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Ayurvedic Management of Yuvanpidika W.S.R. Acne Valgaris: A Case Study

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Abstract: ***The incidence of Yuvanpidika is increasing due to the disturbed lifestyle. In Sushrut samhita, Yuvanpidika is mentioned under Kshudrarogas. In Modern science the symptoms of Yuvanpidika resembles Acne vulgaris. Acne is a chronic skin condition characterized by the occurrence of comedone (blackheads, whiteheads),papules, pustules, nodules and cyst ,typically appear at the places where sebaceous glands are naturally large and numerous as on Faces, Cheek, Neck, Chest, Back. All the dermatologists have considered Acne as the disease of sebaceous gland and it has cosmetological importance for all age groups. This case is an example of Yuvanpidika like skin disease which can be managed with Ayurvedic external local application therapy. A 13 year old girl patient was suffering from acne on face, black spot, itching on facial skin along with pain since last 6 months consulted OPD, Dept. of Kaumarbhritya Sri Sai Institute of Ayurvedic Research and Medicine Bhopal(M.P.). Considering the clinical features and involved Kapha, Vata, Rakta in pathology, patient was treated with Goghruit lepan along with dietary changes and lifestyle modification. The Goghrita lepan at night after Triphala qwath prakchalan for 60 days. Assessment of the efficacy of the drug was done on the basis of relief in the scores given to sign and symptoms of Yuvanpidika. A remarkable changes were found in various symptoms after assessment. This can be an effective management for the disease Yuvanpidika.***

Keywords: Yuvanpidika, Acnevulgaris, Goghrita, Triphala qwath

I. INTRODUCTION

In this time whole world is gradually turning to wards *Ayurveda* for safe and complete cure of diseases, especially in the field of skin problems. *Ayurveda* approaches all the aspects related with pathogenesis and treatment of the disease. *Yauvanpidika* is such a condition which affects the beauty as well as Personality, has a great cosmetic importance. In this time *Yauvanpidika* becomes a biggest problem of the society, because it affects 85% of teenagers"[1]". *Yauvanpidika* is one of '*Kshudrarogas*' which mainly affects the skin of face. Almost all *Ayurvedic* classics have accepted vitiation of Kapha, Pitta, Vata and Rakta in the disease *Yauvanpidika*. *Acharya Charak* has involvement of vitiated Pitta along with Rakta in pathophysiology of *Pidika*. So involvement of *Pitta* should also be considered here. In *Ayurvedic* texts various remedies like internal and local are prescribed. The holistic approach for *Yuvanpidika* treatment was adopted to treat a girl patient visited in OPD, Dept. of Kaumarbhritya Sri Sai Institute of Ayurvedic Research and Medicine Bhopal(M.P.).

Triphala is classified as a tridoshic rasayana in *Ayurvedic* medicine as it promotes longevity and rejuvenation in patients of all constitutions and ages. According to *Charaka,* taking the Triphala Rasayana (Triphala with honey and ghee) daily has the potential to make a person live for one hundred years devoid of old age and diseases.[2] The physician *Sushruta i*ndicated that the formula is useful for treating ulcers and wounds.[3]

In. *Charaka Samhiya Goghrita* is beneficial for providing nutrition to all the *dhatu* and *ojas* of body. It is considered as best among all types of *ghrita*. It is best in alleviating *vatapitta dushṭi*. It is having *chakshusya, balya, vṛisya, kaṇthya, jeevaneeya, medhya, vishaghna, kaphakara* and *vatapittahara* properties. it is indicated in *jeerṇa jvara, kshaya, visha, daha, shotha, shoola, unmada, apasmara, mada, murccha* and many other diseases. it pacifies *vata* by *snehana karma, pitta* by *sheeta veerya* and *kapha dosha* by *sanskara* with other drugs. it specially pacifies *pitta* by the virtue of its *madhura rasa* and *vipaka, sheeta veerya* and *mandaguna*[4]

