Acne is categorized in four groups, symptoms such as redness, heat, and pus occur. If there is increased oiliness and pus at acne lesion, that is intense itching, scaling, dryness, blackish coloration of acne lesion, then it is called as Vitiated Vataja, Kaphaja, Pittaja, and Raktaja. If there is increased oiliness and pus at acne lesion, then it is called as Yuvanpidika. In case of this disease, new therapeutic modalities are designed. Different hormones target different parts of the skin. These actions may have an impact on the function and appearance of specific skin cells, such as sebaceous glands, hair follicles, and pigment-producing cells. This most significant and beautiful organ is impacted by some adolescent anomalies, namely those between the ages of 16 and 30. The disease’s characteristics resemble those of acne. It is thought to be one of the most common skin disorders and an adolescent condition. In young people, acne vulgaris is a persistent inflammatory skin disorder. The world’s oldest known system of medicine is Ayurveda. Acharya Sushruta has mentioned the skin disease under “Kshudra Rogas” and Mukhadushika is one of them. These facial eruptions resemble thorns like that of Shalmali. Due to its tendency to influence a person’s personality and diminish one’s facial beauty, it is known as Mukhadushika. Kapha, Vata, Meda, and Rakt are the Doshas and Dushyas involved in Mukhadushika, and these have a localized impact on the person’s face. It is a skin condition that has a negative impact on a person’s look and demeanor. The appearance of blackheads, papules, pustules, and cysts is its defining features. These days, the community is more aware of this issue because of poor dietary practices.

1. INTRODUCTION

Acne is a common chronic inflammatory condition of the skin with significant cutaneous and psychological disease.\(^1\) According to Acharya Sushruta, yuvanpidika exhibits symptoms such as swelling, soreness, redness, and itching when kapha, vata, and pitta dosha are vitiated by dashya rakta. Acne is categorized in four groups, namely Vitiated Vataja, Kaphaja, Pittaja, and Rakta. If there is intense itching, scaling, dryness, blackish coloration of acne lesion, then it is called as Yuvanpidika. In case of Pittaja and Rakta yuvanpidika symptoms such as redness, heat, and pus occurs. If there is increased oiliness and pus at acne lesion, that acne is called, Kaphaja yuvanpidika.\(^2\) Yuvanpidika (Acne vulgaris) is one of the Kshudra Rogas described in various Ayurveda texts.\(^3\) Two types of Chikits are mention in the treatment of Yuvanpidika Shodhana (Purification) and Shamana (Conservation).\(^4\) Due to poor eating habits, this issue is being seen more frequently now in the neighborhood.

Acne vulgaris is a pilosebaceous follicular illness that is marked by scarring, papules, pustules, and comedones (blackheads). There are four main elements that contribute to the development of diseases and they are as follows:
1. Increased sebum production
2. Certification of pilosebaceous duct
3. Microbial involvement
4. Production of inflammation

**CASE STUDY**

**A Single Case Study on Successful Ayurvedic Management of Yuvanpidika W.S.R. to Acne Vulgaris**

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**ABSTRACT**

People today place a high value on their physical appearance and health. The face is the most significant organ for displaying a person’s beauty. Acne vulgaris is one of the most common skin disorders which dermatologists have to treat, mainly affect adolescents, though it may present at any age. Acne by definition is multifactorial chronic inflammatory disease of pilosebaceous units. Various clinical presentations include seborrhea, comedones, erythematous papules and pustules, less frequently nodules, deep pustules or pseudocysts, and ultimate scarring in few of them. Acne has four main pathogenetic mechanism-increased sebum productions, follicular hyperkeratinization, Propionibacterium acne colonization, and the products of inflammation. In recent years, due to better understanding of the pathogenesis of acne, new therapeutic modalities are designed. Different hormones target different parts of the skin. These actions may have an impact on the function and appearance of specific skin cells, such as sebaceous glands, hair follicles, and pigment-producing cells. This most significant and beautiful organ is impacted by some adolescent anomalies, namely those between the ages of 16 and 30. The disease’s characteristics resemble those of acne. It is thought to be one of the most common skin disorders and an adolescent condition. In young people, acne vulgaris is a persistent inflammatory skin disorder. The world’s oldest known system of medicine is Ayurveda. Acharya Sushruta has mentioned the skin disease under “Kshudra Rogas” and Mukhadushika is one of them. These facial eruptions resemble thorns like that of Shalmali. Due to its tendency to influence a person’s personality and diminish one’s facial beauty, it is known as Mukhadushika. Kapha, Vata, Meda, and Rakt are the Doshas and Dushyas involved in Mukhadushika, and these have a localized impact on the person’s face. It is a skin condition that has a negative impact on a person’s look and demeanor. The appearance of blackheads, papules, pustules, and cysts is its defining features. These days, the community is more aware of this issue because of poor dietary practices.
The sickness is no longer only a simple response to bacterial infection, but modern science believes that it is caused by an infection of a specific organ. The complicated nature of the body’s endocrine glands, particularly the ovary and testis, as well as factors including race, age, nutritional state, temperature, and excessive cosmetic use, has a stronger impact on the etiology.

