

**COSMETIC APPROACH IN AYURVED W.S.R. TO YAUVANPIDIKA  
(ACNE): A CASE STUDY****Dr. Madhumita Panigrahi<sup>\*1</sup>, Prof. Mahesh Vyas<sup>2</sup>, Dr. Kabi Prasad Mohanty<sup>3</sup>**<sup>1</sup>2 yr. MD Scholar of basic Principles Department, IPGT & RA, GAU, Jamnagar, India.<sup>2</sup>Prof and HOD of Basic Principles Department, IPGT & RA, GAU, Jamnagar, India.<sup>3</sup>1<sup>st</sup> yr. MD Scholar of Shareera Rachana Department, Major S.D. Singh Ayurveda Medical College & Hospital, U.P., INDIA.Article Received on  
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Principles Department,  
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Jamnagar, India.**ABSTRACT**

In modern Era, physicians come across so many patients suffering from the disease Yuvanpidika. The incidence of Yuvanpidika is increasing day by day due to the fast lifestyle. In Sushrut samhita, Yuvanpidika is mentioned under Kshudra rogas. As per Modern science the symptoms of Yuvanpidika resembles Acne vulgaris. Acne is a chronic inflammatory disease of the pilosebaceous units. Generally acne lesions appear at the places where sebaceous glands are naturally large and numerous as on Faces, Cheek, Neck, Back, Chest. All the dermatologists have considered Acne as the disease of sebaceous gland and it has cosmetological importance. This case is an example of

Yuvanpidika like skin disease which can be managed with Ayurvedic therapy. A 25 year old female patient was suffering from acne on face, black spot, itching on facial skin along with pain since last 3 months consulted OPD, Dept. of Basic Principles, IPGT & RA. Considering the clinical features and involved Kapha, Vata, Rakta in pathology, patient was treated with oral administration of Patoladi ghanavati from Chakradatta, Visarpa-Visphota Chikitsa along with dietary changes and lifestyle modification. The drug was given with a dose of 1 gm. bid., with the anupana of luke warm water, after food for 60 days. Assessment of the efficacy of the drug was done on the basis of relief in the scores given to sign and symptoms of Yuvanpidika. A remarkable changes were found in various symptoms after assessment. This can be an effective management for the disease Yuvanpidika.

**KEYWORDS:** Yuvanpidika, Acne vulgaris, Patoladi ghanavati, Chakradatta.

## INTRODUCTION

Now a day, whole world is gradually turning towards Ayurveda for safe and complete cure of diseases, especially in the field of skin problems, its can contribute remarkably. Ayurveda approaches all the aspects related with pathogenesis and treatment of the disease. Among the personality damaging disorder or conditions, Yauvanpidika is such a condition which affects the beauty as well as Personality, has a great cosmetic importance. Now a days Yauvanpidika (Acne) becomes a biggest problem of the society, because it affects 85% of teenagers<sup>[1]</sup>. Yauvanpidika is one of 'Kshudrarogas' which mainly affects the skin of face. Almost all Ayurvedic classics have accepted vitiation of Kapha, Vata and Rakta in the disease Yauvanpidika. Acharya Charak has narrated involvement of vitiated Pitta along with Rakta in pathophysiology of Pidika. So involvement of Pitta should also be considered here. In Ayurvedic texts various remedies like internal and local are prescribed. Internal medicine is necessary to bring balanced status of affected Dosha-Dushya. So, the drug can reverse the condition which has property of Kapha-Pittashamak & Raktashodhak and can be used for long time without any harm. The holistic approach for yuvanpidika treatment was adopted to treat a female patient visited in OPD, dept. of Basic principles, I.P.G.T. & R.A.

## CASE STUDY

The present case study is successful Ayurvedic management of a case of Yuvanpidika (Acne). A 28 year old female patient with Registration no- 89758 came to OPD of dept. of Basic Principle, I.P.G.T. & R.A., Jamnagar, Gujarat, with came to us with chief compliant of -

- 1) Mukha pradeshi pitikopati (Acne vulgaris).
- 2) Twakvaivarnaya (Skin Discoloration).
- 3) Kandu (itching) on facial skin.
- 4) snigdhatta on face (oily skin).
- 5) Shotha (swelling).
- 6) Rujayuktya pitika (painful boils)

Patient had above complaints since 3 months.

