*) have Anti-depressant activity [7]. The Thiripala chooranam act as anti-bacterial activity [8]. Thiripala Chooranam external wash acts as an Astringent, Anti-inflammatory and Antibacterial agent [9]. This not only treats acne but also increases skin complexion. In Siddha, Thiripala Chooranam has been advised for application on oily skin whereas Tailam (oils) have been advised for the dry type of skin Thus, the combination of drugs helps in reversing the pathogenesis of Acne Vulgaris. In the present study, during the first follow-up, significant relief in all signs and symptoms of acne was observed. There was a disappearance of already present acne with no new eruptions, complete relief in itching and the pain was observed with significant improvement in reddish spots over the face in 48 days of duration.

5. Conclusion

Acne vulgaris is a common skin disorder which affects almost all individuals at least once during life. It is a chronic disease with a relapsing nature and is difficult to manage if not dealt with

appropriately at the right time with appropriate treatment strategies. The present case study clearly demonstrates that Siddha principles and drugs are very effective in the management of acne vulgaris. However, a clear understanding of the concept of the Siddha methods and appropriate selection of drugs is essential to get the desired results. Parangipattai mathirai, Palagari parappam mathirai, karisalai karppa mathirai internally and thiripala chooranam decoction external wash were found to be effective in acne vulgaris in this present study with no untoward side effects. This protocol should be evaluated in more patients for its scientific validation.

6. Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent forms. In the form, the patient has given her consent for her images and other clinical information to be reported in the journal. The patients understand that their names and initials will not be published and due efforts will be made to conceal their identity, but anonymity cannot be guaranteed.

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Nil

9. Conflicts of interest

There are no conflicts of interest.

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