

Ayurvedic Management of Yuvan Pidika W.S.R. Acne Vulgaris– A Case Study**Dr. Vidya Bhamare**

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Jamthi , Betul (M.P.)**Abstract**

Skin is the most visible part of body that is site of immune surveillance against the entry of pathogens and initiation of primary immune response. Acne Vulgaris is chronic inflammatory condition of the pilo-sebaceous follicles on the face and upper trunk. It is characterized by comedones , papules , pustules and cysts which may resolve to leave pitted scars. In ayurvedic texts we get about this disease in the name of 'Yuvan Pidika'. The eruptions like shalmali thorn on the face during adulthood caused by kapha, vata and Rakta. The incidence of yuvan pidika is increasing day by day due to consumption of junk food. Spicy food and improper life style which leads to imbalances in Doshas. This case is ideal example of yuvanpidika and successfully managed by using oral administration of Gandhak Rasayan and Triphala Churna along with external application (Lepa) of Lodhradi lepa.

Keywords : Acne Vulgaris , Yuvan Pidika, Gandhak Rasayan , Lodhradi Lepa.

Introduction

The word "Acne" comes from the word " Acme " meaning The " highest point" which comes from Greek Akme meaning point or spot and " Vulgaris " means "common" so Acne Vulgaris means most common form of acne usually affects people from puberty to young adults. In the present scenario , the people are very much conscious about their health as well as beauty and good looking . It is saying that "Face is the index of mind" whole beauty of body depends on face. So unattractive look to a permanent disfigurement which may result in inferiority complex and loss of confidence such an effect is caused by disease Yuvanpidika Acharya Sushruta was first to mention a whole group of such diseases of the skin named these ailments as " Kshudra Roga " In modern , the number of topical and systemic drugs for the treatment of acne vulgaris has been enriched. Patient has tried out all these measures has mild relief but after discontinuation of medicines and topical creams relapse has occurs so he was given Ayurveda management in the form of Gandhak Rasayan , Triphala Churna and external application of Lodhradi lepa over face . Patient was successfully managed with this treatment without any side effects.

Materials and Methods

Place of study – Om Ayurvedic Medical College and Hospital Jamthi , Betul (M.P.)

Case Report –

The present case study is successfully management of a case of yuvanpidika. A 25 years old male patient came at kayachikitsa opd with chief complaints of-

1. Acne on face (Pidika) – grade I and II
2. Pain over face (Vedana)
3. Itching over face (Kandu)
4. Burning Sensation (Daha)
5. Discoloration of face (Vaivarnya)

Associated symptom – Mild constipation

History of present illness

The patient was normal one and half year back , But since then suffering from acne over face, blackish spots , itching and burning sensation along with pain he had used various local and oral allopathic medicines but there was no any significant relief even local use of soaps and creams were worsening the acne. Hence came to Om Ayurvedic medical college and hospital Betul (M.P.) For Ayurvedic management.

Past History : Not Significant
 Surgical History : No H/o of any surgery
 Treatment History : Patient took allopathic medication (antibiotics and topical steroids blot could not get satisfactory relief.
 Family History : All family members are healthy and No H/o severe illness.

Personal History : Table 1 : Personal History

General Condition : Healthy	Shabda (Speech) = Normal
Nadi (pulse) = 84/min	Druka (eyes) = Normal
Raktabhar (B.P.) = 120/70 mm of Hg	Akruti = Madhyam
Mala (stool) = baddha	Bala = Madhyam
Mutra (Urine) = Normal	Prakruti = Pitta Vata
Jivha (tongue) = Eshata saam (Slightly Coated)	Sleep = Inadequate
Agni = Agnimandya	Addiction = Non
Apetite = Poor	Occupation = Marketing Job

Routine Investigation such as CBC , ESR were in Normal Range

Treatment Given :

A) Selected Internal Ayurvedic drugs :

Table 2 : Dose , Route , Kala and Anupan of medicines

Name of Medicine	Dose	Route	Kaal	Anupan
Gandhak Rasayan	250mg thrice time / day	Oral	Adhobhakta (after meal)	Lukewarm water
Triphala churna	3 grams once / day	Oral	Nishakal (bed time)	Lukewarm water

Duration : 15 Days

Criteria for selection of internal medicines : Oral medicines were selected on the basis of their properties use full in pacifying vitiated Dosha in Yuvanpidika and ability to relive sign and symptoms of Yuvanpidika.

Table 3 : Oral medicines used their properties and uses

Name of medicine	Properties and uses
Gandhak Rasayan	Raktashodak, Varanropak, Twacha , Useful in Skin disease
Tripal Churna	Tridoshghana mridu virechak (mild purgative) , kushthghna Deepaniya (Improve Appetite)

B) Selected External Ayurvedic Drugs :

Lodhrdi Lepa :

This formulation is described in chakadutta kshrudraogadhikarana. It consist of 3 drugs in equal amount. It is prepared in the form of fine powder and used locally on the face and affected areas.