In SushrutaSamhita *Goghrita* is *balya, cakshusya, vatapittadoshahara* having *madhuravipaka* and *sheetaveerya*[5].In AstangaHridyam-It is *snehottam* and best among *vayasthapana*(anti-ageing) drugs having *sahasraveerya* doing *sahasra karma,* which indicates the high potency and greater utility of *Goghrita*[6]In*Nighantus-Dhanwantarinighantu:subarnadivar*[7],*Madanpal nighantu : paniyadi varga*[8],*Kaiyadev nighantu : ghrita varga*[9],*Bhavaprakashnighantu:ghritavarga*[10]

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A. Pharmacodynamics

Gana:MadhuraSkandha Source*: Jangama Sneha Rasa: Madhura*
Guna:Snigdha,Guru Veerya: Sheeta Vipaka: Madhura
Prabhava: Medhya, Vishaghna Doshaprabhava:Vata-pittashamaka Karma: Medhya, Agnivardhak
Action*:Rasayana,Vajikarana, Rasavardhaka, Swarya, Varnya*,beneficial for*Bala, Vriddha, Abala, Kshata* and *Ksheena*; increases *Oja, Medha, Smruti, Agni*, and *Indriyabala*
Therapeutic Uses- *Raktapitta, Parshvashoola, Karshya, Daurbalya, Udavarta, Gulma, Kasa, Garbhapata, Jeerṇa jvara, Timira, Unmada, Apasma*

II. CASESTUDY

The present case study is successful Ayurvedic management of a case of Yuvanpidika(Acne). A 13 year old girl patient with Registration no- 7126 came to OPD ofDept. of Kaumarbhritya Sri Sai Institute of Ayurvedic Research and Medicine Bhopal(M.P.).with came to us with chief compliant of -

1) Mukhapradeshipitikopati
2) Twakvaivarnaya.
3) Kanduon facialskin.
4) snigdhataon face.
5) Shotha.
6) RujayuktyapitikaPatient had above complaints since 6 months.

A. History of Personal Illness

The patient was normal 6 months back. Since then patient has been suffering from Mukha pradeshi pitikopati (Acne vulgaris), Twakvaivarnaya (skin discoloration), Kandu (itching) on facial skin, snigdhata on face (oily skin), Shotha (swelling), Vedana (pain). She had tried many skin cream but nothing provided long-term relief from her problem,then she approached to OPD, of Dept. of Kaumarbhritya Sri Sai Institute of Ayurvedic Research and Medicine Bhopal(M.P.).

B. Personal History

Occupation=student
O/E:Nadi(pulse)=74/min Mala (stool) = Normal Mutra (urine) = Normal
Jeeva(tounge)=Eshathasaam
Agni = Poor
Shabda(speech)=Normal Druka (eyes) = Normal Akruti = Madhyama
Bala = Madhyama
Raktadaaba(B.P) =110/70mm/Hg
After detailed history taking, there was no specific medical past history was noted. Family history for Yuvanpidika was positive in parents. In personal history of patient; it was noted that she was habitual to Madhura Rasa, Sheeta Gunapradhan vegetarian diet. Regular intake of water just after meals was observed. Occasionally patient was eating in between meals. Patient had no habit of physical exercise and had Stress free temperament (Achintana).
Her menstrual history was normal.Her treatment protocol was decided after assessing all pathological aspects of her present condition. After *Triphala Qwath Prakchal Gogrit Lepan* at night.

III. MATERIALS AND METHODS

Table1: Contents of triphala

Sr.NO.	Content	Latin Name	Partsuse	Parts
1	Amalaki	EmblicaofficinalisGaertn	Phala	1part
2	Haritaki	TerminaliachebulaRetz.	Phala	1part
3	Bivitaki	TerminaliabellericaRoxb.	Phala	1part

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A. Preparation of Triphala qwath

Triphala churna preparation is 5 gm coarse powder is added to 16 part of water then boiled andreduced to the ¼ th part and filtered. This filter Triphala qwath used to wash face.

