

**A COMPARATIVE CLINICAL STUDY TO EVALUATE THE  
EFFICACY OF *KUMKUMADI GHRUTA NASYA KARMA* AND  
*VIDANGADI TAILA NASYA KARMA* IN *YAUVANA PIDAKA* W. S. R. TO  
ACNE VULGARIS**

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**ABSTRACT**

*Yauvana pidaka*, a *Swabhavaja vyadhi*, caused by the vitiation of *Kapha*, *Maruta*, *Shonita* producing signs and symptoms like, *Saruja*, *Ghana*, *Medhogarbha* and *Mukhayuna*. These symptoms being similar to that of *Acne vulgaris*, clinically *Yauvana pidaka* can be correlated to *Acne vulgaris*. *Yauvana pidaka*, a disease of adolescent and may extend to adult age too causing the psycho-social, emotional illness necessitating medical / cosmetic intervention. Hence the present study was conducted to compare the efficacy of two kind of *Navana Nasya karma* i.e *Kumakumadi Ghruta* and *Vidangadi Taila in Yauvana pidaka*. on 30 patients in which both the drugs showed significant changes in treating *Yauvana pidaka*. Compared to *Vidangadi Taila Nasya karma*, *Kumkumadi Ghruta Nasya karma* showed good improvement but staitisticaly Group A was more effective than Group B.

**KEYWORDS:** *Yauvana pidaka*, *Vidangadi Taila*, *Kumakumadi Ghruta*.

**INTRODUCTION**

*Yauvanapidaka* has perceivably strong correlation to human adolescence (but not limited to). *Acharya Sushruta* wast he first, who mentioned *Yauvana pidaka* under *Kshudraroga*.<sup>[3]</sup> Which is the self limiting disease caused by the vitiation of *Kapha*, *Maruta* and *Shonita*.

*Acharya Vagbhata* mentioned symptoms of *Yauvana pidaka* like, *Shalmali katakakarapitika*, *Saruja*, *Ghana*, *Medhogarbha*, *Mukhayoonaha*<sup>[4]</sup> (thus also called *Mukhadushika*) over face, chest and upper back. These symptoms being similar to *Acne vulgaris*, therefore *Yauvana pidaka* can be clinically correlated with *Acne vulgaris*. The Global Burden of Disease Study 2010 found that *Acne vulgaris* is the eighth most common skin disease, with an estimated global prevalence (for all age) of 9.38%. In different countries and among different age groups, the prevalence of *Acne* varies with estimates ranging from 35% to as close as 100% at adolescents having *Acne* at some point.<sup>[5]</sup> Peak severity is in late teenage years but *Acne* may persist into the third decade and beyond, particularly in females.<sup>[6]</sup> On top of discomfort due to clinical symptoms of *Acne*, patients may experience other negative impacts. *Acne* has been found to adversely affect the social life, Self-esteem and body image of individuals<sup>[7]</sup> i.e. facial disfigurement, which in turn leads to hesitance towards society. Many therapies have been adopted by various systems of medicine towards *Acne vulgaris* which differ widely in efficiency, with their own advantages and limitations. Antibiotics, Anti-inflammatory and antiseptic drugs do provide relief from symptoms, but long term use may worsen the condition, in addition to adverse effects, like allergic reactions, dizziness, anaemia etc. *Ayurveda* classics have explained wide range of treatment methods such as *Shodhana*, *Shamana*, *Sthanika Upakrama* i.e. *Lepa* etc. *Lepa* is first line of treatment according to *Vagbhata*. Further he advises *Vamana*, *Nasya*, *Siravyadha* for those cases unresponsive to *Lepa*.<sup>[8]</sup> The clinical trials are going to be conducted in local region (Ilkal), it can be considered as *Janagala pradesha* by using different *Pramanas*, due to more exposure to the dust particles there will be obstruction of sebaceous glands causing *Yauvanapidaka*.

## AIMS AND OBJECTIVES

To evaluate the efficacy of *Kumkumadi ghrita Nasya karma* in *Yauvana pidaka*

To evaluate the efficacy of *Vidangadi taila Nasya karma* in *Yauvanapidaka*.

To compare the efficacy of both *Kumkumadi ghrita Nasya karma* and *Vidangadi taila Nasya karma* in *Yauvanapidaka*.

## SOURCE OF DATA

Subjects diagnosed with *yauvanapidaka* were selected randomly from the OPD of S.V.M. Ayurvedic medical college and R.P.K. Ayurvedic hospital Ilkal.