Drug : Fine powder of Lodhra (2 gm) vacha (2gm) and Dhanyaka (2gm) with Gulabjal in the form of paste

Dose : Application on face once a day

The mixture of 3 drugs in equal quantity (2 gm each) with Gulabjal was advised to apply on face once daily left for 15-20 minutes and rinsed off using cold water. Leppa was prepared fresh every day.

Duration : Daily for 15 days

Follow up : After 15 days

Criteria for selection of external medicines Medicines for external application were selected due to their properties beneficial for treating yuvanpidika.

Table 4 : Ingredients of Lepa with their properties

Drug	Rasa	Guna	Viry a	Vipak	Doshgh nta
Lodhra (Symploc os Recemosa Roxb)	Kashy a	Laghu Ruksh a	Shit a	Katu	Kapha- Pitta
Dhanayak a (Coriandr um Satvum Linn)	Kasha ya Tikta Madh ur Katu	Laghu Snigd ha	Ush na	Madhu ya	Tridosha
Vacha (Across Calamus Linn)	Katu Tikta	Laghu Tiksn a	Ush na	Katu	Kapha- Vata

Aahar and Vihar :

(Diet and Life style modification) Advised during treatment :

Pathya (To be follow):

Green gram , rice , wheat , green vegetables Fruits.
Adequate sleep at night (8 hours) Washing face every time coming from external environment and sleeping at night.

Apathya (to be Restricted) :

Ice cream , cold drinks , curd bread , toast , Oily substances like chips etc. Fast food , tea and coffee. Night awaking (Ratri Jagran) , Day time sleeping (Divaswap) , Excessive exposure to sunlight.

1st Follow-up –

After starting treatment of 15 days regular internal medicines and external application of Lepa changes in sign and symptoms noted and advice to continue same for next 15 days.

2nd Follow up –

After 15 days, Signs symptoms of the patient regarding acne were assessed during each follow up and results are drawn after last follow-up.

Table 5 : Grading Criteria for assessment of results

Sign and Symptoms	Normal	Mild (1)	Moderate (2)	Severe (3)
Acne in number	0 (No Acne)	1-3 (1)	4-9 (2)	More than 9 (3)
Burring	0	1	2	3
Inching	0	1	2	3
Pain	0	1	2	3
Dis coloration	0	1	2	3

Observation and Results :

Assessment of signs and symptoms of acne Vulgaris (Yuvanpidika) before and after Treatment are as

Table 6 : Changes in sign and symptoms during each follow-up

Sign and Symptoms	Before Treatments	1 st follow up	2 nd follow up
Acne	3	1	0
Burning	3	2	0
Itching	2	1	0
Pain	1	0	0
Discoloration	3	2	1

Table 6 : Shows that there is significant relief in all sign and symptoms of Yuvanpidika. It means selected management of Yuvanpidika is effective.

Discussion :

In Present case , patient was taking fast food, oily , salty substances , bakery products regularly. He was taking habit of adhyashan (Eating even after taking full diet) also practicing Ratri Jagran (night awaking) and Divaswap (daytime sleeping) due to having marketing job. These etiological factors may be the cause for vitiation of tridosha along with Rakta and resulted in formation of Pidika (Acne) on face with clinical features like pain , burning sensation , itching and discoloration etc. Both internal and external treatments were selected for this patient considering Ayurveda principals. Gandhak Rasayan is used in skin diseases as a blood purifier and antibiotic hence selected for study. Triphal churna is also found beneficial in acne as it relives constipation. Skin has been considered as a promising route of drug administration of drugs due to its accessibility and alrger surface area. Topikal drug delivery system designed a variety of drugs to the body through diffusion across the skin layers and lodhradi Lepa containing Lodhra, Dhanyak and Vacha all are.

Kaphapitta shamak and haring Varnya (good for skin) Vranropak and Dahaprashman (reduces burring) property which are helpful in treating acne. During complete duration of treatment (1 month) patient was instructed to follow Pathya (do's) and Apathya (don'ts) advised strictly. After completion of treatment there was disappearance of acne , complete relief in itching , burning sensation and pain Significant improvement was observed in discoloration over face from grade 3 to grade 1. This shows that if plan of treatment is selected according to principals of Ayurveda along with proper Drugs , Duration , Anupan , pathy –Apthya there is assurance of success in treatment as seen in this case of Yuvanpidika.

Conclusion :

In current era , Yuvanpidika is once of the most burning problem in youngsters. In Ayurveda numbers of remedies are available with marked success and benefit over conventional modern drugs. The lepa and pralepa are described as shaman chikitsa in previous stages of Yuvanpidika while in severe cases shodhan chikitsa should be applied.

The Ayurveda therapies have long lasting affects with no side effects. In this case study it is

concluded that Ladradi Lepa along with oral administration of Gandhak Rasayan, Triphala Churna is highly effective in the management of Yuvanpedika (Acne vulgaris)

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