Preparation of Gogrita

Goghrita is prepared mainly by two methods, first being the traditional and second being direct cream method. In traditional method, cow milk is boiled and cooled at room temperature. Some curd is added as starter culture, mixed, and incubated at room temperature. Curd formed is manually churned until butter float on top of the buttermilk. Butter is washed using water to remove residual buttermilk and then heated in stainless steel container till it gets clarified. Clear liquid *ghrita* is then obtained.In direct cream method, cream is separated from whole cow milk and heated in stainless steel pan and clear molten *Ghrita* is then obtained.There is not much difference in properties of *Ghrita* prepared by both traditional and direct cream method, but the *Ghrita* prepared from traditional method has greater docosahexaenoic acid, Omega-3 long- chain polyunsated fatty acids content as ompared to *Ghrita* prepared by direct cream method.

Duration of treatment: 60 Days.

Follow up: After every15 days.

B. Ahara and vihara(diet &mode of life) advised during treatment

Pathya

- Adequate sleep at night(8 hours).
- Greengram, rice, wheat, greenvegetable, fruits.
- Washing face everytime coming from external environment.
- Adequate sleep at night(8 hours).
- Uses of tnapkin to clean face after face wash.
- To have light & easily digestible diet .
- Always cover the face when strong sun exposure & dusty atmosphere.
- To have light & easily digestible diet

Apathya

- Avoid all such things which vitiate Rakta,Pitta and Kapha.
- Avoid oily and spicy food.
- Avoid junk food and cold drinks.
- Avoid oil base cosmeticitems like;cream,lotion,face wash.

C. Symptoms Grading

Table2: Number of Yuvanpidika

Grades	No. Of yuvanpidika
0	No acne
1	1-5
2	6-10
3	11-20
4	>20

Table3: On the basis of affected are a on face(in%)

Grades	affectedareain%
0	No acne
1	1-25%
2	26-50%
3	51-75%
4	76-100%

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Table 4: Color of the lesion is graded from 1 to 7 by using Fair and lovely colourgrading scales

	Grades
Discoloration	1
	2
	3
	4
	5
	6
	7

Table5: Associated symptoms

Symptoms: S.No.	Grades	Mild (+)	Moderate (++)	Severe (+++)
1	Vedana	+	++	+++
2	Kandu	+	++	+++
3	Shotha	+	++	+++
4	snigdhata	+	++	+++

Samapratighataka of Yuvanpidika Dosha= Kapha, Vata, Pitta.
Dushya= Dhatu:Rasa,Rakta,Meda,
Upadhatu=T wak.
Mala=Sweda,Twaksneha.
Srotas=Rasavaha,Raktavaha,Swedavaha.
SrotoDusbhtiprakar=Sanga.
Agni=Jatharagnimandya,DhatvagniAnavasthitvam.
Samutthan=Aamashaya.
Adhisthan=Sharir.
Vyaktisthan=Aanana(face).
Rogamarga=Bahya Marga.

IV. OBSERVATION AND RESULTS

A. Progressin Signs & Symptoms of Yuvanpidika

Table 6: On Chief complaints

S. N	Sign and Symptoms	1st day (B.T.)	A.T. st			
			1follow up	2nd followup	3rd follow up	4th followup
1	Number of yuvanpidika	5	4	2	1	0
2	Area affected by yuvanpidika	2	2	1	1	0
3	Skin Discoloration	6	5	4	3	2

Table7: On Associated complaints

S. N	**Associate Sym.**	1st day **(B.T.)**	**A.T**			
			1st follow up	2nd followup	3rd follow up	4th followup
1	Kandu	+++	++	+	0	0
2	Shotha	++	++	+	+	0
3	Snigdhata	++	++	+	0	0
4	Vedana	+++	++	+	+	0

V. DISCUSSION

The therapy was advised for 60 days. During complete duration of treatment, patient was instructed to follow pathya and apathya advised strictly. It was found that there is significant relief in all signs and symptoms of Yuvanpidika. The study *Triphla qwath prakchan* after *Gogrita* lepan at night drug was effective in reducing the lachanas like pitika, Kapha, Kandu, Shotha, snigdhata, Vedana. It also increased skin complexion.

