



Review Article

YUVNAN PIDIKA - A CONCEPTUAL STUDY W.S.R. ACNE VULGARIS

Gaurav Gaur^{1*}, Suneel Pal², Kulratan³

¹PG Scholar, ²Associate Professor, Dept. of Panchakarma, ³Associate Professor, Dept. of Swasthvrita, HAMC & Hospital, Dehradun, Uttarakhand, India.

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ABSTRACT

The Concept of Beauty has prevailed since Mankind earliest ages but in Today's world beauty is Ayurveda is a deep sea of knowledge in which not only Systemic disease but also local diseases either Small or Large are described in detail along with its management. *Yuvanapidika* is one of these. One of the Most valued and desirable attributes. It is that quality or combination of qualities which afford pleasure to the senses especially that of sight. Acne is the most common skin problem which most commonly affects Teenagers. It is the blight of mankind and the caricature of youth. It afflicts 89% of seventeen year olds to some degree. In India, prevalence data from a dermatology clinic in a teaching hospital in Varanasi reported acne in 50.6% of boys and 38.13% of girls in the age group 12-17 years. Acne can be correlated with *Yuvana Pidika* mentioned in Ayurveda. Acne is a chronic inflammatory condition of the pilosebaceous follicles on the face and upper trunk. *Aacharya Sushruta* has described *Yuvana Pidika* as the eruptions similar to *Shalmali* thorn on face especially of adolescents. It is also named as *Mukhadushika*.

*Address for correspondence

Dr Gaurav Gaur

PG Scholar,
Dept. of Panchakarma,
HAMC & Hospital, Dehradun,
Uttarakhand, India.

Email: joshsharma617@gmail.com

INTRODUCTION

The Face is the 'organ of Emotion and we constantly read Facial expression to understand the feelings of others. Our face also plays a vital role in Physical Attractiveness. *Yuvanapidika* is a problem which is encountered by almost everyone at the time of Adolescence. Everyone wants to have Beautiful and Charming skin. This Disease is described under the heading of '*Kshudra roga*' in Ayurveda and many remedies are described to cure, this diseases. In Ayurveda, this Disease is described as "*Mukhdushika* or *Yuvan pidika*. According to Ayurveda, the *Shalmali Kantik* like eruption on the Face due to vitiation of *Kapha, Vata* and *Rakta* which are found in adolescents are called *Mukhdushika*. According to the Nature of Disease, it is essential to work on such Drugs which has property of *Kapha-Pitta shamak & Raktashodhak* can reverse the condition and can be used for long time. Acne is a common chronic inflammatory condition of skin with significant Cutaneous and Psychological disease burden. 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 50.6% of Boys and 38.13% of Girls in the age group of 12-17 years.^[1-3]

Predisposing Factors

Pathophysiology of Inflammatory Acne is the role of the Normal skin Commensal Bacterium *Propioni Bacterium Acnes*. The density of *Propioni Bacterium Acnes* increases markedly During Puberty Coinciding with the onset of the Disease. Many Synthesis Drugs Like Benzoyl peroxide, Antibiotics, Antandrogens are used to treat this Disorder but these drugs also exhibit several side effects like Dryness of skin, Dermatitis, Darkening of the skin, and Recurrence after with drawl There are some factors, which do not produce the Acne But prepare a floor to the Acne production. These factors create some conditions in the body, favouring to the Acne occurrence. These factors can be enlisted as.

A) Diet- Diet may play an important role in aggravation of acne. Certain foods especially butter, cream, ice- cream, chocolates, fried foods, fats, excess starches, sweets, delicious greasy dishes, overeating,

chillies, alcohol, aerated drinks, tea etc. aggravate the conditions.

B) Climate- The climatic factors influence the course and extent of lesions. The disease is commonest in moist temperate climate. Exposure to Sun and Wind, increasing Desquamation of the exposed Skin, diminishes the hyperkeratosis of the hair Follicles and Reduces comedone Formation.

C) Use of Cosmetics- Excess use of greasy cosmetics as the cause of Acne form lesions; as it blocks the pores of sebaceous glands preventing the outcome of the sweat as well as fresh open air essential for the healthy skin is obstructed.

