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RESEARCH ARTICLE

CONCEPTUAL AND AYURVEDIC MANAGEMENT APPROACH IN YUVANPIDIKA W.S.R. TO ACNE VULGARIS

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Abstract

Acne vulgaris is one of the most prevalent skin disorders found in adolescent age group around the world and manifest itself as comedones (comedonal acne), papulopustular (papulopustular acne) or nodules and cysts (nodulo cystic acne and acne conglobata) pitted depressed or hypertrophic scars may follow all types but especially nodulocystic acne and Acne conglobata. It can be correlated with Yuvanpidika in Ayurveda. It is also called as Tarunyapitika&Mukhdushika. No description of the disease is present in Ayurvedic text CharakSamhita but Acharya Sushrut in SushrutSamhita has described the disease under KshudraRoga chapter. In Ayurveda vitiation of Vata, Kapha and Rakta are etiological factor that give rise to Yuvanpidika. And form Shalmali thorns like lesion over face. Although described in short, symptoms resemble very closely with the modern Acne vulgaris description. Regarding the treatment, Abhyanga, Vaman, Nasya, Raktamokshan are indicated for the management of the disease. Various Lepam drugs are also mentioned in different Ayurvedic texts for treatment.

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Introduction:-

Acne is a common chronic inflammatory condition of skin with significant cutaneous and psychological disease burden.¹ Acne affects both males and females, although males tend to have more with onset of puberty. Across the globe, acne affects 80% of individuals between pubescence and 30 years of age. Many research studies have reported acne in 79-95% in the age group of 16-18 years. In India, research studies have reported acne in 50.60% of boys and 38.13% of girls in the age group of 12- 17 years.² Acne vulgaris, a chronic inflammatory disorder in adolescents consists of the pilosebaceous follicles, characterized by comedones, papules, pustules, cysts, nodules and often scars, chiefly on face, neck etc.³ It is a skin condition that occurs due to the clogging of oil glands of the skin.⁴ Acne vulgaris mostly affects the areas of skin with the densest population of sebaceous follicles these areas include the face, the upper part of the chest, and the back.⁵ The cause of acne is unknown. It is presumed to be activated by androgens in genetically predisposed individuals.⁶

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According to Ayurveda the Shalmali thorn like eruptions on the face of adolescents, due to vitiation of Kapha, Vata and Rakta are known as “Yuvanpidika” or “Tarunypitika” or Mukhadushika.⁷ These Pidikas destroy the beauty of the face and cause disfigurement of the face therefore they are also called as “Mukhadushika”.⁸

In Ayurveda, mainly two types of Chikitsa (treatments) have been used to treat acne i.e., Shodhana (purification of body) and Shamana (conservative treatment by oral and topical medicines). Shodhana includes Vaman and Nasya, whereas Shamana includes Lepa, Upanah and Kshara application. In this study the etiology, pathogenesis, and management of acne vulgaris has elaborated and discuss with special reference to Yuvaanpidika. Yuvanpidika word itself says that it is Pitika-Utpatti in Tarunyaawasta due to some hormonal changes. Up to some limit it is normal but in excess it becomes a reason for depression in a person.

Aims And Objectives:-

- To elaborate, evaluate and discuss the aetiology, symptoms and Ayurvedic method of Yuvanpidika (Acne Vulgaris).
- To evaluate, elaborate and discuss the management of Yuvanpidika(Acne Vulgaris).

Material And Method:-

Material related to Yuvanpidika and Acne Vulgaris is collected from Ayurvedic text and text book of modern medicine respectively. The available commentaries of Ayurvedic Samhitas have also referred to collect relevant matter.

Conceptual Study

Definition:

According to Acharya Sushrut, boils like spine of Shalmali appears on the face of youthful person caused by Kapha, Vata and Rakta. They are known as Mukhadushika(Acne vulgaris). They are also known as Yuvanpidika.⁹

It correlates to Acne Vulgaris explained in modern science. According to modern medical science, acne is an inflammation of the pilosebaceous units that occurs most frequently in adolescent age group characterized by development of comedones in forms of papules, pustules, nodules and less commonly cysts.

