

Management of Yuvan pidika (acne vulgaris) through Ayurveda.

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Abstract :

One of the most common skin conditions affecting adolescents worldwide is acne vulgaris. It goes by the names Tarunypitika and Mukhdushika as well. In the SushrutSamhita, Acharya Sushrut outlines the illness as KshudraRoga. According to Acharya Sushrut, Vitiated vata and kapha doshas, causes hyperpigmentation, excess sebum secretion. Vitiated Rakta dhatu resembles inflammatory mediators in the blood. So due to vitiated vata and kapha doshas, vitiated rakta dhatu causes acne development. Abhangya, Vaman, Nasya, and Raktamokshan are recommended for the management of the disease in terms of treatment. Different ayurveda texts also mention various lepan medicines as possible treatments.

Keywords : Tarunypitika, Mukhdushika, Abhangya, Vaman, Nasya, Raktamokshan

Introduction:

The essential ideas of Ayurveda, which is a science of health, can help to preserve good health. Twacha, which also acts as a protective layer, covers the entire body's external organs. The skin serves as a barrier to microbial invasion and has traits that can guard against microbial invasion as well as properties that can guard against mechanical, chemical, thermal, and UV radiation damage. Skin serves as a crucial region for immune surveillance against pathogen invasion and the start of the initial immune response. Teenagers with acne vulgaris frequently experience this skin problem. Yuvan pidika is the name given to the eruption on the face that resembles Shalmali Kantak and has a conical shape. Under Kshudra Roga, Yuvan Pidika is described by Acharya Sushrut. In Yuvan Pidika, the vitiation of the kapha, vata, and pitta dosha with the dushya rakta causes symptoms like swelling, discomfort, redness, and itching.⁽¹⁾ Acne vulgaris is a follicular condition that affects the face, neck, and upper trunk pilo-sebaceous follicles and is characterised by both inflammatory and non-inflammatory lesions, according to modern science⁽²⁾.

Case Report : A 25-year-old female patient who sought Ayurvedic treatment at the Kayachikitsa Department's OPD in Dr. VJD GAM Patur. The patient had acne vulgaris for six months. Despite receiving therapy in numerous locations, she was still in pain. Acne nodules, black spots, a burning feeling, and itching throughout the left face over the past six months were the complaints. When a history was taken, it was discovered that she did not have diabetes and that her menstrual cycle was regular. For the treatment of pidika in the past, she utilised a variety of soaps and cosmetics. Based on the patient's prakriti and the severity of the pidika, treatment was initiated and medications were chosen. After administering swedan karma to the patient for seven days, snehapana with cow ghee was provided. Madanphalladi

Kwath performed Vaman Karma. Vaman karma was offered early in the morning. Prescription on 1st visit: Panchatikta Ghrita Guggul 250 mg twice daily after food with lukewarm water, Acnovin cream to apply locally twice in a day. Total duration of treatment: 2 months. She was advised to follow up after 15 days. 2nd visit : Patient made steady progress, thus she was instructed to take all medicines for an additional 15 days. 3rd visit : Yuvan Pidika had almost fully recovered. She was given the recommendations this time -To practise good hygiene, To avoid washing your face with soap, Acnovin cream: twice daily local application 4th visit : This time, Pidika wasn't on her face. There was no prescription for medication. She was instructed to uphold and adhere to her apathy and pathya⁽³⁾.

Result : After 60 days, her face was free of Pidika.

Discussion: Yuvan Pidika is the name given to the eruption on the face that resembles Shalmali Kantak and has a conical shape. The ideal shodhan chikitsa for Yuvan pidika is Vaman Karma (acne vulgaris). Shodhan of vitiated kapha dosha and sampraptibhang of acne growth are made feasible by vaman karma. Panchatikta Ghrita Guggul was taken into consideration in shaman chikitsa. In order to improve the cell cycle, Panchatikta Ghrita Guggul acts at the cellular level of the skin, reducing keratinization of the skin layer. As a result, symptoms like extensive patches, itching, and raised red patches were reduced, giving the skin normal textures⁽⁴⁾. Contents of Panchatikta Ghrita Guggul are Guduchi (Tinospora cordifolia), Nimba (Azadirachta indica), Patol (Trichosanthes dioica), Vasa (Adhatoda vasika), Nidigdha (Solanum xanthocarpum), Guggul (Commiphora mukul), Ghrita (Ghee)⁽⁵⁾. All of Panchatikta Ghrita Guggul's contents have tikta rasa, laghu, and ruksha guna, which gives it its anti-itching and vranashodhak properties⁽⁶⁾. Vasu Acnovin cream contents are Kumkumadi tailam (Mallotus philippensis), Aloe vera (Aloe barbadensis miller), Haridra

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(Curcuma longa), Papaya (Carica papaya), Yashtimadhu (Glycyrrhiza glabra), Neem (Azadirachta indica), Kesar (Crocus sativus), Karpur (Cinnamomum camphora). Vasu Acnovin cream has been utilised locally. Causing bacteria are eliminated by acnovin cream. It encourages the production of collagen, gets rid of scars and blemishes, and makes the skin sparkle. It is both antibacterial and skin-vitalizing⁽⁷⁾. Apply Acnovin cream twice daily in a gentle manner until the cream has fully absorbed into the skin after washing and drying the afflicted area.

Conclusion: One of the most pressing issues for young people is yuvan pidika. One of the Kshudraroga that might be related to acne is yuvan pidika. Yuvan pidika is a type of pidika that resembles a thorn from a Shalmali tree that manifests in adolescence with a predominance of Kapha, Vata, and Rakta. Thus, it is determined that the management of Mukhadushika is greatly aided by the use of Acnovin cream and Panchatikta Ghrita Guggul taken orally (Acne vulgaris). While shodhan chikitsa is helpful in serious instances. Ayurvedic treatments also provide long-lasting results and no negative side effects. This case study finds that Yuvan Pidika's use of Ayurvedic medications is quite successful.

Conflict of Interest: Nil

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