D) Occupation- The persons working in the industries of heavy metals and oil industry have little tendency of having the pimples. The inherited dust of these metals may lodge in the circulatory system and under the skin Moreover a sedentary life may be one of the stimulating factor to Acne.

E) Constipation- A common predisposing cause to produce acne is intestinal stasis, especially the constipation.

F) Mental stress- There is no Evidence that Sebaceous glands are under nervous control but there is no doubt that Mental Stress can aggravate Acne. Severe Acne may be related to increased Anger and Anxiety. The Stresses causes Excess Secretion of Androgens and Subsequently lead to Acne.

Kapha, Vata, Rakta, is the causative factors of the disease. While *Svabhava* as well as *Vaktra Snigdhatā* and *Pidika* have also been mentioned as due to *Sukra dhatumala*.

Causes: The Causes are Summarized as follows: *Aharaj- Katu, Guru Madhura, Atisnigdha, Dadhi Amla, Usna Vidahi, Tikсна Lavana, Madya Masa, Ajirne bhojanam Adhyasana*.^[4]

Viharaj-Vegavidharana. Jagarana, Nidra Viparyaya Upavasa Atapa Sevan

Manasika -Atisoka Ksobha Krodha Santap

Kalaja- Sharad kal Svabhava (Avasthik kal)

Clinical Types of Acne:^[5] There are 6 types of acne found commonly. These types are as follows:

