

## Ayurvedic Management of Acne Vulgaris (~युवानपिका): A Case Report

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### ABSTRACT :

Face is the mirror of the individual personality and any least mark can result into a larger impact on the individual. Whole beauty of the body depends upon the beauty of the face. Minor problems leads to non-attractive look to a permanent disfigurement of the face which may results in inferior complexity sometime isolation in the social life. *Yuvanpidika* is most common skin ailment and usually a self-limiting condition of teenagers and young adults. *Yuvanpidikaisas type of Kshudra*

*Roga*. The diseases which are *Kshudra* or diminutive in nature, whose symptoms and signs are less in quantity and quality compared to other diseases and which are not life threatening are termed as 'Kshudra - rogas' in Ayurvedic context. It is also called as *Tarunyapitika* & *Mukhdushika*. No description of the disease is present in *Ayurvedic text Charak Samhitabut Acharya Sushrutin Sushrut Samhitah* has described the disease under *Kshudra Roga* chapter. In *Ayurveda* initiation of *Vata*, *Kapha* and *Rakta* are etiological factors that give rise to *Yuvanpidika*.

The incidence of *Yuvanpidika* are tremendously increasing in our society due to the change in the diet pattern, life style, hormonal changes and environmental conditions. It can be correlated with Acne Vulgaris in modern science. Acne Vulgaris as a chronic inflammatory disorder of sebaceous follicles characterized by the formation of comedone, papules and pustules, less frequently nodules. In text of Ayurveda, there are a number *mukhlepa*, medicinal preparations, *Pathya Apathya*, *Dinachrya* procedures which have wonderful preventive and curative effect on *Yuvanpidika* diseases. Furthermore, the face beauty is necessary for everyone, so all the section of *Ayurveda* can work together in the prevention of *Yuvanpidika* and other disease

**KEYWORDS:** *Yuvanpidika*, *Tarunyapitika*, *Mukhdushika*, *kshudra rogas*, Acne Vulgaris, Pimples.

### I. INTRODUCTION :

The face is the “organ of emotion,” and we constantly read facial expressions to understand the feelings of others. It contains many other powerful clues. Our face also plays a vital role in physical attractiveness. It is one of our most important possessions. But *Yuvanpidika* is the biggest enemy for our face. *Yuvanpidika* is a problem which is encountered by almost everyone at the time of adolescence. Its prevalence is similar for both sexes. Everyone wants to have beautiful and charming skin. *Yuvanpidika* The eruption like Salmali thorn, on the face during adulthood, caused by *Kapha*, *Vata* and *Rakta* are known as *Yuvanpidika*. The common site of *Yuvanpidika* (acne vulgaris) is face in which forehead, cheeks, nose and chin are the prominent sites.

It can be correlated with Acne Vulgaris in modern science. It is a chronic inflammatory disorder of the pilosebaceous unit, characterized by the formation of non-inflammatory lesions (comedones) inflammatory lesions (papules, pustules, and nodules), and, in severe cases, cysts. While it predominantly appears on the face, acne can also affect the back, chest, and shoulders. The primary cause of acne vulgaris is clogged hair follicles (pores) due to a combination of excess oil (sebum), dead skin cells, and bacteria. The condition arises due to increased sebum production, abnormal keratinization, colonization by *Cutibacterium acnes* (formerly *Propionibacterium acnes*), and an inflammatory immune response. Hormonal changes during puberty, particularly an increase in androgen play a significant role in its development. Other contributing factors include genetic predisposition, stress, diet, and the use of cosmedogenic skincare products. Acne vulgaris not only impacts physical appearance but also has significant psychological effects, such as low self-esteem and social anxiety. Understanding its pathophysiology and identifying individualized

treatment options are essential for effective management and improving quality of life.

Acne vulgaris, a prevalent inflammatory disorder of the pilosebaceous unit of the skin, predominantly affects the face and trunk. It is estimated to impact about 9% of the global population, with a higher prevalence among individuals aged 12–24 years (about 85%) and a considerable percentage of patients aged 20–29 years (around 50%)

## II. MATERIAL METHOD

### CaseReport

#### Patientinformation:

A female of age 26 yrs, Student, who has no history of comorbidity came to outpatient department of Rachna Shariron 03-04-2025.

**PrimaryConcernsandsymptoms:** No of Puss filled Acne over face (*Pidika*) with redness, Pain, Burning sensation (*Daha*), Itching (*Kandu*), Discoloration of the skin (*Vaivarna*). She had associated complaint of Burning micturition, disturbed sleep and irregular bowel evacuations since 8 months

#### HistoryofPresentIllness:

Patient was asymptomatic 6 months ago, then suddenly she noticed small pimples on face. She ignored the condition but after some time gradualy increases number of pimples. In this period, she experienced small pustules over her both cheeks. Also, had an itching, Pain, redness and burning sensation over those areas. The patient tried various allopathic local as well as systemic drugs, but none could prevent the relapse of acne. So, she came to the OPD for *Ayurvedic* treatment

#### HistoryofPastIllness:

Patient had no history of hypertension, diabetes mellitus, thyroid disorders.

