

# Ayurvedic Management of Yuvanpidika with Special Reference to Acne Vulgaris in Adolescence – A Case Report

Dr. Kavita K. Fadnavis

Associate Professor, Dept. of Kaumarbhritya, C.S.M.S.S Ayurved Mahavidyalaya and Rugnalaya, Kanchanwadi, Aurangabad, Maharashtra.

**Abstract:-** *Yuvanpidika* is mentioned in the *Kshudra Rogas* in Ayurved. *Kshudra Rogas* are the group of diseases which are diminutive in nature. Other synonym of *Yuvanpidika* is *Mukhadushika*. The first one means the eruptions occurring in young generation specifically adolescents. The latter means the barrier which disturbs the beauty of the face. Its modern equivalent is Acne Vulgaris. Acne is chronic inflammatory pilo-sebaceous glands derangement. The modern treatment is time taking and often produces adverse effects. The conscious younger generation in the need to get complete relief need proper counselling about the healthy lifestyle along with the treatment. Present study shows a case of a teenager girl of grade 3 Acne Vulgaris treated with Ayurvedic *Shamana Chikitsa* and *Jalaukavacharana* along with *Nidanaparivarjana* over the course of 2 months only. However she was advised to follow proper lifestyle afterwards.

**Keywords:-** *Yuvanpidika*, *Kshudra rogas*, *Mukhadushika*, *Acne Vulgaris*, *Shamana Chikitsa*, *Jalaukavacharana*, *Nidanaparivarjana*.

## I. INTRODUCTION

Humans have engaged with the concept of beauty for ages. Everyone wants to look more beautiful and attractive. So, the smallest spot on the face might lessen the legacy of the beauty especially in adolescents. Adolescent age group is referred as '*Youvanavastha*' in Ayurved. And the common culprit which disturbs the beauty of these adolescent teenagers is said to be *Yuvanpidika*. Another synonym of *Yuvanpidika* is '*Mukhadushika*' which literally means barrier of the beauty of the face.

The diseases which are *Kshudra* or diminutive in nature, which symptoms and signs are in less quantity and quality compared to other diseases and which are not life threatening are termed as '*Kshudra-roga*' in Ayurved context. *Yuvanpidika* is one of the *Kshudra-rogas*. The main symptom of *Yuvanpidika* mentioned by *Acharya Sushruta* is – *Pidika* (eruption) which looks like *Shalmali kantaka* (Thorn of the herb named *Shalmali malabarica*). It is formed over face because of the vitiated *Kapha-Vata* and *Rakta Doshas*.<sup>1</sup> *Acharya Vagbhata* added the symptoms – *Saruja* (having pain) and *Ghana* (dense) in nature. It also contains *Meda* (fats) in it.<sup>2</sup>

If we compare all these symptoms of *Yuvanpidika* in modern context, it can be correlated with Acne Vulgaris. Acne is a chronic inflammation of pilo-sebaceous units. It has been estimated to affect over 90% of adolescents, most commonly between the ages of 12 to 20. Acne can have negative effects on self esteem. The consequences can be devastating leading to embarrassment, school avoidance and lifelong effects on ability to form friendships and acquire and keep employment.<sup>3</sup>

## II. CASE REPORT

A 15 year old female patient reported in the in the OPD of *Kaumarbhritya* department of CSMSS Ayurved Hospital, *Kanchanwadi, Aurangabad, Maharashtra* complaining with acne papules and pustules over bilateral cheeks and forehead along with inflammation since last one year. The patient had very oily skin. The problem started when patient was 14 year old when reddish comedones started to erupt on both cheeks associated with tenderness and itching. The patient got very anxious and consulted dermatologist. The treatment she received was local retinoid application and oral antibiotics. She continued this treatment for two months. But only during the treatment would she get relief, after discontinuing the treatment the symptoms would exaggerate and worsen. She approached two more dermatologists for allopathic treatment but did not get sustained relief. Then she came to our hospital for seeking Ayurvedic treatment.

### General Examination:

General condition- Good

Pulse- 78/min.