2. PATIENT INFORMATION

A 22-year-old male patient, B.Tech. studying with registration no, 16426 came to M.S. Regional Ayurveda Research Institute, Jaipur, Rajasthan, India, with chief complaints of

1. Acne on the face (Pidika)
2. Pain (Vedana)
3. Burning sensation (Daha)
4. Itching (Kandu) and
5. Associated symptom are severe constipation and moderate insomnia past months, also appeared mentally depressed for 1½ year.

There was no significant past history of any type of systemic illness found.

Patient had the above complaints for 1½ year.

3. MATERIALS AND METHODS

1. Kunjal kriya (drinking lukewarm water with rock salt) also helps balance tridosha.
2. Local application:
   a. Shalmali kantak mixed milk with turmeric powder, for mukhalepam.
   b. Ayurvedic treatment like arogyavardhini vati, roasted small black harad in cow’s ghee.

4. CLINICAL FINDINGS

4.1. Ashtavidha pariksha[10] (Eight-fold examination)

Are mentioned in Table 1.

4.2. Samprapti ghatako[11] (Main pathophysiological components)

- Dosha-Kapha, Vata.
- Dushya-Twacha, Rakta.
- Agni-Jataragni, Dhatwagni.
- Strotas-Rakta Vahini.
- Udabhav Sthana-Amashay
- Rogamarga-Bahya
- Adhisthan-Twacha
- Sanchar Sthan-Rasayani-Shanik
- Vyakta Sthan-Mukhadushtin Twacha

5. TIMELINE

Assessment of Yuvanpidika was done on the first visit and intermittent monitoring was done weekly, for the next consecutive 6 weeks. The follow-up was done for each 15th day. Total duration of the study was 3 months.

6. THERAPEUTIC INTERVENTION

Therapeutic intervention are mentioned in Table 2.

6.1. Pathya-Apathya

Pathya-Apathya are mentioned in Table 3.

7. ASSESSMENT CRITERIA[12]

Assessment criteria are mentioned in Table 4.

8. FOLLOW-UP AND OUTCOME

The first follow-up was taken after 7 days and the same treatment was continue in the first follow-up; a new medicine was added like Cow’s ghee Brashi chhoit haritaki churna for the next 15 days. Redness of acne, itching, and burning sensation was relieved within 22 days. Continued same treatment for second follow-up was taken after the next 10 days. Continue same treatment but Arogyavardhini vati was stopped and lepa for the next 10 days.

8.1. Counseling

The patient was advised to do some yoga asana regularly. Patient got such confidence that this condition is treatable.

9. RESULTS

The treatment of yuvanpidika through Ayurvedic approach is incredible and results are significant. Changes in signs and symptoms during each follow-up (after each 15th day) are mentioned in Table 5.

10. DISCUSSION

The Ayurvedic Samhitas include a brief description of Mukhadushika. The majority of Mukhadushika (acne vulgaris) instances affect people between the ages of 16 and 30 in the dhatu vardhamana avastha group, especially in the initial phases of the functional state known as shukradhara (Abhyayakti and Vridhhi). In addition, due to the use of unbalanced foods and alternate lifestyles that vitiate dosha and dushya, Pitta and Shukra Dhatu predominant throughout this era as well. Nidanaparivarjan was consequently recommended for the patient. Samana Chikita and regional Mukhadushika applications in Vaman, Virechan, Nasya, and Rakthamokshan have been noted by the majority of the Acharya. With the use of steam therapy, blackheads and tiny pore blockages can be eliminated. While steam therapy makes pimples softer and easier to remove, it does not effectively treat acne.


By balancing the three Doshas, Arogyavardhini vati enhances general health. The liver, kidney, and brain are not significantly affected toxicologically by the medication. This treatment is often referred to as organic liver detoxification. It encourages harmony and preserves liver function in addition to a sound digestive system.

Arogyavardhini vati performs the shoshan, or assimilation, of many extra unction substances in the body. It also performs the Raktosodhana (purification of blood) and the Pachan (digestion) of Drava (liquid) and Kleda (clammy). In Meda Dhatu, it lessens Dravatva and Snigdhatva. For the medicine to have the desired effect, certain adjuvants must be taken with it. As the disease’s root causes, vitiated Kapha, Vata, and Rakta have been identified by Acharya Sushruta. According to contemporary research, the sebaceous gland illness melodushti, which causes macules, papules, black spots, and other skin changes on the face, was also addressed by Acharya Vagbhata in the Mukhadushika.
11. CONCLUSION

A common skin condition called yuvanpidika has been clinically linked to acne vulgaris. Yuvanpidika is one of today’s most pressing issues among young people. All of the samhitas identify Kapha, Vata, and Rakta as the three doshas that cause illness. Numerous treatments are offered in Ayurveda with notable efficacy and advantages over modern conventional medicine. In the initial stage of yuvanpidika, the Lepa and Pralapa are given as Shamana Chikitsa, whereas in chronic condition, Shodhana Chikitsa should be used. In addition, there are no adverse effects and a long-lasting effect from Ayurvedic treatments. This case study comes to the conclusion that yuvanpidika uses Ayurvedic medications extremely successfully.

