


## 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 *Rakta* 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.<sup>[1]</sup> According to *Acharya Sushrut*, *yuvanpidika* exhibits symptoms such as swelling, soreness, redness, and itching when *kapha*, *vata*, and *pitta dosha* are vitiated by *dushya rakta*. Acne is categorized in four groups, namely *Vitiated Vataja*, *Kaphaja*, *Pittaja*, and *Raktaja*. If there is intense itching, scaling, dryness, blackish coloration of acne lesion, then it is called as *Vataja yuvanpidika*. In case of *Pittaja* and *Raktajayuvanpidika* symptoms such as redness, heat, and pus occurs. If there is increased oiliness and pus at acne lesion, that

acne is called, *Kaphaja yuvanpidika*.<sup>[2]</sup> *Yuvanpidika* (Acne vulgaris) is one of the *Kshudra Rogas* described in various *Ayurveda* texts.<sup>[3]</sup> Two types of Chikitsa are mentioned in the treatment of *Yuvanpidika* *Shodhana* (Purification) and *Shamana* (Conservation).<sup>[4]</sup> 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

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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*<sup>[5]</sup> (Eight-fold examination)

Are mentioned in Table 1.

### 4.2. *Samprapti ghataka*<sup>[6]</sup> (Main pathophysiological components)

- *Dosha-Kapha, Vata.*
- *Dushya-Twacha, Rakta.*
- *Agni-Jataragni, Dhatwagni.*
- *Strotas-Rakta Vahini.*
- *Udbhav Sthana-Amashay*
- *Rogamarga-Bahya*
- *Adhistan-Twacha*
- *Sanchar Sthan-Rasayani-Sthanik*
- *Vyakta Sthan-Mukhagat 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 15<sup>th</sup> 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<sup>[12]</sup>

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 *Brashti chhoti haritaki churna* for the next 15 days. Redness of acne, itching, and burning sensation was relived 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 15<sup>th</sup> 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* (*Abhivyakti* and *Vridhhi*). In addition, due to the use of unbalanced foods and alternate lifestyles that vitiate *dosha* and *dushya*, *Pitta* and *Shukra Dhatu* predominate throughout this era as well. *Nidanaparivarjan* was consequently recommended for the patient. *Samana Chikitsa* and regional *Mukhadushika* applications in *Vaman*, *Virechan*, *Nasya*, and *Raktamokshan* 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.

External application/*lepa* - *Haritaki* - Anti-bacterial, Anti-fungal properties, Reducing acne, black spots, and scarring. *Shalmali*-Effective in acne vulgaris, Anti-bacterial, Anti-inflammatory.

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 unctuous substances in the body. It also performs the *Raktasodhana* (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 *medodushti*, which causes macules, papules, black spots, and other skin changes on the face, was also addressed by *Acharya Vagbhat* 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.

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## 13. AUTHORS' CONTRIBUTIONS

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

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## 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.

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**Table 1:** Ashtavidha pariksha

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

**Table 2:** Therapeutic intervention

Drug	Dose	Root of administration	Duration
<i>Arogyavardhini vati</i>	500 mg, twice a day, with lukewarm water after meal	Orally	7 Days
<i>Shalmali</i> thorn and turmeric ( <i>Curcuma longa</i> L.) rhizome	5 g, once daily with lukewarm water (paste)	External application	
First follow-up			
<i>Arogyavardhini vati</i>	500 mg, twice a day, with lukewarm water after meal	Orally	15 Days
Cow's ghee <i>Brasht haritaki</i> ( <i>Terminalia chebula</i> Ret.) <i>churna</i>	5 g, once daily with lukewarm water	Orally	
<i>Shalmali</i> thorn and turmeric rhizome	5 g, once daily with lukewarm water (paste)	External application	
Second follow-up			
<i>Arogyavardhini vati</i>	500 mg, twice a day, with lukewarm water after meal	Orally	10 Days
Cow's ghee <i>Brasht chhoti haritaki churna</i>	5 g, once daily with lukewarm water	Orally	
<i>Shalmali</i> thorn and turmeric rhizome	5 g, once daily with lukewarm water (Paste) (paste)	External application (At evening)	
Third follow-up			
Cow's ghee <i>Brasht chhoti haritaki churna</i>	5 g, once daily with lukewarm water	Orally	
<i>Shalmali</i> thorn and turmeric rhizome	5 g, once daily with lukewarm water (Paste) (paste)	External application (At evening)	
Fourth follow-up			
<i>Arogyavardhini vati</i>	500 mg, twice a day, with lukewarm water after meal	Orally	15 Days
Cow's ghee <i>Brasht chhoti haritaki churna</i>	5 g, once daily with lukewarm water	Orally	
<i>Shalmali</i> thorn and turmeric rhizome	5 g, once daily with lukewarm water (paste)	External application (At evening)	

Ayurveda drug	Action
<i>Arogyavardhinivati</i> <sup>[7]</sup>	<i>Deepan, Pachan, Rechaka</i> ( <i>Shodhana</i> ), <i>Pitta</i> balancing quality (Manage the digestive problem), <i>Kaphagna</i>
<i>Haridra</i> <sup>[8]</sup>	<i>Varnya</i> (Beneficial for skin color), <i>Vedanasthapak</i> (Reduce pain) <i>Kandughna</i> (Reduce itching), <i>Vranropaka</i> (wound healing)
<i>Haritaki</i> <sup>[9]</sup>	<i>Nadi dourbalya, Vatanuloman, Vibandhar</i>
<i>Salmali</i> <sup>[10]</sup>	Control the excessive secretion of sebum or oil from the skin, pores on the skin are clean and open
Cow's ghee <sup>[11]</sup>	<i>Daha prasman, vranprasadan, pittaaniharm</i>

**Table 3:** Pathya-Apathya

Do's	Don'ts
<b>AHARA</b>	<b>AHARA</b>
<ul style="list-style-type: none"> <li>Intake of lukewarm water for the whole day as a routine.</li> <li>Take steam inhalation through the mouth once a day with turmeric and neem water.</li> <li>Green gram, millets, (help prevent constipation), vegetables, and fruits.</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> <li>Avoid tea and coffee.</li> <li><i>Viruddha Ahara</i> Sevana (dietetic incompatibility)</li> </ul>
<b>VIHARA</b>	<b>VIHARA</b>
<ul style="list-style-type: none"> <li>Go to bed early and get up early.</li> <li>Surya Namaskar (Blood circulation enhancement, improves the functioning of the digestion system, etc.),</li> <li><i>Ustrasana</i> – know to open <i>Anahata</i> (Heart chakra)</li> <li>Sirsasanapose and butterfly pose.</li> </ul>	<ul style="list-style-type: none"> <li>If acne is present already, stress may make it worse.</li> <li>Night awaking (<i>Ratrijagran</i>), Day time sleeping (<i>Divaswapan</i>).</li> <li>Anger</li> </ul>

**Table 4:** Assessment criteria

Sign and symptoms	Normal (0)	Mild (1)	Moderate (2)	Severe (3)
Acne (in number)	No acne (0)	1–3 (1)	4–9 (2)	More than 9 (3)
Pain	0	1	2	3
Itching	0	1	2	3
Burning	0	1	2	3
Constipation	0	1	2	3
Discoloration	0	1	2	3

**Table 5:** Changes in signs and symptoms during each follow-up (after each 15<sup>th</sup> day)

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



Before Treatment

During Treatment

After Treatment