Literary Review:-

Yuvanpidika is also known as Mukhadushika.

Description of Yuvanpidika is found in different Samhitas texts are as follows. In our Shastra very short description is available about the disease.

1. In CharakSamhita, there is no description of any disease by the name of Mukhadushika&Yuvan-Pidika.
2. In SushrutSamhita, KshudrarogaNidanAdhyaya there is description of Mukhadushika under Kshudraroga.¹⁰
3. In AshtangHriday, Mukhadushika is described with symptomatology similar to Acne Vulgaris.¹¹
4. In HaritSamhita&MadhavNidan followed Acharya Sushrut for disease description under Kshudra Roga.¹²
5. In Yoga Ratnakar, there is brief description of symptomatology along with treatment of Mukhdushika.¹³

NIDAN(CAUSES): -

AHAR- Ati-KatuandMadhur(excessive spicy and sweet), Guru (heavy to digest), Ati-Snigdha&DugdhaVargaAhar(oily food, milk & milk products), Mamsa(meat), Madya(alcohol) causes disturbance of Tridoshas.

- 1) Vihar-Vegavrodh (stopping natural urges), Jagran(insomnia), Nidra (excess sleep) Atapsevan (excessive sunbath), Upvas(fasting).
- 2) Kala-TheVata and Kapha are vitiated by Sheet Guna of climate and the Ushnakala vitiates Raktadhatu.
- 3) Vaya- Mostly occurs in Tarunyaavastha.
- 4) Manasik- Ati-Shoka(stress) Kshobha, Krodha, Santap, Swabhav (behavioral changes), chinta causes Pitta Prakop&VataVruddhi.
- 5) AntarstraviGranthis (Endocrinal factor)- Increased production of sex hormones, the sebaceous gland become hyperactive. Androgen and Progesterone are responsible for hyperplasia of oil glands.

PURVA-RUPA: -

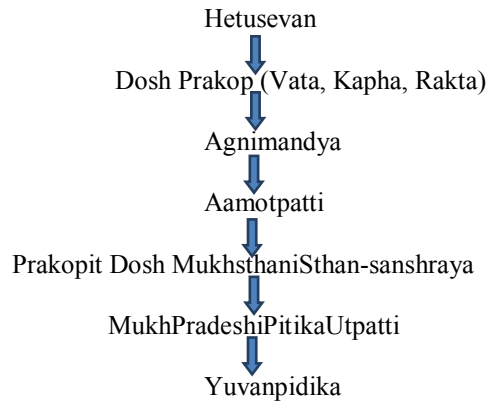
Yuvanpidika's Poorva-Rupa- Roopa are not specifically mentioned by any Granthakara. It may be followed Kandu (itching), Todwatvedna (pain), Shotha (swelling), Vaivarnya (skin discoloration).

RUPA: -

Acharya Vagbhata has described the signs and symptoms in more details than Acharya Sushruta. The signs and symptoms told by him are as follows¹⁴

- Pitika-Pitika means eruption. The disease is in the form of eruptions.
- Sa-ruja- The eruptions are painful. The pain may be mild or acute in nature.
- Ghana- The word Ghana means thick, hard or indurate. So, the eruptions of the disease are hard and thick. Pandit Vardhaman Shastri in his commentary of Kalyankarka says that the eruptions of Mukhadushika are thick & caused by the aggravated Kapha.
- Medogarbha- The eruptions are impregnated with Meda. Meda is known as comedone.
- YunaMukha- This disease occurs on the face of adults. This word shows the site and time of the occurrence of this disease.

SAMPRAPTI: Hetu(Nidan) and Samprapti of Mukhdushika are not mentioned in Samhitas.