#### Personal history of patient :

- Diet – Vegetarian, Junk food, Salty - Spicy.
- Bowel - Irregular ( Constipated)
- Micturition – 1-2 times at night with burning.
- Appetite – Low
- Sleep – disturbed

#### ClinicalFindings:

##### GeneralExamination:

- Blood Pressure – 120/70 mmHg
- Pulse Rate. - 78/ minute
- Respiratory Rate – 20/minute
- Body Weight – 48kg
- Body Height - 5'2" inch
- BMI of Patient - 20.86kg/

On general examination, no clubbing, cyanosis, icterus, pallor, pigmentation seen.

#### Local examination :

Puss filled pimples on face with redness.

#### TREATMENTPLAN:

**Diagnostic Protocol :** On the basis of symptoms like *Shalmali Kantaka Sadrisha Pidika, daha,tod*, associated with *Aruchi, Mukhvairasya, Gauravta, Vibandha, indicates Rasa, Rakt, Mamsa Dhatus* reflects through *Twaka dusti* which is clinically assessed by *AshtavidhaPariksha*(Eight Fold Examination)

NADI PARIKSHA	<i>Vataj-Kaphaj</i>
<i>MALA</i>	<i>Vikrit</i> (hard,non sticky,yellowish in color).
<i>MUTRA</i>	<i>Prakrit</i>
<i>JIVHA</i>	<i>Malavrit</i> (white coated)
<i>SHABDA</i>	<i>prakrit</i>
<i>SPARSHA</i>	<i>Ruksha</i>
<i>DRISHTI</i>	<i>prakrit</i>
<i>AKRITI</i>	<i>Sama</i>

**Therapeutic interventions :**

After complete screening of patient and consent taken, on the basis of above findings patient was provisionally diagnose with *Yuvanpidika*. The drugs selected for treatment was *Triphala guggulu* , *Kaishoor guggulu* with *Arogyavardhini vati*, *Avipattikar churna* and *Chandanasava* . In next visit(after 15 days from drug intervention) diet and life style advised to patient to improve quality of life.

TimeFrame	DrugIntervention	Dose	Frequency	Anupana
24/03/2025	<i>Avipattikarchurna</i> + <i>Triphalaguggulu</i> + <i>Cap Manjishta</i>	5gm, OD	After meal at bed time	Lukewarm water
		2tab, BD	After meal	Water
		2tab BD	After meal	Water
05/04/2025	<i>Triphala guggulu</i> + <i>Kaishoor guggulu</i> <i>Cap Manjishta</i> + <i>Arogyavardhini vati</i> + <i>Chandanasava</i>	2tab, BD	After meal	water
		2tab, BD	Aftermeal	Water
		2tab, BD	After meal	Water
		10ml, BD	After meal	Water
			After meal	Water
			After meal	Water

15/04/2025	<i>Triphala gugguli</i> + <i>Cap Manjishta</i> + <i>Arogyavardhini vati</i> + <i>Chandanasava</i>	2tab, BD 2tab, BD 2tab, Bd 10ml, BD	After meal Aftermeal Aftermeal After meal	water Water Water Water
30/04/2025	<i>Cap Manjishta</i> + <i>Chandanasava</i>	2tab, Bd 10ml, BD	Aftermeal Aftermeal	Water Water

***Pathya Apathya :***

<i>Pathya</i>	<i>Apathya</i>
• <i>Sadvrutta palana</i>	• Junkfood
• <i>Vyayama,Yoga</i>	• Consumingsour,salty,meat&alcohol
• <i>Satvika ahara</i>	• <i>Atimaituna</i>
• Meditation	• Excessivesleep
• Healthy foodhabits	• Avoidstress

**OBSERVATION :**

S.No	Symptoms	Beforetreatment	Aftertreatment	1stfollowup	2ndfollowup
1.	<i>Shalmali Kantaka</i> <i>Sadrisha pidika</i>	Present	Mildreduced	Moderatereduce	Improvement(+)
2.	<i>Tod</i>	Present	Mildreduced	Reduced	Improvement(+)
3.	<i>Daha</i>	Present	Mildreduced	Reduced	Improvement(+)
4.	<i>Strav</i>	Present	Moderate reduced	Reduced	Improvement(+)