- (1) Acne punctata
- (2) Acne papulosa
- (3) Acne Pustulosa

(4) Acne indurate

(5) Acne cystic

(6) Acne keloida

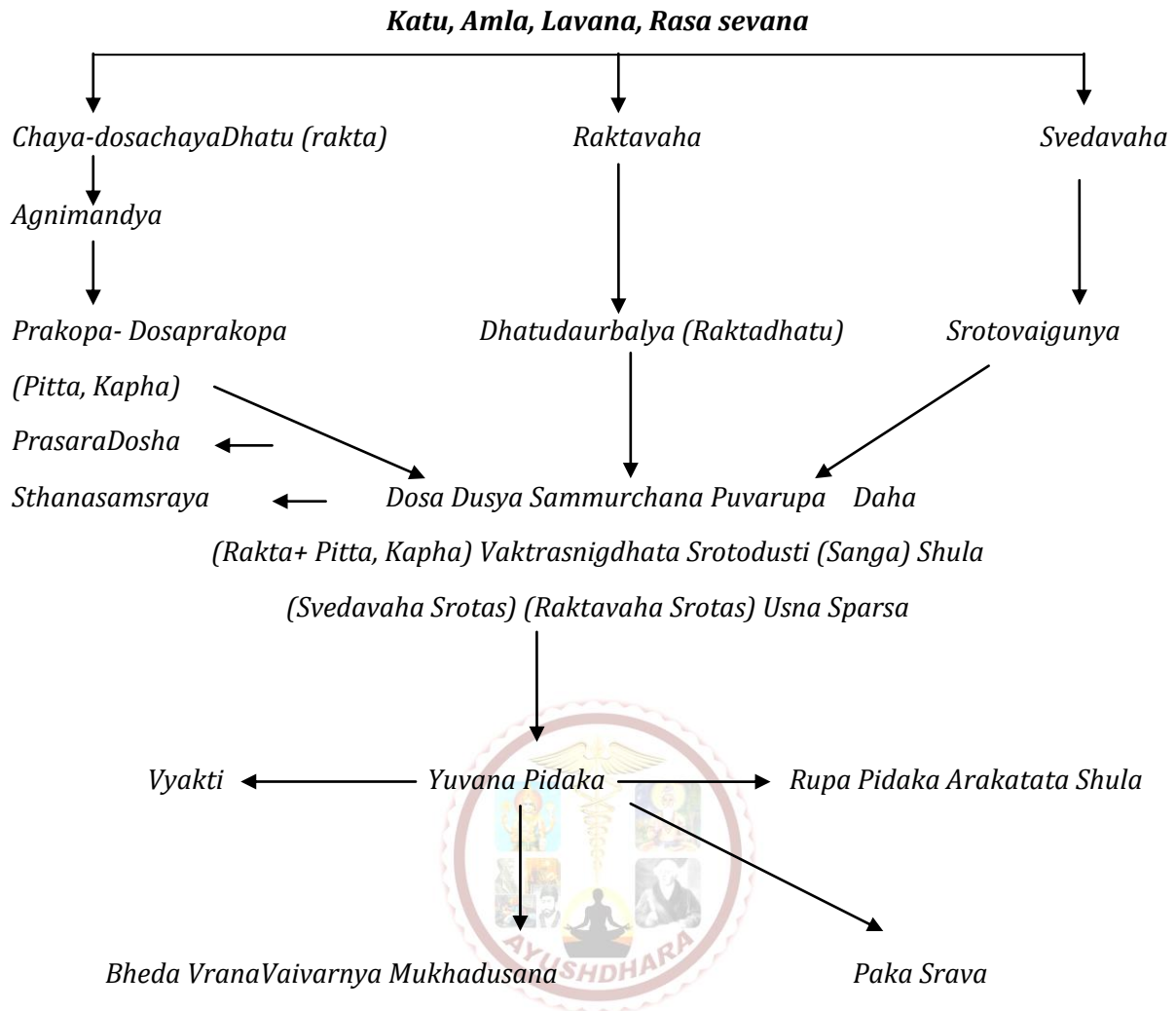
Symptoms

- Skin rash or lesion on the Face, truck (chest) Neck, Back, or other Area
- Comedones (white heads or blackheads)
- Pustules
- Cysts
- Papules
- Nodules
- Redness (Erythema) of the skin lesions or skin around a lesion
- Inflammation around the skin eruptions
- Crusting of skin eruptions
- Scarring of the skin

Samprapti of Yuvana Pidika

Putting under the heading of *Kshudraroga*, the pathological process of the disease is not given in Ayurvedic Texts. But as no disease can occur without *Samprapti*. The knowledge of Pathogenesis is helpful in the treatment of the disease. There is not any single disease which can occur without vitiation of *Doshas*. According to *Sushruta* the causative factors for *Yuvana Pidika* are the vitiation of *Vata, Kapha* and *Rakta*. He does not include *Pitta* as a causative factor but in the practice one can see such patients of *Yuvana Pidika* who having the symptoms like Swelling, Reddishness, and Burning sensation confirms the involvement of *Pitta* in the pathogenesis. The reasons for neglecting *Pitta* may be that it is similar to *Rakta* in the character. If *Rakta* is involved there *Pitta* will be associated with it. Moreover the site of *Pitta* is said in *Sweda* and *Rakta*. If *Rakta* and *Sweda* are vitiated *Pitta* will be vitiated jointly with them. According to *Charka* in the aggravated *Pitta* is located in the skin and in *Rakta*, it cause Red swelling which is known as *Pidika*. Thus the conclusion is that the *Pitta* is also involved in production of *Yunana Pidika*. The disease *Yuvana Pidika* is said to be produced by waste product of *Sukra*, the 7th *Dhatu* of the body, but others say that the *Sneha* of the face is the waste product of the *Dhatumajja*.

Etiopathogenesis of Yuvanapidika



Chikitsa [6]

In Ayurveda mainly two type of *Chikitsa* are described i.e. *Shodhana chikitsa* and *Shamana chikitsa*. *Shamana chikitsa* is that, which neither expels nor excites the *Dosha* but mitigates the increased *Doshas* and maintain the normalcy of *Doshas* within the body.

Shodhan therapy

(a) Vaman Karma (Emesis)- It is the best procedure to subside the *Kaphaja* abnormalities as told by both Acharya Shushruta and Vagbhatta. It helps in *Samprapti Vighatana* of *Mukhdushika*. Almost in all texts *Vaman* is the prime treatment of *Yuvan Pidika*.

