

AN UNDERSTANDING OF TARUNYA PITIKA (ACNE VULGARIS)**Dr. Bishnupriya Mohanty^{1*}, Anaya Ashok Gauns and Dr. Sangram Keshari Das**¹MD, PhD, Professor & Head Department of Sanskrit Samhita and Siddhanta.²IV B.A.M.S. Student.³Professor & Head, Dept. of Dravyaguna Vijnana, Gomantak Ayurveda Mahavidyalaya & Research Centre, At/Po- Shiroda, Dist- North Goa, Goa, India-403103.Article Received on
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Dermatological care is the most focussed thing these days. Especially acne vulgaris which has become beauty barrier for most of the adolescents and is seeking attention towards dermatological care. As we know everyone wants to look beautiful but unfortunately most of the People are affected by most common form of Skin disorder Acne vulgaris which is Chronic inflammatory condition of the Pilosebaceous follicles on the face, neck, chest & back and Sometimes even more extensively over the body Which develops into blackheads, papules, pustules and cysts and may leave scars upon resolution Sometimes low quality beauty products also becomes the major cause of Acne. Youvan Pidaka also known as Mukhadushika Can be correlated with Acne vulgaris. It is mainly due to vitiation of Vata, Kapha and Rakta which gives rise to Pidaka treatment of same has discussed further.

KEYWORDS: Acne vulgaris, Youvan Pidika, Dermatological care, Ayurveda, Mukha Dushika.**INTRODUCTION**

Skin is the largest organ of body and so is its contribution in beauty rather it also acts as protective layer which prevents internal tissues from trauma, UV light, temperature, toxins and bacteria. Everyone desires to be beautiful but there is one skin disorder that becomes barrier for it that disorder is Acne vulgaris which is known as Youvan Pidaka in Ayurveda Acne vulgaris is a chronic inflammatory disease affecting the pilosebaceous unit, typically following a prolonged course which commonly triggered during adolescence. The condition

commonly manifest with papules, pustules, or nodules primarily on the face although it can also affect the upper arms, trunk & back.

The pathogenesis of Acne vulgaris involves the interaction of multiple factors that ultimately lead to formation of its primary lesion which is known as comedons. The severity of this condition can vary, ranging from a mild presentation with only a few comedones to more severe forms characterized by disfiguring inflammatory manifestations which can lead to hyperpigmentation, scarring & adverse psychological effects.

Factors responsible for the pathophysiology of acne vulgaris include disturbed hormonal production, excess sebum production, epithelial cells & keratin obstruct pilosebaceous follicle. This obstruction causes formation of the acne lesion colonized by bacteria of skin such as *acnes* cause a severe type of infection leading to scarring. Some etiological factors are endocrine disorder such as PCOS, psychological stress, insulin resistance.

Derivation of Youvan Pidika

Youvan – it is derived from the root *Yu Dhatu*, *Kanin Pratyay*. Youvan indicates young aged.

Pidika – derived from *Peed Dhatu* which means painful eruption.

According to Acharya Sushruta Nidana Sthana 13/38 You --van Pidaka is caused due to vitiation of Vata, Kapha and Rakta which gives rise to Pidaka.

Mukha Dushika, Tarunya Pitika are synonymous to Youvan Pidaka. According to him the causative factors can be categorized under the following headings. Aharaja, Viharaja, Manasika, Kaalaja. According to Kashyap at 16 years of age there are changes in secondary sexual characteristics and the appearance of Shukra Dhatu occurs. These changes occur due to the combined & forceful action of Panchamahabhuta during adolescent period. Acharya Sharangadhara also mentioned that Youvan Pidaka is caused due to Shukra Dhatu Mala. Acharya Sushruta also correlated Youvan Pidika to Acne vulgaris.

Pathophysiology

Acne due to different conditions is as follows

•In constipation

It can lead to acne because it can.

Create an environment for inflammation

When food isn't fully digested, toxins are released into the body, which can lead to inflammation leading to acne.

Cause an imbalance of gut bacteria

When constipated, food lingers in the digestive system, which can lead to fermentation and an overgrowth of bad bacteria. This imbalance can manifest as skin issues like acne.

Impair detoxification

Bowel movements are an important part of detoxification, and without regular bowel movements, your detoxification system can be suboptimal.

• Acne before menstruation

Causes due to.

Hormones

Hormonal changes during your menstrual cycle can cause your skin to produce more oil, or sebum, which can lead to acne.

When it happens

Acne breakouts usually occur 7–10 days before your period and go away when your period starts. However, the hormone fluctuations that cause acne can continue even after your period has started.

