

YUVAN PIDIKA AND IT'S MANAGEMENT THROUGH 'GUDUCHI TRIPHALADI KASHAYA GHAN VATI'

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ABSTRACT

In this modern era beauty possess almost top place in everybody life especially youngsters. Face is reflection of all phenomenon's inside body. Ayurveda has holistic definition of beauty with contains not only outer but inside inner and long-lasting wellness. *Yuvan Pidika* is cutaneous disorder which disfigured the beauty of the face hence also called *Mukhdushika*. Adolescent age is most sensitive period of life and acne cause deep impact on their psychological development and self-confidence due to hormonal changes. *Yuvan Pidika* happens due to vitiation of *Kapha*, *Vata* and *Rakta* so we need the drug which has *Kapha Vata Shaamak* and *Rakta Shodhak* properties. Due to

extensiveness spectrum of disease in adolescent age group, more prevalent in society and insufficiency of safer and effective medicine I approach the management of *Yuvan Pidika* through *Guduchi Triphalaadi Kashaaya Ghan Vati* in pediatric age group (11 yr to 16 yr.).

KEYWORDS: *Guduchi Triphalaadi Kashaaya Ghan Vati*, *Mukhdushika*, *Yuvan Pidika*.

INTRODUCTION

Yuvaan Pidika is crucial problem of youngsters its effects mostly about 80-85% in teenager group so called *Yuvaan Pidika* or *Tarunya Pidika*. In ancient Ayurveda text *Yuvan Pidika* is in the form of *Shalmali* Thorn like eruptions. Sushruta Samhita first described mentioned as *Kshrudra Roga*. Acharya Vagbhatta has mentioned the role of *meda dhatu* in the pathology of *Mukh Dushika* which has close resembled to sebum involvement in acne pathogenesis. Yogratnaakar and Shaarangdhar also mentioned *Mukhdushika* in *Kshudra Rogadhikaar*.

Plenty of external application and oral medication are available in modern pathy with limited result and noticeable side effect. In Ayurveda Acne has treated mainly by *Shodhan Chikitsa* (body purification therapy) and *Shaman Chikitsa* (conservative treatment). So effort has been made to see the efficacy of herbal formulation *Guduchi Triphaladi Kashaya* in management of *Yuvaan Pidika* because the study is in the paediatric age group (11 to 16 years) for palatability of patient formulation is changed in form of *Ghan Vati* and Due to limited acceptance of procedure in paediatric age group this oral formulation *Guduchi Triphalaadi Ksahaaya Ghan Vati* is taken for study.

NEED OF STUDY

1. To provide safe, easy, natural, cost effective and more desirable and non-recurrence treatment of *Yuvan Pidika*.
2. No such study has been done with above formulation.

AIM AND OBJECTIVS

1. To evaluate the efficacy of herbal formulation *Guduchi Triphaladi Kashaaya Ghan Vati* on *Yuvan Pidika*.
2. To provide effective management in *Yuvan Pidika* through Ayurveda.
3. To educate the patient and their families about the facts and myth about acne.

MATERIAL AND METHOD

Patients will be selected from OPD and nearby area of Shree Khudadad Dungaji, Govt. Ayurveda College and hospital Raipur, Chhattisgarh.

INCLUSION CRITERIA

1. The patient between the age group of 11years to 16 years either sex presenting with clinical feature of *Yuvan Pidika*.
2. Patient having feature of *Yuvaan Pidika* as per Ayurvedic and modern literature.

EXCLUSION CRITERIA

1. Known case of any acute or chronic illness.
2. Associated with other skin disorder or febrile condition.

PLAN OF STUDY AND MANAGEMENT

1. A total 30 patients will be taken with indication of *Yuvaan Pidika*.

2. The patients will be treated by oral formulation *Guduchi Traiphaladi Kashaya Ghan Vati* for duration of continuously 45 days.

PHARMECOLOGICAL ACTIVITIES OF DRUGS

In Ayurveda classics *Yuva Pidika* is due to imbalance of *Vata*, *Kapha* and *Rakta* so the drug which will be potent acne inhibitor must have following properties.

- ❖ Medicine should have *Vata Kapha Shamak* and *Rakta Shodhak*.
- ❖ Medicine should have antibacterial, anti-inflammatory, anti-oxidant and wound healing.

Guduchi Triphaladi Kashaya is formulation of *Sahasra Yog Sangarah* and comprise of following medicine.

1. *Guduchi*
2. *Guggulu*
3. *Daruharidra*
4. *Triphala*

Guduchi— according Ayurveda *Guduchi* is *Vedna Sthapan*, *Tridosahar*, *Kandughna*, *Daahprashman*, *Deepaniya* and *Rasayan*. Many research study claims *Guduchi* is antibacterial, antiinflammatory, anti allergic, analgesic, anti stress and anti oxidant.

Guggulu—*Guggulu* is *Pidikahar*, *Granthihar*, *Shopha Shaamak*, *Kledahar*, *Vranhar*, *Deepan* and shows *Rasayan* properties.