Respiratory System- Air Entry Bilaterally Equal

Cardiovascular System- S<sub>1</sub> S<sub>2</sub> Normal

### *Ashtavidha Parikshana-*

*Nadi- Vatapradhana Kapha*

*Mutra- Samyak Pravritti*

*Mala- Samyak Pravritti*

*Jivha- Saama*

*Shabda- Prakrit (normal)*

*Sparsha- Samashitoshna, Snigdha*

*Druka-Prakrit*

*Akriti- Madhyama*

*Prakriti Parikshana- Vata-Kapha Pradhana*

*Koshtha- Madhyam*

**Local Examination-** The skin of the face of the patient was very greasy. The eruptions were located at cheeks and forehead with multiple reddish inflamed papules and pustules. The eruptions were dense and associated with pain and severe itching.

#### Brief History –

**Socioeconomic status-** Higher middle class

**Ahara itivritta (Dietic history)** - Excessive eating of curd, pickles, groundnuts, sesame, salty-fried food stuffs, junk foods on daily basis.

**Vihara itivritta (Lifestyle)** - Irregular sleep and diet patterns due to study, and excess stress of the study.

**Diagnosis** – It was mainly based on *Sushruta Samhita* and *Ashtangahridayam*. The signs and symptoms of the patient were taken as per *Acharya Sushruta* and *Vagbhata* said e.g.- *Shalmali* thorn like *Pidika* (papules and pustules), *Saruja* (pain or tenderness), *Ghana* (dense-inflamed), and *Kandu* (itching).

#### **Nidanapanchaka -**

**Nidan-** *Ati-amla* and *lavana rasapradhana*, *Atisnigdha*, *Paryushita ahara*, and stressful *Vihara*

**Poorvarupa-** *Reddish comedones* and greasy skin.

**Rupa-** *Shalmali kantaka Pidika* (*Shalmali thorn like Reddish papules and pustules*), *Ghana* (inflammation), *Saruja* (pain and tenderness), *Kandu* (itching)

**Samprapti-** Due to habitual eating of *Ati-amla*, *lavana rasapradhana*, *Atisnigdha*, *Paryushita ahara* and *Manasika Chinta (stress)*, *Kapha* and *Maruta* vitiated and impurified *Rasa* and *Rakta dhatu* and *Twacha of face* resulting in *Yuvanpidika*.

**Dosha-** *Kapha -Vata*

**Dushya-** *Rasa, Rakta, Twak*

**Srotasa-** *Rasa-Raktavaha*.

**Avastha-** *Jeerna (chronic)*

**Sadhyasadhya-** *Kashtasadhya*

### III. MATERIALS AND METHODS

First of all, *Nidanaparivarjana*<sup>4</sup> (avoidance of cause) was advised. The patient was asked to stop eating of curd, pickles, groundnuts, sesame, salty-fried food stuffs and junk foods. Also she was advised to follow regular *Dinacharya* (regular diet and sleep pattern).

The patient was mainly subjected to *Shamana chikitsa* (pacification therapy) and *Shodhana Chikitsa* (Purification therapy). Throughout the therapy of 2 months, the patient was followed every 15 days at OPD of Dept. of *Kaumarbhritya* of CSMSS Ayurved Hospital, *Aurangabad, Maharashtra*.

Table no. 1 showing *Shamana Chikitsa*

Sr. No.	Medicines	Dose	Anupana
1.	Shankhabhasma Vati – 250 mg	2 tablets twice a day Mor. – Eve. After meals	With lukewarm water
2.	<i>Gandhaka Rasayana</i> - 125 mg	2 tablets twice a day Mor. - eve. After meals	With milk
3.	<i>Triphala Guggula</i> - 250 mg	2 tablets twice a day Mor. – Eve. After meals	With lukewarm water

**Shodhana Chikitsa-** The patient was subjected to *Jalaukavacharana* (Leech application) twice in the 2 months course. The first sitting was on the second visit i.e. after 15 days of oral medicines started. And the second sitting was done on 45<sup>th</sup> day of the treatment. While each Leech

application sitting, both the cheeks were applied with 2 – 2 leeches (considering the severity of pustules and papules) and this application continued uptill the *Shuddha Rakta* comes out. The *Jalaukavacharana Vidhi* and Leech care procedure was adopted from the *Sushrut Samhita*.<sup>5</sup>

### IV. OBSERVATIONS

Table no. 2 showing remarkable effect of therapy on subjective criteria

Symptoms	BT	After 15 days	After 30 days	After 45 days	After 60 days
<i>Shalamali Kantaka pidika</i>	++++	+++	++	+	-
<i>Saruja (painful)</i>	+++	++	+	+	-
<i>Shohta (inflammation)</i>	+++	++	+	+	-
<i>Kandu (pruritus)</i>	+++	++	++	+	-
<i>Ghana (denseness)</i>	++++	+++	++	+	-

