Ayurvedic treatment of *Yuvan pidika* w.s.r. to *acne vulgaris*: a case study.

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**Abstract:** Ayurveda is the most ancient system of health of the world. Skin forms a barrier against microbial invasion and has properties, which can protect against mechanism, chemical, osmotic, thermal and uv radiation damage. Skin is an important site of immune surveillance against the entry of pathogens and the initiation of primary immune response. Skin is the target of a variety of hormones. These activities can affect the appearance and the functional of individual skin component such as sebaceous glands, hairs and pigment producing cells. Acne is the most common skin disease of now a day. So we decided to take the help of this ancient system of science to fight against this acne vulgaris. An acne vagary is a chronic inflammatory condition of the pilo-sebaceous follicles on the face and upper trunk. It is characterized by the development of black heads, papules, pustules and cysts, which may resolve to leave pitted scars. In *Ayurvedic* classics we get the knows about this disease in the name of *Yuvan pidika*, the eruptions like *Salmali thorn*, on the face during adulthood, caused by *Kapha*, *Vata* and *Rakta* are known as *'Yuvan pidika'. MATERIAL AND METHOD* - A 25 year female patient OPD no 28071 came in *charma roga* OPD, Rachna sharir Department, (auto) Dhanwantari Ayurved College & hospital Ujjain (M.P.), complaining acne over face, weakness, anorexia, insomnia. **RESULTS**- The treatment of *Yuvan pidika* trough Ayurvedic approach is incredible and results are amazing. **CONCLUSION** - local application *Shalmali kantak* mixed with turmeric powder, along with Ayurvedic treatment like *Kanchanar Guggalu, Arogyavardhini vati, Mahamanjisthadi*
kwath, Nimbadi kwath tablet in Yuvan pidika are very effective.

**Keywords:** Yuvan pidika, Salmali thorn, acne vulgaries, sebaceous gland

**Introduction:** Ayurveda is a science of health and its basic principles are also help in keeping healthy. Twacha also work as protective layer and covers the entire external organ of the body. The integumentary system includes the skin and its derivatives hair, nails, sweat and sebaceous gland. Sebaceous glands are secular structures lying in the dermis. Typically, they consist of a cluster of secretory acini, which open by a short common duct into the dermal papillary canal of hair follicle. They release, their lipid soluble product, sebum into the canal by a holocrine mechanism. Any impairment occur in the system can cause acne. Continued production of sebum leads to rupture of the follicular wall, releasing the contents into the dermis and initiating an inflammatory response. The inflammation in the dermis is responsible for papules, pustules, cyst and nodules. Acne vulgaris is a follicular disorder affecting susceptible pilo-sebaceous follicles, preliminary of the face, neck, and upper trunk and characterized by both inflammatory and non-inflammatory lessions. Yuvan pidika also correlated with acne vagaries in modern medical science. Acharya Sushrut mentions that boils like spines of salmali appear on the face of youthful persons caused by Kapha, Vata and Rakta. They are known as Mukhdushika or Yuvanpidika. Acharya Sharngadhara also believes that the pidika is mala of Sukra Dhatu. Acne vulgaris is a dermatosis of unknown etiology. However, many factors are incriminated in its pathogenesis and aggravation. Androgenic stimulation at puberty is believed to increase the activity of sebaceous gland and sebum production. Bacterial colonization of the sebaceous follicle may also contribute in the pathogenesis of acne. Ayurvedic treatment of Yuvan pidika by Ayurvedic preparations, the results are amazing.

**Aims and Objectives:**

1. To study the effect of local application of Salmali kantak.
2. To study the role of Ayurvedic treatment in Yuvan pidika.

**Material and Methods:**

CASE REPORT-A 25 year female patient OPD no 28071 came in charmroga OPD, Rachna shari Department, (auto) Dhanwantari Ayurved College & hospital Ujjain (M.P.), complaining acne over face, weakness, anorexia, insomnia. History reveals the Apthya Ahara Vihara Sevana, over use of cosmetic products, sedentary life style, Ratrijagaran etc. patient complaining of acne over face since 1 year and associated with itching, insomnia, anorexia, indigestion, constipation and irregular menses.

Past history, drug history, allergic history was not significant.