**SAMPRAPTI GHATAK:**

- **Dosha**-Kapha, Vata
- **Dushya**-Twacha, Sthanik Rasa, Rakta
- **Agni**-Jataragni, Dhatwagani
- **Strotas**-Sthanik Rasa, RaktaVahini
- **UdbhavSthana**-Amashay
- **Rogamarga**-Bahya
- **Adhistan**-Twacha
- **Sanchar Sthan**-Rasayani-Sthanik
- **VyaktaSthan**-MukhagatTwacha

MANAGEMENT OF ACNE VULGARIS (MUKHADUSHIKA) AS PER AYURVEDA

As Mukhadushika is described under Kshudraroga, the Chikitsa sutra of Kshudraroga is the ChikitsaSutra of Mukhadushika.

SHODHANCHIKITSA:

- A) **VAMAN KARMA(EMESIS):** In all texts Vaman is the prime treatment of Yuvan-Pidika. According Acharya Sushruta in Yuvan-Pidika, particular emesis is beneficial; the paste of Vacha, Lodhra, and Saindhav mixed with Sarshap; or of Dhanyak, Vacha, Lodhra and Kustha should be applied.
- B) **VIRECHAN KARMA:** This therapy is indicated specially to sub side Pitta Dosha or Pitta SansargajaDosha. The purgative drugs expel the excess Pitta from the GudaMarga. Property of Rakta is analogous to Pitta Dosha, there for Virechana is also effective in RaktajaVikara.

(C) **NASYA KARMA:** Acharya Vagbhatta has also described this process in Mukhdushika.

(D) **SIRAVEDHA:** Raktamokhsana by Shirovedhais described in Mukhdushika.

2) **SHAMAN CHIKITSA-** For Shaman therapy many herbo minerals compounds are being advocated either as internal or external medication. Single or in compound.

FORMULATIONS (AUSHADH YOGA):

(i) **Vati (Tablets)**-Arogyavardhini Vati, Keshor Guggulu, Panchatiktaha Ghrut Guggulu, Amrita Guggulu, Sarivadi Vati, Khadiradi Vati.

(ii) **Kwatha (Decoction)**-Maha Manjisthadi Kwatha, Khadirashtak Kashaya, Patoladi Kwatha, Khadira Kwatha, Gudduchyadi Kwatha

(iii) **Asava-Aristha**-Sarivadhya sava, Khadiraristha, Madhvasav, Manjisthadhy Aristha.

(iv) **Churna (Powder)**-Aamalki Churna, Manjistha Churna, Panchnimbadi Churna, Triphla Churna, Giloya Churna.

(v) **Ghrut (medicated ghee)**-Mahatikta Ghruta, Panchatiktaka Ghruta, Tiktashatpala Ghruta, Triphla Ghruta.

(vi) **Rasa Aushdhi**-Rasamanikya, Gandhak Rasayana.

(vii) **Bhasma**-Praval Bhasma, Swarna Makshik Bhasma

HERBAL DRUGS AND THEIR ACTION¹⁵⁻¹⁶

Sr No	Plant Name	Botanical Name	Action
1	Manjishtha	Rubiacordifolia	Increase skin complexion, anti oxidant, anti inflammatory
2	Nimba	Azadirachta indica	Anti-bacterial, anti-septic, useful in various skin disorders
3	Khadir	Acacia catechu	Anti-bacterial, anti-eczema, anti-scabies, anti-dermatitis
4	Sariva	Hemidesmus indicus	Effective in acne vulgaris, anti-inflammatory, anti-bacterial, anti-oxidant.
5	Guduchi	Tinosporacordifolia	Anti-inflammatory, anti-allergic, anti-leprotic, anti-stress.
6	Shalmali	Salmaliamalabarica	Anti-bacterial, anti-inflammatory, effective in acne vulgaris.
7	Dhanyak	Coriandrum sativum	Anti-bacterial, anti-septic
8	Vacha	Acorus calamus	Anti-inflammatory, anti-bacterial
9	Lodhra	Symplocos racemosa	Anti-inflammatory, anti-bacterial, anti-septic.
10	Daruharidra	Berberis aristata	Analgesic, anti-bacterial, anti-dermatitis.
11	Jatiphala	Myristica fragrans	Rectify uneven skin pigmentation, inhibits melanin biosynthesis, anti-inflammatory
12	Kakamachi	Solanum nigrum	Anti-inflammatory, anti-bacterial.
13	Methika	Trigonella foenum graecum	Emollient and healing effects, antimicrobial, anti-inflammatory
14	Zendu	Calendula officinalis	Anti-inflammatory, anti-septic.