Where it appears

Acne can appear on your chin, jawline, mouth, face, and back.

How it looks

Hormonal acne can cause deeper nodules and cysts that last longer than regular acne.

• Acne in adolescence**Causes**

During puberty, hormonal changes stimulate the skin's oil glands, causing them to produce more oil. This excess oil, along with dead skin cells and bacteria, can clog pores and lead to inflammation.

Symptoms

Acne appears as bumps, such as blackheads, whiteheads, pimples, or cysts. It usually appears on the face, neck, shoulders, upper back, and chest. When it starts Acne usually starts around age 11 for girls and a couple of years later for boys.

How long it lasts

Acne can last through the teen years and into the early 20s. For most people, it goes away almost completely by the time they are out of their teens.

Genetics

Acne is partly genetic, so if other people in your family had acne, you may be more likely to have it too.

Acne as a symptom of diseases**Endocrine disorders**

Acne can be a feature of disorders like polycystic ovary syndrome (PCOS), Cushing syndrome, androgen-secreting tumors, and acromegaly.

Nonendocrine disorders

Acne can be a symptom of Apert syndrome, SAPHO syndrome, Behçet syndrome, and PAPA syndrome.

Modern Management

The management of acne vulgaris, regardless of its severity Commence with Comprehensive patient counselling, encompassing discussions about the nature of the disease, proper skincare Practices and realistic treatment expectation.

Eg: For mild Acne vulgaris, Topical retinoids like tretinoin, tazarotene, adapalene and trifarotene, Benzoyl peroxide, Topical Clindamycin, Topical erythromycin, Azelaic acid, Topical salicylic acid. In case of moderate to severe acne vulgaris oral isotretinoin, oral antibiotics, oral hormonal therapy can be given.

Ayurvedic Management

In Ayurveda 2 types of Chikitsa are described

- **Shodhana**
- **Shamana**

Shodhana Chikitsa - In this Chikitsa Doshas are excited and expelled out through nearest route available. Once these Doshas are expelled out there is lesser Chance of disease recurrence. In shaman Chikitsa Doshas are neither aggravated nor expelled out of body instead it is Stabilized in its Sthanas to maintain equilibrium.

Shodhana Chikitsa

Vaman Karma, Nasya Karma, Rakta Mokshana these are the Chikitsa mentioned by Acharya for Kapha disorder & in Youvana Pidaka Kapha is involved so Vamana Karma is beneficial. Hence Acharya Sushruta and Vagbhata has mentioned Vamana Karma for occurrence of Youvan Pidaka.

Nasya Karma: Acharya Vagbhata has mentioned is effective in management of Youvana Pidaka as Nasya helps in Urdhwa Jatrugata Rogas.

Rakta Mokshana is also one line of treatment mentioned.

Virechana Karma: This therapy is indicated specially to subside Pitta Dosha or Pitta Sansargaja Dosha. The purgative drugs expel the excess Pitta from the Gudamarga property of Rakta is analogous to Pitta Dosha there for Virechana is also elective Raktaja Vikara.

Shamana Chikitsa

Some Shamana Chikitsa mentioned are

- LEPAS.
- Taila.
- Kshara.

Some medications are

- Dhanyaka.
- Manjishta.
- Vacha.
- Daruharidra.
- Nimba.
- Khadira.

Some formulation

- Lodhradi Lepa.
- Arjunadi Lepa.
- Jatiphaladi Lepa.
- Manjishtadi Taila.

DISCUSSION

In the article Ayurveda and modern perspective of Tarunya Pitika Is explored .Acne vulgaris can be compared with Tarunya Pitika as the symptoms produced by specific Doshas can be correlated with symptoms of acne vulgaris like due to.

Vata-Shula.

Pitta -Paka, Shotha.

Kapha-Snigdhata, Kandu.

Ayurveda helps in Tarunya Pittika without recurrence specifically the Shodhana therapies like Nasya helps in Urdhwa Jatrugata Vikaras , Virechana helps in Rakta Vikaras.

The treatment not on focuses on treating Tarunya Pitika but body as a whole.

Shaman Chikitsa also plays important role medications like

Manjishta- antimicrobial and anti-inflammatory.

Nimba- microbial action.

CONCLUSION

Tarunya Pitika basically involves Vata ,Pitta, Kapha, and according to modern it's causative factor is cutibacterium acnes. Now a days it mainly targets youngsters which creates cosmetological complex among them so prevention is better than cure for that we can focus on Ahara Vihara also healthy food healthy body rather than taking medicines after disease causes.

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