



INTERNATIONAL JOURNAL OF ADVANCE RESEARCH, IDEAS AND INNOVATIONS IN TECHNOLOGY

ISSN: 2454-132X

Impact Factor: 6.078

(Volume 9, Issue 6 - V9I6-1230)

Available online at: <https://www.ijariit.com>

Management of Yuvanpidika (acne-vulgaris) – A case study

Dr. Swati Rani

swati.pawar99926@gmail.com

Dr. P.C. Mangal

pmangla69@yahoo.com

Ch. Devi Lal college of Ayurveda, Jagadhari, Yamunanagar Shri Krishna Govt. Ayurvedic College and Hospital, Kurukshetra, Haryana

ABSTRACT

Acne-vulgaris is one of the most frequently seen chronic skin disorder. It is the commonest dermatological disease of adolescents, affecting more than 89% of teenagers and frequently continued into adulthood. It is an inflammatory condition of the pilosebaceous unit characterized by the formation of open and closed comedones, papules, pustules, nodules and cysts. It can be correlated with Yuvanpidika. Eruptions on the face of an adolescent are called Yuvanpidika. The incidence of Yuvanpidika is increasing day by day due to consumption of fried, spicy foods, grated foods, chocolates etc. Which leads to vitiations of doshas. This case is an ideal example of Yuvanpidika and is successfully treated with Ayurveda therapy. Patient was suffering from pustular acne, black colored spots, pain, itching along with burning sensation present on face since last one year. Considering the clinical features and vitiated doshas vata, kapha and rakta involved in pathology. Patient was treated with external application of kustumbruadi lepa which is mentioned in Sushruta Samhita, Chikitsa Sthana. Treatment was continued for 45 days. At the end of treatment there was complete disappearance of acne, relief in pain, burning sensation, itching and also an improvement in discoloration of face. The skin of face is glowing. Hence it was concluded that Kustumbruadi lepa is highly effective in management of Yuvanpidika.

Keywords – Yuvanpidika, Acne-vulgaris, Ayurveda, kustumbruadi lepa.

I. INTRODUCTION

The commonest face disfigurement in youth is *Yuvanpidika*, which is one among the *Kshudra Roga*. The *Yuvanpidika* term composed of two *sanskrit* words *yuvan* and *pidika*. *Yuvan* means adult or young and *pidika* means painful eruptions i.e., all about the painful eruptions that mostly occurs in young age. The others synonyms are *mukhadushika*, *tarunya pidika*. According to *Acharya Sushruta*, the eruptions like *shalmali* thorn, on the face during adulthood, caused by *kapha*, *vata* and *rakta* are known as *Yuvanpidika/mukhadushika*.^[1] Almost all the major *ayurvedic* texts has described *Yuvanpidika* under the caption of *kshudra rogas*. In modern science, *Yuvanpidika* features are similar to those of *acne vulgaris*. *Acne vulgaris* is a chronic inflammation of the pilosebaceous units characterized by a polymorphic eruption of comedones, erythematous papules, pustules and nodules.^[2] Four major factors are causing the disease are, increased sebum production, cornification of pilosebaceous ducts, microbial involvement and production of inflammation. Many synthetic drugs like benzoyl peroxide, antibiotics, anti-androgens are used to treat this disorder, but these drugs also exhibit several side effects like dryness of skin, dermatitis, darkening of the skin and recurrence after withdrawal. There is no single disease that causes more psychic trauma, more maladjustment between parents and children's, more general insecurity and feeling of inferiority and greater sums of psychic suffering than that of *acne*.

II. MATERIALS AND METHODS

Place of study – Shri Krishna Govt. Ayurvedic College & Hospital, Kurukshetra. Haryana. 136118

Case Report- The present case study is of *Yuvanpidika* (*Acne-vulgaris*), which is treated with Ayurveda therapy. A 26 years old female with registration no. 140025 came to O.P.D of Shri Krishna Govt. Ayurvedic College, Kurukshetra with the chief complaints

of - Acne on face (*Pidika*), Pain (*Vedna*), Itching (*Kandu*), Burning-sensation (*Daha*), Blackish Discoloration (*Vaivarnyata*), Pustular acne (*Puya yukta srava*) since last 1 year.

History of Present Illness-

From last 1 year patient has suffering from acne on face. She had used various local and oral allopathic medicines. But there was no any significant relief. Patient was also Psychologically upset.

Past History- Not significant.

Personal History:-

Name: ABC **B.P:** 110/70 mm Hg
Age: 26 **Height:** 157cm
Sex: Female **Weight:** 53 kg
Occupation: service (Nurse) **Appetite:** Normal
Marital Status: Unmarried **Sleep:** Disturbed
Addiction: None **Bowel habit:** Irregular
Ashtavidha Pariksha:-
Nadi (pulse)- 82/min. **Shabda** (speech)- Clear
Mutra (urine)- Normal **Sparsha** (Touch)- Normal
Mala (Stool)- Constipation on & off **Drika** (eyes) - Normal
Jivha (Tounge)- *Saam* (Coated) **Akriti** (built)- *Madhyama*.