Classical Ayurvedic preparation for management of Mukhdushika¹⁷⁻¹⁸

S. No	Ayurvedic Preparation	Content
1	Lodhradi Lepa	Lodhra, Dhanyak, Vacha, Sarshap, Saindhav Lavan.
2	Arjunadi Lepa	Arjuna bark mixed with honey
3	Jatiphaladi Lepa	Jatiphal, Chandan, Marich
4	Marichadi Lepa	Marich mixed with Gorochan.
5	Shalmalikalkadi Lepa	Sharp spine of Shalmali pounded with milk and mixed with oil.
6	Vatankuradi Lepa	Raktachandan, Manjishtha, Kushtha, Lodhra, Priyangu,
7	Siddharthadi Lepa	Siddhartha, Vacha, Lodhra and Saindhav Lavan
8	Kumkumadi Taila	Kumkum, Chandan, Laksha, Manjishtha, Yashtimadhu etc
9	Manjishthadi Taila	Manjishtha, Madhuk, Laksha, Matulunga And Yashtimadhu.
10	Haridradi Taila	Haridra, Daruharidra, Madhuka, Manjishtha, Kumkum, Tinduka etc
11	Kanak Taila	Madhuk, Priyangu, Manjishtha, Chandan etc
12	Sarshap Taila	Sarshap

Discussion:-

Sushrut has mentioned Yuvanpidika as a Kshudrarog that causes harms to the beauty of the face typically during adolescence. There are no specific etiological factors mentioned regarding the disease in Ayurveda texts. Most of the Acharya supposed Kapha, Vata and Rakta as the causative of these disease while Bhavprakash mentioned it as a Svabhavaj. The Katu, Guru, Snigdhaaharaj and Viharaj like Jagaran, Nidra and Vegavrodhaj play influencing role in causing Yuvanpidika. Modern science has supposed the hormonal imbalance, increased sebum production, formation of comedone that occurs due to clogging of oil glands of the skin.

Pitika, Saruja, Ghan, Medogarbha, YunaMukha these are the clinical manifestation in the Ayurveda. Most of the Acharya has mentioned Shodhan Chikitsa for Yuvanpidika along with Shaman Chikitsa and local application. Shalmali, Dhanyaka, Vacha, Lodhra, Daruharidra, Manjishtha, Nimba, Khadira, Sariva, Guduchi, Jatiphala, Kakamachi, Methika, and Zendu these are some herbal medicines and LodhradiLepa, ShalmaliKalkadiLepa, ArjunadiLepa, VatankuradiLepa, JatiphadiLepa, SiddharthadiLepa, MarichadiLepa, KumkumadiTaila, MajishthadiTaila, HaridradiTaila, Kanaka Taila and SarshapaTaila these are some external applications in the form of Taila and Lepa which are generally used in acne vulgaris (Mukhadushika).

Conclusion:-

In current era Yuvanpidika is the one of the most burning problem in youngsters. Modern text described Acne vulgaris as a chronic inflammatory disorder of sebaceous follicles characterized by the formation of comedone, papules and pustules, less frequently nodules or cysts. All the Samhitas have pointed out Kapha, Vata, and Rakta as the causative factor of disease. In Ayurveda number of remedies are available with marked success and benefit over conventional modern drugs. The Lepa and Pralepa are described as a Shamana Chikitsa in previous stages of Yuvanpidika while in severe cases Shodhana Chikitsa should be applied. Moreover, the Ayurvedic therapies have long lasting effects with nil side effects.

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