



# A CASE STUDY AYURVEDIC MANAGEMENT OF YUVANPIDIKA (ACNE VULGARIS)

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## ABSTRACT

Beauty is a foundation of never ending joy and inspiration. Face is a mirror of body and index of the mind. So, every people mainly youngsters are very cautious about beauty of their face. Unfortunately, Mukhadushika /Yuvanpidika is the disease which affects most of adolescents and if it is neglected then it put its Vranvastu (Scar) for whole life. Mukhadushika or Yauvnapidika or Tarunyapitika is explained by Sushruta under Kushudrarogas. According to Ayurveda, mukhadushika occurs due to vitiation of kapha dosha, vata dosha and raktadushti. Herb Shalmali Kantka like a small bump or blemish appear on the face skin.

Mukhadushika can be co-related with acne vulgaris which is explained in modern science. In present case study, there is kaphavata dominancy with involvement of raktadosha. Patient was prescribed the Ayurvedic medicines Haritki Lepa Mahamanjista Kwath and Nimbadaai Kasaya Gandhak Rasayan, Jalaukavcharana etc. on OPD basis. From this case study it can be concluded that Ayurvedic formulations are effective in the mukhadushika (Acne vulgaris).

**Keywords:** Yuvanpidika, Mukhadushika, Kushudrarogas, Jalaukavcharana, Haritki Lepa, Samashman and Sansarjan chikitsa

## INTRODUCTION

As the body's largest organ, our skin plays a vital role in protecting our body from germs and other elements like dust, trauma, temperature, toxins and radiations. Acharya Sushruta was first person who described Mukhadushika or Yuvanpidika or Tarunyapidika under the heading of Kshudraroga. It looks like kantik of herbal plant Shalmali so it is called as "Shalmali Kantka Sadrush Pidika"<sup>1</sup>

Skin gets affected mainly by vitiated Pitta dosha along with Rakta. This Kupit Pitta This mala pitta through the blood circulation which leads to kapha prakopa in twacha and this kupit kapha dosha obstructs the opening of swedavaha strotas i.e. sebaceous glands. Thus develops Mukhadushika. These eruptions or Pidikas can not only destroy the beauty of the face but also cause disfigurement hence they are also called as Mukhadushika.<sup>2</sup>

Acharya Vagbhatta has also considered the inclusion of Meda in Mukhadushika,<sup>3</sup> which is similar to the sebum of modern theory.

Mukhadushika commonly occurs at puberty stage. At this age sebaceous glands are more active.<sup>4</sup>

According to modern point of view it is called Acne vulgaris is most common skin disease of pilosebaceous gland. Acne (Mukhadushika) is a cutaneous pleomorphic disorder of the pilo-sebaceous glands involving abnormalities in sebum production and is characterized by formation both inflammatory (papules, pustules and nodules)<sup>5</sup> and non-inflammatory lesion (open and closed comedones) generally affecting the face but can also occur on the upper arm, trunk and back region. The incidence of Mukhadushika is increasing day by day due to consumption of fast food, Chinese food, oily food and cold drinks etc. which leads to aggravation of Doshas (Kapha, Vata and Shonita).

The cause for acne is unknown, it is presumed to be activated by androgens once thought as a condition only affecting teenagers, prevalence in adulthood has been increasing, especially 25 years of age and older.<sup>6</sup> The abnormalities in acne are increased sebum production due to which the skin looks greasy (seborrhea) and formation of horny plugs. Sebum that normally lubricates the skin gets trapped in blocked sebaceous glands of the skin. Acne Vulgaris mostly affects the areas of skin with densest population of sebaceous follicles, these areas include face, upper part of chest and back region.<sup>7</sup>

In Ayurveda, mainly two types of treatment are used for treatment of Mukhadushika namely Shodhana (Purification of the body) and Shamana. Shodhana includes Vaman karma, Siravyadha, jaloukavacharana, where as Shamana includes internal medicines and local application like Lepa. In this case study, Mukhadushika (Acne vulgaris) has been managed with Shodhana and Shamana Chikitsa.

## CASE REPORT

A 20 year old female visited the O.P.D of Government Ayurved College Jabalpur O.P.D no: 55854 presented having complaint of Pidika (Papules & pustules,) on face and back, with liite bit Kandu (itching) over lesions. Redness of face since 1 year also appeared mentally stressed. He had taken other treatment, but did not get relief. On Ayurvedic parameters, the present case was diagnosed as Mukhadushika based on the signs and symptoms described in classical texts.

- **Past History:** There was no significant past history of any type of systemic and allergic illness found.
- **Aggravating Factors:** Exposure to dust and sunlight and intake of oily, spicy and junk food
- **Family History:** No any relevant family history.
- **Personal History:** -
  - Diet:** - Madhur, amla, lavana, Katu, aahara ati sevana.
  - Appetite:** Normal,
  - Bowel:** Irregular, Ama dusti
  - Sleep:** Normal ,
  - Addiction:** No addiction
- **Menstrual History** - Normal
- **Occupational History:** - student

**On Examination**

- **Type of lesion-** Papules, pustules,
- **Scars** - Present
- **Spread-** Over face and back region
- **Type of skin-** Oily
- **Tenderness-** Absent

GRADE	SEVERITY	DESCRIPTION
0	Clear skin	No lesions to hardly noticeable ones,
1	Almost clear skin	almost visible, a few scattered comedones, small papules (size less than 0.5cm), very few pustules
2	Mild	Easily noticed, less than half of the affected face area is involved, many small comedones, papules or/and pustules
3	Moderate	More than half of the affected face area, fore head is involved, numerous comedones, papules or/and pustules
4	Severe	Entire face area, fore head and neck region is involved, covered with comedones, numerous papules and pustules, very few nodules and cysts with mild inflammation
5	Very severe	Highly inflammatory acne on face area, fore head ,and neck and back region is involved nodules and cysts present with local tenderness

- **Papules:** Small red or pink bumps that become inflamed less than .5cm.
- **Pustules:** Pimples containing pus. They look like whiteheads surrounded by red rings. They can cause scarring if picked or scratched.
- **Nodules:** (more than 0.5cm) solid pimples that are deep in your skin. They are large and painful.
- **Cysts:** (cyst generally large 1-4cm) Pus-filled pimples. These can cause scars.