Drug:

Kustumbruadi lepa for external application were selected in the present case study. The *lepa* was prepared from the herbs as mentioned in *Sushruta Samhita chikitsa sthana* (Su.chi.20/37) and said to be useful in *Yuvanpidika*.

Table 01: Contents of *Kustumbruadi lepa*^[3]

Sr no	Constituents	Botanical name	Family name	Part used	Ratio
1	<i>Kustumbru/dhanyaka</i>	<i>Coriandrum sativum</i>	<i>Umbelliferae</i>	Seed	1part
2	<i>Vacha</i>	<i>Acorous calamus</i>	<i>Araceae</i>	Root	1 part
3	<i>Lodhra</i>	<i>Symplocos recemosa</i>	<i>Symplocaceae</i>	Bark	1 part
4	<i>Kuth</i>	<i>Sassurea lappa</i>	<i>Compositae</i>	Root	1 part

Preparation of drugs:

Raw drug samples for the study were identified and examined physically, macroscopically as per the standards of Ayurvedic Pharmacopoeia of India (API) in the P.G. Department of *Dravya-guna* of Shri Krishna govt. Ayurvedic college and hospital, Kurukshetra.

All the drugs taken in equal quantity were cleaned properly and dried under sunlight. After complete drying of the drug, they were pulverized to make powder in Pharmacy of Shri Krishna govt. Ayurvedic college and hospital, Kurukshetra under the supervision of H.O.D of *Rasa shastra & Bhaishajya Kalpana*.

The analysis of the drug was carried out in the OASIS TEST HOUSE LIMITED laboratory of Jaipur, Rajasthan.

Administration of Drug

Patients were advised to apply *Kustumbruadi Lepa* with simple water over the affected area (in proper quantity according to the size and area of involvement) after thoroughly cleaning the face. The *Lepa* is to be applied with a uniform thickness of 1/4th of own *angula* (approx. 1.92/4 cm). Once it starts to dry then it has to be cleaned. This has to be done twice a day preferably in the morning and evening time.

Duration- Treatment was carried out for 45 days.

Follow up- After 15 days.

Diet-

- Patient had advised to take light, nutritious easily digestible food like *Shalidhanya, Tikta-rasapradhan-ahara, Naatisita, Naatiusnaahara*.
- To avoid spicy food, *Pittavardhaka Ahara, Divaswapna, Ratrijagarana, Vega Vidharana*, mental stress and anxiety.
- Do not pick, scrape, squeeze, or rub injuries. This can increase the damage to the skin. Wash your hands before and after skin care to lower your likelihood of getting infected.

- Don't touch your fingers, nails repeatedly on face. The skin of the face is irritated.
- Patient had advised to report any side effect with the use of medicine immediately.

Table 02: Subjective and Objective Parameters

Sr. no.	Subjective Parameters	Grade 0	Grade 1	Grade 2	Grade 3
1.	<i>Sotha</i>	No <i>sotha</i>	Mild <i>sotha</i>	Moderate <i>sotha</i>	Severe <i>sotha</i>
2.	<i>Shula</i>	No <i>shula</i>	Mild <i>shula</i>	Moderate <i>shula</i>	Severe <i>shula</i>
3.	<i>Srava</i>	No <i>Srava</i>	<i>Lasika</i>	<i>Puya</i>	Both
4.	<i>Kandu</i>	No <i>Kandu</i>	Mild <i>Kandu</i>	Moderate <i>Kandu</i>	Severe <i>Kandu</i>
5.	<i>Vivarnata</i>	No <i>Vivarnata</i>	Mild <i>Vivarnata</i>	Moderate <i>Vivarnata</i>	Severe <i>Vivarnata</i>
6.	<i>Daha</i>	No <i>Daha</i>	Mild <i>Daha</i>	Moderate <i>Daha</i>	Severe <i>Daha</i>
7.	Area involved	No any area involved	Cheeks only	Both Cheek and Chin	Whole face and Trunk

• **Objective criteria**

8.	No. of <i>Pidika</i>	No <i>pidika</i>	Less than 5 on one side	In between 6 to 10 on one side	More than 10 on one side
9.	Size of <i>Pidika</i>	No <i>pidika</i>	Less than 5mm	In between 6 to 10mm	More than 10mm

Investigator global Assessment (IGA) of acne severity: -

Sr. no.	Modern parameters	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4
10.	Symptoms	Residual hyperpigmentation and erythema may be present	A few scattered comedones and a few small papules	Easily recognisable; less than half the face is involved. Some comedones and some papules and pustules	More than half the face is involved. Many comedones, papules and pustules. One nodule may be present	Entire face is involved, covered with comedones, numerous papules and pustules, and few nodules and cysts

Table no. 03: Assessment of Parameters.

