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Ayurvedic Management of Yuvanpidika W.S.R.

Acne Vulgaris: 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 Goghrit 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 indicated 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 dushti. It is having chakshusya, balya, vrisya, kanthya, jeevaneeya, medhya, vishaghna, kaphakara and vatapittahara properties. it is indicated in jeerna 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 Sushruta Samhita Goghrita is balya, cakshusya, vatapittadoshahara having madhuravipaka and sheetaveerya^[5]. In Astanga Hridayam-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]

A. Pharmacodynamics

Gana: Madhura Skandha Source: Jangama Sneha Rasa: Madhura

Guna: Snigdha, Guru Veerya: Sheeta Vipaka: Madhura

Prabhava: Medhya, Vishaghna Doshaprabhava: Vata-pittashamaka Karma: Medhya, Agnivaradhak

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, Jeerna jvara, Timira, Unmada, Apasma

II. CASE STUDY

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 of Dept. of Kaumarbhritya Sri Sai Institute of Ayurvedic Research and Medicine Bhopal (M.P.). with came to us with chief complaint of -

- 1) Mukhapradeshipitikopati
- 2) Twakvaivarnaya.
- 3) Kanduon facials skin.
- 4) snigdha on face.
- 5) Shotha.
- 6) Rujayuktyapitika Patient 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, snigdha 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 Akruiti = Madhyama

Bala = Madhyama

Raktadaaba (B.P) = 110/70 mm/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 Lepam* at night.

III. MATERIALS AND METHODS

Table 1: Contents of triphala

Sr.NO.	Content	Latin Name	Parts use	Parts
1	Amalaki	Emblica officinalis Gaertn	Phala	1 part
2	Haritaki	Terminalia chebula Retz.	Phala	1 part
3	Bivitaki	Terminalia bellerica Roxb.	Phala	1 part

A. Preparation of Triphala qwath

Triphala churna preparation is 5 gm coarse powder is added to 16 part of water then boiled and reduced to the $\frac{1}{4}$ 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 polyunsaturated fatty acids content as compared to *Ghrita* prepared by direct cream method.

Duration of treatment: 60 Days.

Follow up: After every 15 days.

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

Pathya

- Adequate sleep at night (8 hours).
- Greengram, rice, wheat, green vegetable, fruits.
- Washing face everytime coming from external environment.
- Adequate sleep at night (8 hours).
- Uses of napkin 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 cosmetic items like cream, lotion, face wash.

C. Symptoms Grading

Table 2: Number of Yuvanpidika

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

Table 3: On the basis of affected area on face (in%)

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

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	1 st day (B.T.)	A.T.			
			1 st follow up	2 nd followup	3 rd follow up	4 th 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.	1 st day (B.T.)	A.T			
			1 st follow up	2 nd followup	3 rd follow up	4 th followup
1	Kandu	+++	++	+	0	0
2	Shotha	++	++	+	+	0
3	Snigdghata	++	++	+	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, snigdghata, Vedana. It also increased skin complexion.

VI. CONCLUSION

Yauvanpidika is considered one of the Kshudraroga which can be compared with Acne Vulgaris. 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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