**PERSONAL EXAMINATION-**

Addiction—not any  Diet-normal  Micturition-normal
Appetite-reduced    Sleep-disturbed
Bowel habit - irregular.

GENERAL EXAMINATION-

BP-120/80 mm of Hg observed, Pulse – 88/min regular, RR-28/min, Temp-98.4F afebrile

PHYSICAL EXAMINATION-

Pallor-Present, Icterus- absent, Cyanosis-absent, Clubbing – absent, Lymph nodes- non palpable, Oedema –absent.

SYSTEMIC EXAMINATION-

Respiratory system - chest clear.

CVS - S1/S2 normal, no any abnormality detected in cardio vascular system.

CNS- Higher mental function was intact.

GIT- anorexia, indigestion, constipation. Urinary system- NAD, locomotion- normal, per

Abdomen- soft, no pain and tenderness present,

Musculo Skelton system examination – no abnormality found.

LAB INVESTIGATION

Haematological reports reveals Hb% -10 gm%

TREATMENT

- **Shalmali kantak** - local application mixed with turmeric powder
- **Kanchanar Guggalu** - 2*bd
- **Arogyavardhini vati** - 2*bd
- **Mahamanjisthadi kwath** - 20ml*bd after meal with lukewarm water
- **Nimbadi kwath tablet** - 1*bd

The patient was advised to take the medicine for 6 month. She has also avoidance of Amla Rasa and Tiksha Dravya, spicy food, Pittaja Ahara Vihara, Adhyasan, Divasvapna, Ratrijgaran, stress, anxiety and also avoidance of cosmetic products etc. After 4 month previous symptoms subsides and after completing the treatment the acne was disappear and not reappear at all.

**Discussion:**

As per the schedule, patient has taken medication and asked to follow the diet. After the follow up there is unbelievable changes seen in acne and appears as normal, reduction of itching, insomnia controlled, symptoms get reduced. There is no recurrence of acne for over 6 month. The treatment of acne may consist of topical therapy, systemic therapy, or a combination of both. Topical therapy alone is indicated for mild to moderate lesions, and it may consist of the following:-

**Salmali kantak** here work on the machenism of **Lok-Purush Sammmit Siddhant**. According to Acharya Sushrut the structure of **Yuvan pidika** looks like **Salmali kantak** as above mention. It has madhura rasa, laghu, snigdhga guna, sheeta virya, madhura vipaka and Vata-Pitta Shamaka properties⁹, which controls the excess secretion of oils & sebum and effectively treats acne.

**Kanchanar Guggulu** is used for clearing out the toxins from the tissues and other
channels in the system allowing the body to revitalize. Kanchanar guggulu is an amazing Ayurvedic formulation that helps in maintaining the secretion of hormones and balancing of Dosha.

Asthiposhak vati – Asthiposhak name itself reveals Poshak of all Dhatu. Asthiposhak vati work on Agni and improve the Dhatugata Mala Vikriti. It is work as a nutritional supplement anti-stress, antibacterial, anti-inflammatory, antioxidant and immuno-modulator.

Mahamanjisthadi kwath is a powerful detoxifying medicine that corrects the impurities of blood, decrease inflammations, brings glow to skin, and prevents infection. It also acts as cooling effect on the body and antioxidant-rich decoction helps to detoxify the body.

Nimbadi kwath tablets are help to reducing boils and carbuncles over the body. It helps reduce inflammatory skin diseases due to the antibacterial and anti-inflammatory properties neutralizing the toxicity and impurities of blood.

Conclusions:

Yuvan pidika is a common skin disease which clinically correlated with acne vulgaries. In current era Yuvan pidika is the one of the most burning problem in youngsters. All the Samhitas have pointed out Kapha, Vata, and Rakta as the causative factor of disease. In Ayurveda numbers of remedies are available with marked success and benefit over conventional modern drugs. The Lepa and Pralapa are described as a Shamana Chikitsa in previous stages of Yuvan pidika while in severe cases Shodhana Chikitsa should be applied. Moreover the Ayurvedic therapies have long lasting affects with nil side effects. In this case study concludes that uses of Ayurvedic medicines in Yuvan Pidika are very effective.

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