12. ACKNOWLEDGMENT

The authors would like to acknowledge Dr. B.R. Meena (Assistant Director Incharge), Dr. V.B. Kumawat (Project Incharge), and Dr. Suhas Choudhary (AY.), for their support in this work.

13. AUTHORS’ CONTRIBUTIONS

All the authors contributed equally in design and execution of the article.

14. FUNDING

Nil.

15. ETHICAL APPROVALS

This study not require ethical clearance as it is a single case study.

16. CONFLICTS OF INTEREST

Nil.

17. DATA AVAILABILITY

This is an original manuscript, and all data are available for only case study purposes from principal investigators.

18. PUBLISHERS NOTE

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REFERENCES


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Table 1: Ashtavidha pariksha

1. Nadi (pulse): 79/min
2. Shabda (speech): Clear
3. Mala (stool): Abaddha
4. Sparsha (touch): Normal
5. Mutra (urine): Normal
6. Druka (eyes): Normal
7. Jivha (tongue): Saam
8. Akruti (built): Madhyama

Table 2: Therapeutic intervention

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dose</th>
<th>Root of administration</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arogyavardhini vati</td>
<td>500 mg, twice a day, with lukewarm water after meal</td>
<td>Orally</td>
<td>7 Days</td>
</tr>
<tr>
<td>Shalmali thorn and turmeric (Curcuma longa L.) rhizome</td>
<td>5 g, once daily with lukewarm water (paste)</td>
<td>External application</td>
<td></td>
</tr>
<tr>
<td>Cow’s ghee Brasht haritaki (Terminalia chebula Ret.) churna</td>
<td>5 g, once daily with lukewarm water</td>
<td>Orally</td>
<td></td>
</tr>
<tr>
<td>Shalmali thorn and turmeric rhizome</td>
<td>5 g, once daily with lukewarm water (paste)</td>
<td>External application</td>
<td></td>
</tr>
<tr>
<td>Cow’s ghee Brasht chhoti haritaki churna</td>
<td>5 g, once daily with lukewarm water</td>
<td>Orally</td>
<td></td>
</tr>
<tr>
<td>Shalmali thorn and turmeric rhizome</td>
<td>5 g, once daily with lukewarm water (Paste) (paste)</td>
<td>External application (At evening)</td>
<td></td>
</tr>
<tr>
<td>Cow’s ghee Brasht chhoti haritaki churna</td>
<td>5 g, once daily with lukewarm water</td>
<td>Orally</td>
<td></td>
</tr>
<tr>
<td>Shalmali thorn and turmeric rhizome</td>
<td>5 g, once daily with lukewarm water (Paste) (paste)</td>
<td>External application (At evening)</td>
<td></td>
</tr>
<tr>
<td>Fourth follow-up</td>
<td>Arogyavardhini vati</td>
<td>500 mg, twice a day, with lukewarm water after meal</td>
<td>Orally</td>
</tr>
<tr>
<td>Cow’s ghee Brasht chhoti haritaki churna</td>
<td>5 g, once daily with lukewarm water</td>
<td>Orally</td>
<td></td>
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<tr>
<td>Shalmali thorn and turmeric rhizome</td>
<td>5 g, once daily with lukewarm water (paste)</td>
<td>External application (At evening)</td>
<td></td>
</tr>
</tbody>
</table>

Table 3: Pathya-Apathya

**Do’s**

- Intake of lukewarm water for the whole day as a routine.
- Take steam inhalation through the mouth once a day with turmeric and neem water.
- Green gram, millets, (help improve the functioning of the digestion system, etc.).
- Ustrasana – know to open Anahata (Heart chakra)
- Sirsasanapose and butterfly pose.

**Don’ts**

- Avoid spicy food, bread, bakery, non-veg, eggs, ice cream, cold drinks, chocolates, fast food, fermented food items, any preservative and color chemical-containing items.
- Avoid tea and coffee.
- Avoid tea and coffee.
- Go to bed early and get up early.
- If acne is present already, stress may make it worse.
- Night awaking (Ratrijagran), Day time sleeping (Divaswapan).
- Anger

Table 4: Assessment criteria

<table>
<thead>
<tr>
<th>Sign and symptoms (in number)</th>
<th>Normal (0)</th>
<th>Mild (1)</th>
<th>Moderate (2)</th>
<th>Severe (3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acne</td>
<td>No acne(0)</td>
<td>1–3 (1)</td>
<td>4–9 (2)</td>
<td>More than 9 (3)</td>
</tr>
<tr>
<td>Pain</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Itching</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Burning</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Constipation</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Discoloration</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

Table 5: Changes in signs and symptoms during each follow-up (after each 15th day)

<table>
<thead>
<tr>
<th>Sign and Symptoms</th>
<th>Before treatment</th>
<th>1st Follow-up</th>
<th>2nd Follow-up</th>
<th>3rd Follow-up</th>
<th>4th Follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acne (in number)</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Pain</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Itching</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Burning</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Constipation</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Discoloration</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>