**RESULT : Images Before and After treatment**

**III.**

**IV. DISCUSSION :**

The term *Yuvanpidika* indicates the prevalence of the disease in the Yuvan [young age] stage of the Madh-

yamaVaya. Generally, *Yuvanpidika* begins to appear in teenage and continue up to whole younger hood so its synonyms are like *Tarunyapidika* and *Yuvanpidika*. *Yuvanpidika* or *Mukhdushikais* included under the *Kshudra Roga* in the *Ayurveda*. Unfortunately, acne is a disease that affects the specifically face during the prime of life, from adolescence to young adulthood, and if left untreated, it leaves a scar that lasts the rest of one's life, earning it the name *Mukhadushika* in *Ayurveda*. As a result of an increase in *Shukradhatu* and its *Mala*. The vitiation of *Kapha*, *Vata*, and *Rakta* in the disease *Yuvanpidika* has been accepted. The cardinal feature of the disease, *Shalmali kantakavat Pidaka*, *Toda* and *Ghana*. *Pidaka* were observed in some people.

**Causes:** The causes are summarized as follows:

**Aharaj-**

*Katu*, *Guru*, *Madhura*, *Atisnidgha*, *Dadhi*, *Amla*, *Usna*, *Vi dahi*, *Tiksnalavana*, *Madya*, *Masa*, *Ajirnebhojanam* and *hyasana*.

**Viharaj-**

*Vega*, *vidharana*, *Jagarana*, *Nidra*, *Viparyaya*, *Upavasa*, *Atapa*, *Sevan*

**Manasika**- *Atisoka*, *Ksobha*, *Krodha*, *Santa*,

**Kalaja**- *Sharadkal*, *Svabhava*, *(Avasthikkal)*

The primary causative factors in *Yuvanpidika* are: *Pitta Dosha* : Responsible for inflammation, redness, and burning sensation in the lesions. *Kapha Dosha* : Leads to excessive oiliness and clogging of pores. *Rakta Dhatu Dushti* : Vitiation of blood contributes to toxin accumulation and inflammatory responses. *Ayurveda* emphasizes that hormonal changes during adolescence aggravate *Pitta* and *Kapha*, leading to the manifestation of *Yuvan Pidika*. Srotas Involvement: The *Swedavaha* (sweat channels) and *Raktavaha* (blood channels) srotas are primarily affected in *Yuvan Pidika*. Blockage of these channels by *doshas* and *ama* (toxins) leads to the formation of pustules and comedones. Treatment Modalities in *Ayurveda*: The management of *Yuvan Pidika* involves a combination of: *Shodhana Chikitsa* (Purification Therapy): Therapies like *Virechana* (purgation), *Vamana* (emesis), and *Raktamokshana* (bloodletting) aim to detoxify the body and purify the blood. *Shamana Chikitsa* (Palliative Treatment): Herbal formulations like *Kaishoora Guggulu*, *Gandhaka Rasayana*, and *Manjishthadi Kwatha* pacify *Pitta* and *Kapha* while detoxifying *Rakta dhatu*. *Pathya* (Diet and Lifestyle): A *Pitta*- and *Kapha*-pacifying diet, hydration, and avoidance of trigger foods are emphasized. Lifestyle practices like *yoga*, *pranayama*, and stress management are also recommended. Holistic Perspective of

*Ayurveda*: *Ayurveda* views *Yuvan Pidika* not only as a physical condition but also as one influenced by mental and emotional health. Stress, anger, and irregular sleep patterns are seen as contributing factors, aligning with the modern understanding of acne triggers. The holistic approach addresses both internal and external factors, providing long-term benefits without adverse effects.

The *Ayurvedic* framework for *Yuvan Pidika* offers a comprehensive and natural way to manage acne, emphasizing balance, detoxification, and overall well-being. This integrative approach has significant potential for modern dermatological practice, especially in cases where conventional treatments fail or cause side effects.

In this case study, patient comes with complaint of Acne on face having puss, redness, burning, pain. The line of treatment applied on it. For this, we use *Avipattilar churna*, *Triphalaguggulu*, *Kaishoorguggulu*, *Arogyavardhini vati* for 2 months. After treatment patient gets significant relief in the symptoms.

## V. CONCLUSION:

*Yuvanpidika* develops due to vitiation of *Vata*, *Kapha Dosha* and *Rakta Dhatu*, role of *Pitta* is not mentioned directly in any texts but indirectly *Pitta* also plays a key role in the disease manifestation.

In current times *Yuvanpidika* is the one of the most burning problems. It has been found that adolescence are mainly susceptible to *Yuvanpidika*. It seems that we need to reassess entire lifestyle if we want to prevent and manage *Yuvanpidika*. In *Ayurveda Ahara*, *Vihara*, *Dincharya*, *Ritucharya*, *mukhlepa*, are described which have good role in prevention & cure of the *Yuvanpidika*. The prevention and management of *Yuvanpidika* can be done successfully in *Ayurveda*. Moreover *Ayurvedic* treatments are safe & affordable by everyone.

## CONFLICT OF INTEREST - NIL

## SOURCE OF SUPPORT - NONE

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