## METHODOLOGY

Criteria for diagnosis Diagnosis will be done on the basis of symptoms of the classical references of *Yauvana pidaka* w s r to acne vulgaris mentioned in text like seborrhea, comedones, papules, pustules and cysts, in some cases scarring.

## INCLUSIVE CRITERIA

1. Age group between 16 to 35 years and patients of either sex.
2. Patients having classical symptoms of *Yauvanapidaka*.
3. Patient fit for *Nasya karma*.

## EXCLUSIVE CRITERIA

1. Patients with history of systemic disorders.
2. Patients not fit for *Nasya karma* and Acne with secondary infections.

## KUMKUMADI GHRITA<sup>[9]</sup>

Table 1.

Ingredients	
<i>Kumkuma</i>	<i>1part</i>
<i>Haridra</i>	<i>1part</i>
<i>Daruharidra</i>	<i>1part</i>
<i>Chitraka</i>	<i>1part</i>
<i>Pippali</i>	<i>1part</i>
<i>Ghrita</i>	<i>4 parts</i>

## METHOD OF PREPARATION<sup>[10]</sup>

Prepared 250 gms of *kalka* out of *Kumkuma*, *Haridra*, *Daruharidra*, *Pippali* (each 63gms) and 4 ltrs of *Chitraka kwatha*. These ingredients are added to 1000 ml of *murchita goghrita* and heated on *mandagni* till it attain *Ghrita siddhi laxana*. After cooling it filtered and stored for further use.

## VIDANGADI TAILA<sup>[11]</sup>

Table 2.

Ingredients	
<i>Vidanga</i>	<i>1part</i>
<i>Apamarga</i>	<i>1part</i>
<i>Maricha</i>	<i>1part</i>
<i>Shigru</i>	<i>1part</i>
<i>Brihati</i>	<i>1part</i>
<i>MurchitaTila taila</i>	<i>4 parts</i>

**METHOD OF PREPARATION<sup>[12]</sup>**

Prepared 250 gms of *kalka* out of *Vidanga*, *Apamarga*, *Maricha*, *Brihati*, *Shigru* (each 50 gms) and 4 ltrs of *kwatha*. These ingredients are added to 1000 ml of *Murchita tila taila* and heated on *mandagni* till it attain *Taila siddhi laxana*. After Cooling it filtered and stored for further use.

Design of groups and management.

Patients included in the present study were randomly divided into following two groups

**Group A:** Nasya with Kumkumadi ghrita

**Group B:** Nasya with Vidangadi taila

**Dose:** 8bindu in both groups

**Duration:** 7days in both groups

**PROCEDURE OF NASYA KARMA<sup>[13]</sup>**

*Mukhabhyanga* with *sukhoshna Murchita Tila taila* followed by *mrudu bhashpa sweda*.

**Pradhana Karma:** Patient was made to lie in a supine position in a room which is devoid of cold breeze. The legs are slightly raised and head is slightly lowered then *Yashtimadhukadya taila* was taken and slightly warmed with the help of hot water, later tip of patient's nose is drawn upward by the *Vama Pradeshti* (left index finger), and with *Dakshina Hasta* (right hand), lukewarm *taila* is instilled into both nostrils using *pranadi* and instill 8 *bindus* of *taila* into each nostril alternately. After instilling *dravya* patient will turn to sides and spit out the phlegm.

**Paschath Karma:** As described by *Charaka* patient was asked to lie in supine (*Uttana*) position for 2 minutes. *Mriduswedan* for few minutes on head, cheeks. *Abhyanga* is done on head, cheeks and neck. *Dhumapana* was done with *Haridradi varti* and *Gandusha* is done with *ushna jala*.

**ASSESSMENT CRITERIA:** Detail proforma adopting standard methods of scoring subjective and objective parameters will be analyzed statistically.

**SUBJECTIVE PARAMETERS**

<b>Pain</b>
<b>0</b> - No pain
<b>1</b> - Pain on deep pressure over <i>pidaka</i>

2 -Pain on touch over <i>pidaka</i>
3 -Pain without touch over <i>pidaka</i>

<b>Burning sensation</b>
0- No burning
1 Occasional
2-On exposure to midnoon sunlight
3-On morning sunlight
4- Always with disturbed sleep

<b>Itching</b>
0-No itching
1- Occasional Which does not disturb daily activity
2- Disturbs daily activity but does not sleep
3- Disturbs daily activity and sleep