Assessment was done on the base of comprehensive acne vulgaris severity scale before treatment. Patient was assessed and examined, it was concluded that the patient was suffering from **grade 3** acne vulgaris with More than half of the affected face area, fore head is involved, numerous comedones, papules or/and pustules of patient.

**Treatment -**

- **First Step – Deepan Pachan and Nidan Parivarjan**

Chitrakadi vati 2BD before meal for 15 days

Trikatu Churna 1/2 tea spoon Before meal for 7days

- **Second Step – Virechana Karma**

- **Third Step – Sansarjan Karma**

- **Fourth Step- Medication Start –**

- Chitrakadi vati 2BD before meal for 15 days
- Gandhak Rasayan 250 mg BD for 15 days
- Arogyavardhani Vati 125mg BD for 15 days
- Haritki Churna HS with jaggary/luke warm Water
- Mahamanjista Kwath and Nimbadai Kasaya 20ml after meal for 30 days
- Lepa- Haritki Churna with Curd Morning for 15 days

- Panchwalkal Kwath Steam
- Jalaukavcharana (on Affected area)

for 15 days  
Every seven days intervals.

**Follow up Treatment**

- ✓ Amritadi Guggul 125 mg BD for 30 days
- ✓ Gandhak Rasayan 125 mg BD for 15 days
- ✓ Sarivadhayasava 20ml BD Just After Meal for 15 days
- ✓ Haritki Churna HS with jaggary/luke warm Water for 15 days
- ✓ Lepa- Haritki Churna with Curd Morning for 15 days
- ✓ Triphla Kwath Steam after Haritaki lepa for 15 days
- ✓ Jalaukavcharana (on Affected area) Every 15 days intervals.

On 60th day, the day of follow up, it was noted that texture of skin was smoother than before, the pus formation reduced, the skin tone had improved.

Follow up	Duration	Symptoms				
		Numerous comedones	inflammation	papules or/ pustules	itching	redness
1	15 days	+	+	+	+	++
2	30 days	-	-	+	-	+
3	45 days	-	-	-	-	+
4	60 days	-	-	-	-	-



## Discussion

In this case patient was having symptoms Vitiation of Kapha dosha, Vata dosha and Rakta dosha lead to Mukhadushika according to Acharya susruta. In the above mentioned case before starting two main kinds of chikitsa Shodhana chikitsa and Shamana Chikitsa Deepan and pachana therapy was started by Chitrakadi Vati and Trikatu churna improves digestion of Ama (indigested food) and Cleaning of Srotas. Esp Swedowaha Srotas.

After Deepan Pachana, Shodhanachikitsa in the form of Leech therapy and Virechana karma were selected, as this procedure helps to remove vitiated doshas from the body Leech takes out vitiated Rakta along with Dosha especially Pitta Dosha from the nearby area, which causes Sroto shodhana (cleaning of channels) locally Esp Swedowaha Srotas. This Shodhana reduces the lesions i.e., Pidika due to Raktadushti (unpurified blood). Also, it reduces the associated symptoms that were occurring due to the vitiated Pitta like Daha, Paka (pus formation) and Vaivarnyata (discoloration). As it reduces Kapha symptoms like Kandu, Snigdha as well, therefore Jalaukavacharana must be removing vitiated Kapha too, to some extent.

Virechana is a procedure in which Doshas Specially the Pitta Dosha brought to Pkwashaya from all over the body by the specific procedures (Snehan Swedana Karma) and then eliminated out by inducing the purgation. It is curative and rehabilitative therapy. After removal of prakupit doshas patient got better result by Shamana Chikitsa.

Mahamanjishthadi Kashay and Nimbadi kasaya have antimicrobial and anti-inflammatory and coolant with blood purification property help to fight root cause. Manjistha and Nimba having shothahara, kusthaghana, ropana and rakta prasadana guna. That's why Mahamanjishthadi Kashay and nimbadi kasaya were helpful in reducing Pustule, as well as nodular and cystic acne with tenderness and pus formation in acne.

Gandhak Rasayan works by purifying blood, cleaning dirt, impurities, unclogging pores and adverting the risk of secondary infection so it reduced the symptoms.

Arogyavardhini Vati also helps in laxation and blood purification by removing toxins due to its shodhan (detoxification) and shothahara (anti-inflammatory) property.its also improve liver metabolism process.

Lepa of Haritki Churna with Curd reduces oil on the face due to its ruksha guna. By the ruksha guna of haritki its absorb snigdha guna or oil on face. In other words we can say it reduces hyperactivity of sebaceous gland. Oral intake of Haritki Churna with jaggary or luke warm Water at bed time improves Vatanulomana and Ama pachan.

## Conclusion

In the light of above discussion, it may be concluded that Shaman chikitsa after Leech therapy and sodhan karma (Virechna and Vaman) was effective in the treatment of *Mukhadushika* (acne vulgaris). Although the study showed remarkable response large sample with long duration and long follow-up period need to be carried out for further exploration of efficacy.

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