(b) Virechana Karma-This therapy is indicated specially to sub side *Pitta Dosha* or *Pitta Sansargaja Dosha*. The purgative drugs expel the excess *Pitta* from the *Guda Marga*. Property of *Rakta* is analogous to *Pitta Dosha*, there for *Virechana* is also effective in *Raktaja Vikara*. In Ayurvedic texts Acharya Charak has explained *Upvasa, Virechana,*

and *Raktastrava* as treatment modalities in *Raktaja* and *Pittaja Vikara*.

(c) Nasya Karma- Acharya Vagbhatta has also described this process in *Mukhdushika*.

(d) Shiravedha- *Raktamokhsana* by *Shirovedha* is 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. Line List of *Chikitsa* as described by different Acharyas.

Text name Chikitsa[7-11]

- Sushruta Samhita: *Lepa, Vamana*
- Ashtang Hridaya: *Lepa, Vamana, Nasya, Shiravedha*
- Bhavaprakasha: *Lepa, Vamana, Abhyanga*
- Yoga Ratanakara: *Shiravedha, Pralepa*
- Sarangadhara samhita: *Lepa*

- Bhaishajya Ratnavali: *Shiravedha, Pralepa, Abhyanga*

As described by various Acharyas the *Shodhana chikitsa* includes *Vamana, Nasya* and *Shiravedha*. The *Shamana chikitsa* includes various type of *Lepa* and *Pralepa* follows.

- The paste of *Vacha, Rodhra, Saindhava* mixed with *Sarsapa*.
- The paste of *Dhanyaka, Vacha, Lodhra,* and *Kustha*.
- The paste of *Lodhra, Dhanyaka* and *Vacha*.

Ayurveda medicines for Yuvana pidika^[12] - Oral medicines

1. **Kaishora guggulu**- Useful in many disorders involving *Vata* and *Pitta* – like gout, useful in wound healing.
2. **Triphalaguggulu**- Dries up the sebum, clears the channels and pores.
3. **Arogya Vardhini Vati**- Good liver enzyme booster, *Pitta* balancing.
4. **Mahamanjishtadikashaya**- One of the best *Kashaya* to detoxify and cleanse blood.
5. **Panchanimbachoorna**- Fight skin infection.
6. **Triphaladikashaya**-Useful in cleansing the pores.
7. **Avipathikarchoorna**- Useful in *Pitta* imbalance condition.
8. **Khadirarishta** - Blood purifier
9. **Usheerasava** - Blood purifier
10. **Chandanāsava** - Especially useful in oily skin, to dry up sebum.

Yoga and Meditation- *Yoga* Therapy suggest *Pranayama, Asana, Shatkarma,* and *Meditation*. Stress, Increased toxin content, Disruption in bowel movements is some of the reasons for acne.

(i) Asanas-*Bhujangasana, Matsyasana, Halasana, Sarvangasana, Trikonasana,* and *Balasan* help increase blood circulation to the head and face area.

(ii) Yoga Mudras- *Varun Mudra/Jal Vardhak Mudra, Prithvi Mudra.*

(iii) Morning. Kapalabhat Pranayama on empty stomach. *Antaranga* and *Bahiranga Kumbhaka* and *Maha- bandha (Jalandhara, Uddiyana* and *Moola)* may be integrated into the *Pranayama* practice. For persons, who usually gets more problematic in summer, especially with oily skin cooling *Pranayamas*, such as *Sheetali* and *Sheetkari*, can help proving effect to the skin and retain its glow.

(iv) Meditation- Meditate twice a day, every day. The more you do, the more you will radiate from within and then out.

CONCLUSION

In current era *Mukhadushika* 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 *Lepa* and *Pralapa* are described as a *Shamana chikitsa* in previous stages of *Mukhadushika* while in severe cases *Shodhana chikitsa* should be applied. Modern text described *Acne* as a chronic inflammatory disorder of sebaceous follicles characterized by the formation of comedone, papules and pustules, less frequently nodules or cysts. The treatment should be changes according to the severity of acne. The *Samhitas* have pointed out *Kapha, Vata,* and *Rakta* as the causative factor of disease.

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