<b>Redness</b>
0-Absent
1-Present

## OBJECTIVE PARAMETERS

<b>Number of lesions</b>
0-0
1-1-5
2-6-10
3-11-15
4-above16

<b>Size of lesion</b>
0
1-0-2.5mm
2-2.6-3mm
3-3.5-4mm
4- More than 5m

<b>Morphology of lesions</b>
0
1- Comedones, minor acne, no inflammation
2 Greater comedones papules/pustules, slight inflammation, break out acne
3- Significant inflammation, severe pustules, cysts, high risk of scar

<b>Hyper Pigmentation</b>
According to fridze patric scale

**Table 3: Comparison Between Group A And Group B Subjective Parameters.**

Variable	Group	N	Mean Rank	Sum of Ranks	Mann Whitney U	PValue
Pain	Group A	20	20.60	412.00	198.000	0.951
	Group B	20	20.40	408.00		
	Total	40				
Burning sensation	Group A	20	22.50	450.00	160.000	0.209
	Group B	20	20.50	370.00		
	Total	40				
Itching	Group A	20	16.33	326.50	116.500	0.013
	Group B	20	20.68	493.50		
	Total	40				
Redness	Group A	20	25.00	500.00	110.000	0.004
	Group B	20	16.00	320.00		
	Total	40				
overall	Group A	20	21.45	429.00	181.000	0.589
	Group B	20	19.55	391.00		
	Total	40				

**Table No. 4: Comparison Between Group A And Group B Objective Parameters.**

Variable	Group	N	Mean Rank	Sum of Ranks	Mann Whitney U	PValue
Pain	Group A	20	21.20	424.00	186.000	0.655
	Group B	20	19.80	396.00		
	Total	40				
Burning sensation	Group A	20	19.45	389.00	179.000	0.549
	Group B	20	21.55	431.00		
	Total	40				
Itching	Group A	20	22.25	445.00	165.000	0.280
	Group B	20	18.75	375.00		
	Total	40				
Redness	Group A	20	18.50	370.00	160.000	0.190
	Group B	20	22.50	450.00		
	Total	40				
overall	Group A	20	27.15	543.00	67.000	0.000
	Group B	20	13.85	277.00		
	Total	40				

To compare the mean effect of two groups the statistical analysis is done by using Mann-Whitney test.

**Table 5: Showing Distributions of Patients By Different Grades to Over All Response To Treatment.**

Overall Effect Group	Group A		Group B	
	N	%	N	%
Marked Improvement	15	75.00%	10	75.00%
Moderate Improvement	5	25.00%	6	30.00%
Mild Improvement	0	0.00%	4	20.00%
No Change	0	0.00%	0	0.00%
TOTAL	20	100.00%	20	100.00%

## DISCUSSION

*Yauvana pidaka* has been explained as one of the *Kshudra roga*, caused by vitiated *Vata*, *Kapha* and *Shonita*. The clinical manifestations of *Yauvana pidaka* are *Pidaka*, *Saruja* and *Medogarbha*. In *Bhaishajya Ratnavali* mentioned *Kumkumadi ghrita Nasya karma* for *Yauvana pidaka*. And the present study was done to check the efficacy and utility of *Vata kapha hara Shirovirechana gana Dravyas* in *Yauvana Pidaka*. *Vidangadi taila Nasya karma* for *Yauvana pidaka* selected from *Ashtanga hridayam Shirovirechana gana* among them *Vata kaphahara* drugs i.e *Vidanga*, *Apamarga*, *Maricha*, *Brihati*, *Shigru* Both *Kumkumadi Ghrita* and *Vidangadi taila Nasya* in the *matra* of *Ashta bindu* in each nostril was administered. *Nasya karma* was scheduled for 7 days with 2 follow ups.

## CONCLUSION

At the end of this study, following conclusions are drawn on the basis of observations and results obtained. In both the groups majority of patients were of age between 16 to 25 years, so *Yauvana pidaka* has perceivably strong correlation to adolescence. As per individual symptoms *Kumkumadi ghrita Nasya* is more significant than *Vidangadi taila Nasya* but comparing to overall symptoms both Group are equally significant. By observing the results, both *Kumkumadi ghrita* and *Vidangadi taila* are equally effective in pain and burning sensation. *Kumkumadi ghrita* showed more efficacy in relieving redness. *Vidangadi taila* showed more efficacy in reducing size of lesions and in morphology of lesions. The results prove this in deed was achieved with added benefit of reduced remission. Over all both the drugs are effective in almost all the parameters. But statistically H2 is accepted: *Kumkumadi ghrita Nasya karma* is more significant than *Vidangadi taila Nasya karma* in *Yauvana pidaka*.

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