S. N.	Parameters	Before treatment	Review		
			15 days	30 days	45 days
1.	<i>Sotha</i>	3	2	1	0
2.	<i>Shula</i>	2	1	0	0
3.	<i>Srava</i>	3	2	1	0
4.	<i>Kandu</i>	2	1	0	0
5.	<i>Vivarnata</i>	3	2	1	0
6.	<i>Daha</i>	3	1	0	0
7.	Area involved	2	1	1	0
8.	No. of <i>pidika</i>	2	1	1	0
9.	Size of <i>pidika</i>	2	1	1	0
10.	IGA of Acne severity	3	2	1	0

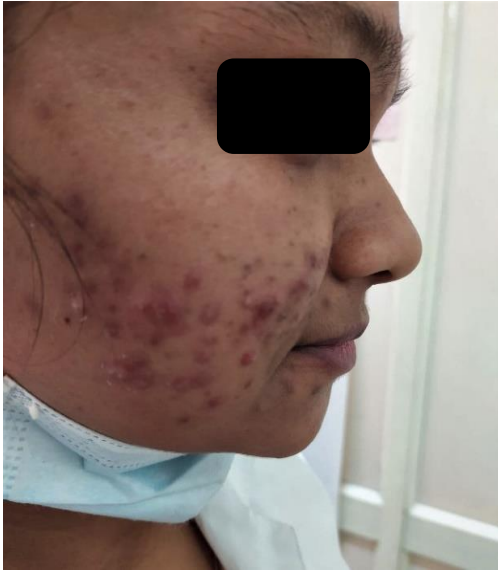
➤ Photographs of the patient with eyes covered before treatment and after treatment.

BT. Front view (Forehead)



AT. Front view (Forehead)





BT. Side view of right cheek.



AT. Side view of right cheek.



BT. Side view of left cheek.



AT. Side view of left cheek.

❖ (BT- Before treatment, AT- After treatment)

III. DISCUSSION

In Ayurvedic Samhitas *Yuvanpidika* is described very shortly. According to *Acharya Sushruta* vitiated *Vata*, *Kapha dosha* and *rakta dhatu* are the causative factors of the disease. These vitiated *doshas* and *Rakta dhatu* further leads to vitiation of *Medodhatu*. Due to this *Medodhatu dusti* excessive *sweda* is formed, which gets deposited in *romakoopa* and produce *swedavahasrotas dusti* which leads ultimately to *Yuvanpidika*. According to modern it is a disease of sebaceous gland causing macules, papules, black spots etc. on face. Topical antibiotic therapy is recommended for its treatment but their chemical compounds create adverse effects on the body. So natural nontoxic remedies should be used to bring the skin into normal state. Systemic antibiotics are prescribed if acne is not treated by topical application. This case was ideal case of *yuvanpidika*. This patient has tried out all these allopathic measures but had no relief. Medicines selected here is *kustumbruadi lepa* (*Dhaniya, Vacha, Lodhra, kuth*) for *bahyaprimarjan chikitsa*, because of its fast effect on skin. *Dhanyaka, Vacha* and *kuth* are having *ushna virya* property to counteract the aggravation of *vata* and *kapha*. The *sheeta viryata* of *Lodhra* is subside the aggravation of *Rakta* and *Pitta*. The *shothahara* and *vednasthapana* action of almost all the drugs

proved beneficial in swelling and pain. *Srotosodhana* is done by **Dhanyaka** and **vacha**. *Srotosodhana* is done by **Vacha** through its *lekhana* property, while drying up vitiated *kapha*. whereas *vrana-ropana* and *vrana-prakshalana* property of **Lodhra**. If *rakta* has stagnated to avoid pus formation *lepa* is beneficial, and *lepa* brings it back to normal colour it relieves from *daha*, *toda* and *kandu*. *Lepa* does *prahladana*, *sodhan*, *sothaharan*, *utsadan* and *ropan* of *vrana*. Thus, all this joint action of the drugs is helpful in treating acne. This remedy was given for 45 days. During complete duration of treatment patient was instructed to follow *Pathya* and *Apathya* as advised strictly. After treatment there was disappearance of acne. Complete relief was found in swelling, Itching, pain, burning sensation, discoloration over face.

IV. CONCLUSION

Hence it is concluded that *Kustumbruadi lepa* is highly effective in the management of *Yuvanpidika* (Acne-Vulgaris).

V. REFERENCES

- [1] Shastri AD. Sushruta Samhita Ayurveda Tatva Sandipika. Varanasi: Chaukhamba Sanskrit Sansthan;2015. Nidana Sthana.ch- 13/38. P.372.
- [2] Munjal YP. API Textbook of Medicine (Eng). 10th ed. Mumbai: 2015.Vol 1.Ch. 5. P.685.
- [3] Shastri AD, Singh PV. Sushruta Samhita Ayurveda Tatva Sandipika. Varanasi: Chaukhamba Sanskrit Sansthan; 2015. Chikitsa Sthana.ch- 20/37. P. 118.