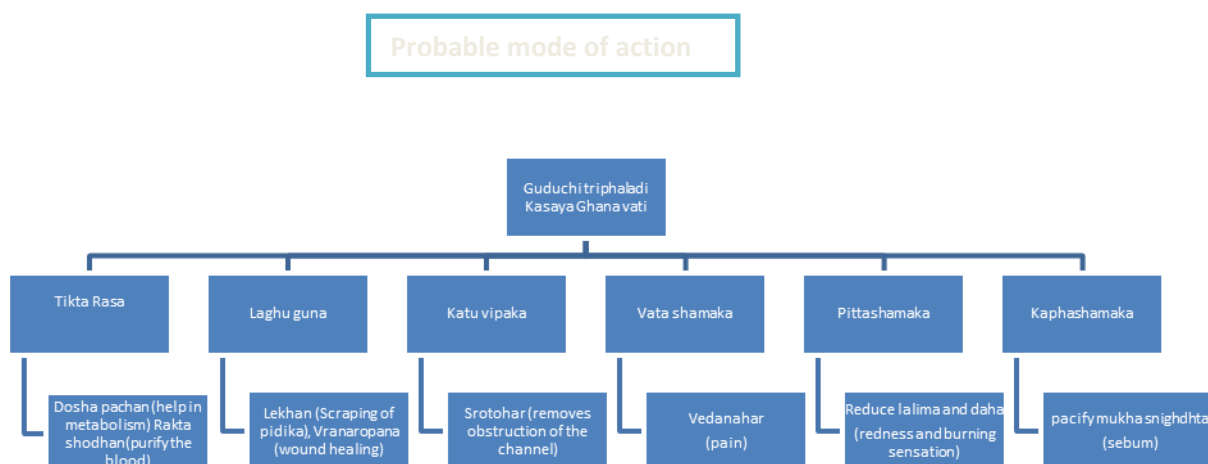
Daruharidra—*Daruharidra* is *deepan Shoth Hara*, *Rakta Prasaadhan*, *Kandughn*, *Kushtha hara*, *Vrana har* and *kapha Pitta shamak*. Researches shows *Daruharidra* has anti bacterial, anti tumour, anti inflammatory and anesthetic properties.

Triphala—*Triphala* is *kusthahar*, *vranropan*, *kaphapittashamak*. Study shows *triphala* display freeredical scavenging, antioxidant, antiinflammatory, immunomodulating, analgesics, antibacterial, antistress, wound healing properties.

PROBABLE MODE OF ACTION

In herbal formulation *Guduchi Triphaladi Kashaya Ghan Vati* most of the drugs are *Tikta Ras* in nature thus may help *Dosha Pachan* and *Agni Vardhan* so it reduce *Aam* that results good quality of *Rakta dhatu* which shows *Rakta Shodhak* properties.

Due to *Laghu Guna* of contents of formulation may help *Lekhan* and *Varna ropan* properties. *Pitta Shamak* effect may reduce *Daha* and *Lalima* in *Pidika* and *Kapha Shamak* effect may lead to pacify *Mukha snigdhta* and *vednahar* property is due to *Vata Shamak* effect. *Katu Vipaka* may cause *Srotoshodhan* property thus it removes *Srotovarodh*. *Tridosha* properties brings homeostasis between all *tridoshas*.



Apart from that *daruharidra* exert potent antibacterial activity against acne causing bac. *P.acne*, *M.furfur*, *S.epidermis*. *Guduchi* exert antioxidant effect by down regulating proinflammatory cytokines such as IL-6, IL-1 β , TNF- α and IL-17. *Gugglusteron* has been found potent inhibitor of nuclear factor kappa B which is critical regulator of inflammatory response thus it show potent antiinflammatory effect. *Guggulu* works on nodulocystic acne as good as tetracycline. Aqueous and ethanolic extract of *Triphala* brings effect of broad-spectrum antimicrobial activity against all microorganisms from human secretion.

DISCUSSION

Due to competition of earning prosperity everyone is aware about beauty of the face and *Yuvan Pidika* (Acne Vulgaris) destroys the beauty. According to ancient healing system ayurveda *Vata*, *Kapha* and *Rakta* are prime factor in pathophysiology of *Yuvan Pidika* while in modern medical science Acne is chronic inflammatory disorder. *Tikta Rasa* may help in proper metabolism and purify the blood and due to *Laghu guna* it may help in scrapping of *Pidika* hence reduce the *Pidika*. By *Pitta Shamak* effect it may cure burning sensation and redness in Acne. *Kapha Shamak* property reduces sebum on the face, itching and swelling. Antibacterial property of *Daruharidra* inhibits Acne causing and pus forming bacteria and anti inflammatory property reduce inflammation associated acne. Antioxidant property may

reduce oxidative stress and wound healing properties help in healing acne. So by the dual action (Ayurvedic and Modern pharmacological activity) the formulation may be fulfill the criteria of potent Acne inhibitor.

FUTURE ASPECT OF THE DRUG

There are some protein and chemical composition of the drug they need insilico study to know the actual interaction between drug constituents which act on acne.

So composition of drug need insilico study to explore the drug pharmacology.

CONCLUSION

Yuvan Pidika is disease mostly takes place in adolescent age group. Due to side effect of medicine, use of costly antibiotics and steroidal therapy in modern pathy Ayurveda has been come in great demand in field of cosmetology. By unique concept, cheap and long lasting therapy with minimal side effect herbal formulation *Guduchi triphaladi kashaya ghan vati* may be worthwhile in the field of acne management.

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