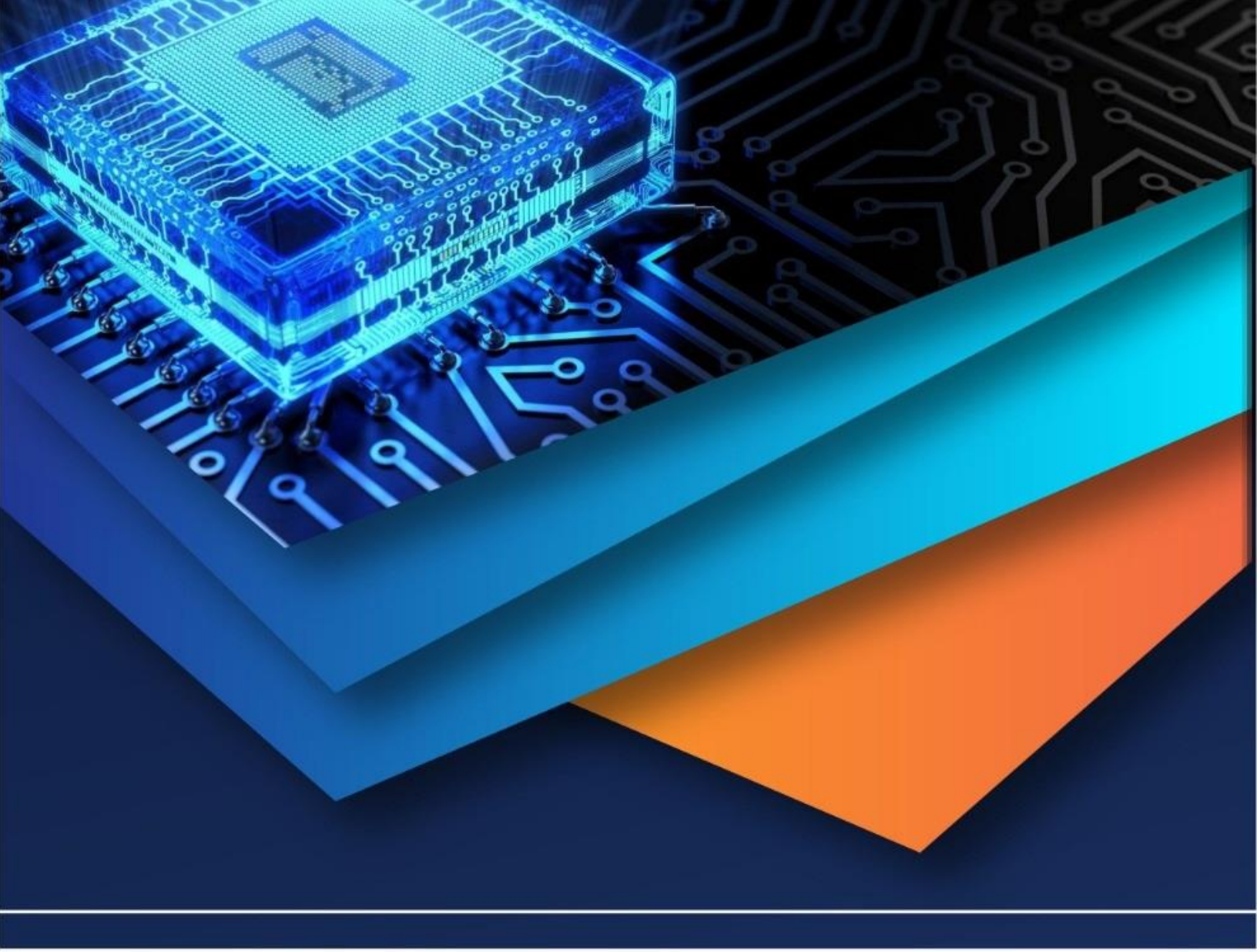
VI. CONCLUSION

Yauvanpidika is conciderrd one of the Kshudraroga which can be compared with Acne Valgaris. The dominant Dosha and Dushya involved are Kapha, Pitta, Rasa and Rakta. Triphala qwath prakchalana after Gogrita lepana showed a significant effect on Yuvanpidika. There were no adverse reactions documented. As the patient of Yuvanpidika become desperate after long ineffective treatment so it is hope that present line of treatment will definitely prove a milestone in the management of this skin disease.

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