Table no. 3 showing Grades of *Acne Vulgaris*<sup>6</sup>

Mild acne	Grade 1	Comedones and few papules
Moderate acne	Grade 2	Comedones, papules and few pustules
Severe acne	Grade 3	Mainly pustules, abscesses and few nodules
Cystic acne	Grade 4	Cysts, nodules and widespread scarring

**Table no. 4 showing effect of therapy on Grades of Acne Vulgaris**

BT	After 15 days	After 30 days	After 45 days	After 60 days
Grade 3	Grade 2	Grade 1	Grade 1	--



**Photograph -1- Before Treatment**



**Photograph -2- Leech application**



**Photograph -3- After 45 days of Treatment**



**Photograph -4- After completion of Treatment**

## V. DISCUSSION

In modern point of view, Acne vulgaris generally treated with topical Retinoid, Azelaic acid, Salicylic acid, Banzoil peroxide which are very well known for the adverse effects like irritation, bleaching and resistance. The antibiotics used to treat Acne show side effects like gastrointestinal upset, pseudomotor cerebri etc. Hormonal agents like Spiranolactone etc used to treat Acne leads to irregular menstruation in girls.<sup>7</sup>

In Ayurved context, *Shankha Bhasma* is specifically indicated to treat *Yuvanpidika*.<sup>8</sup> It specifically acts on *Rasa-Rakta Dhatu*. So the first preference for internal medication in this patient was *Shankha Bhasma*. The powdered form of this drug was found to be difficult to ingest by the patient hence, modified form was used as tablets. *Shankha bhasma Vati* was given to the patient which purified *Rakta dhatu*.

The main impact of *Gandhaka Rasayana*<sup>9</sup> is found to be on *Rakta dhatu* and *Twacha* which are main *Dushya* in *Yuvanpidika*. It is mentioned in *Rasayana Prakarana* of *Yogaratanakara*. It acts as *Rasayana* (rejuvenating factor) on the skin which might be resulting in less scarring in any skin ailments. Therefore *Gandhaka Rasayana* was selected for oral administration and it indeed helped in less scarring and early healing of Acne eruptions.

The *Triphala Guggula* mentioned in *Vrana-Shotha adhikara*<sup>10</sup> is useful to reduce all types of *Shotha* which is a characteristic feature of *Yuvanpidika*. It is also useful in *Medadushti* which is essentially present in case of *Yuvanpidika*. Hence, *Triphala Guggula* was given orally to the patient which resulted in reducing the pain and inflammation of Acne.

*Jalaukavacharana* (Blood-letting with the help of leech) is a well accepted treatment for vitiated *Raktadosha*. It is painless and non-invasive way of bloodletting. *Acharya Vagbhata* mentioned bloodletting with *Siravedha*<sup>11</sup> (venous puncture) in the management part of *Mukhadushika*, we opted *Jalaukavacharana*. *Acharya Sushruta*<sup>12</sup> mentioned the Leech therapy as '*Param Sukumara Raktamokshana*' (Blood-letting for weak people) and is useful in *Balyavastha*. Leech sucks vitiated blood from applied area. Leech's saliva contains many enzymes viz- Hirudin, anti-inflammatory- Bdelin, anti-platelet aggregate factor- Apyrase, diffusion & antibiotic factor-Hyaluronidase and Vasodialator substances. So, considering the age of the patient we have done Leech therapy twice on the patient with the gap of 30 days and the patient showed excellent result without any problem.

After taking oral medications continuously for 2 months along with Leech application, patient got sustained relief. However she was advised to avoid the *Nidanas* lifelong.

## VI. CONCLUSION

*Yuvanpidika* is most common adolescent skin disease mainly seen over the face. It harasses the teenager physically and mentally. Oral Ayurvedic management aims to give blissful life to the patient by decreasing the vitiated *Doshas*. Leech therapy also found to be effective and non-invasive simple technique in relieving signs and symptoms.

From this study it can be concluded that *Shamana Chikitsa* along with *Jalaukavacharana* and *Nidanaparivarjana* is very effective in the management of *Yuvanpidika*.

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