## History of personal illness

The patient was normal 3 months back. Since then patient has been suffering from Mukha pradeshi pitikopati (Acne vulgaris), Twakvaivarnaya (skin discoloration), Kandu (itching) on facial skin, snigdhatta on face (oily skin), Shotha (swelling), Vedana (pain). She had tried many skin creams and tablets, but nothing provided long-term relief from her problem, then

she approached to OPD, dept. of Basic principles, I.P.G.T. & R.A., Jamnagar.

### Personal History

Occupation: student

O/E: Nadi (pulse) = 76/min

Mala (stool) = Normal

Mutra (urine) = Normal

Jeeva (tounge) = Eshatha saam

Agni = Poor

Shabda (speech) = Normal

Druka (eyes) = Normal

Akruti = Madhyama

Bala = Madhyama

Raktadaaba (B.P) = 130/70 mm/Hg

After detailed history taking, there was no specific medical past history was noted. Family history for Yuvanpidika was positive in sibilings (brother and sister). In personal history of patient; it was noted that she was habitual to Madhura Rasa, Sheeta Gunapradhan vegetarian diet. Regular intake of water just after meals was observed. Occasionally patient was eating in between meals. Patient had no habit of physical exercise and had Stress free temperament (Achintana).

Her menstrual history was normal.

Her treatment protocol was decided after assessing all pathological aspects of her present condition. Patoladi ghanavati<sup>[2]</sup> from Chakradatta, Visarpa-Visphota Chikitsa was selected as an oral medication.

### MATERIALS AND METHODS

**Table 1: Contents of Patoladi Ghanavati**

Sr.NO.	Content	Latin Name	Parts use	Parts
1	Rakta Chandana	Pterocarpus santalinus Linn.f.	Kandasara	1part
2	Patola patra	Trichosanthes dioica Roxb.	Patra	1part
3	Nimba	Azadirachta indica A.Juss	Tvak	1part
4	Mustaka	Cyperus rotundus Linn.	Kanda	1part
5	Guduchi	Tinospora cordifolia Miers ex Hook.f. & Thoms.	Kanda	1part

6	Methika	Trigonella foenum-graecum Linn.	Bija	1part
7	Katuki	Picrorhiza kurroa Rovle ex Benth	Mula	1part
8	Patha	Cissampelos pareira Linn.	Mula	1part
9	Haridra	Curcuma longa Linn.	Kanda	1part
10	Yabasa	Alhagi camelorum Fisch	Panchanga	1part
11	Haritaki	Terminalia chebula Retz.	Phala	1part
12	Bivitaki	Terminalia bellerica Roxb.	Phala	1part
13	Amalaki	Embllica officinalis Gaertn	Phala	1part

**Dosage and duration**

**Dose:** Two tablets of 500m.g. twice a day.

**Anupan:** Kosha jal.

**Aushadhi Sevan Kal:** Adhobhakt.

**Route of Administration:** Oral.

**Type of treatment:** OPD Basis.

**Duration:** 60 Days.

**Follow up:** After every 15 days.

**Ahara and vihara (diet & mode of life) advised during treatment**

**Pathya**

- ❖ Green gram, rice, wheat, green vegetable, fruits.
- ❖ Adequate sleep at night (8 hours).
- ❖ Washing face every time coming from external environment.
- ❖ Use soft napkin to clean face after face wash.
- ❖ Always cover the face when strong sun exposure & dusty atmosphere.
- ❖ To have light & easily digestible diet.

**Apathya**

- ❖ Patients were advised to,
- ❖ Avoid oily and spicy food.
- ❖ Avoid junk food and cold drinks.
- ❖ Avoid all such things which vitiate Rakta, Pitta and Kapha.
- ❖ Avoid oil base cosmetic items like; cream, lotion, face wash.

**Symptoms grading****Table 2: Number of Yuvanpidika**

Grades	Nu. Of yuvanpidika
0	No acne
1	1-5
2	6-10
3	11-20
4	>20

**Table 3: On the basis of affected area on face(in %)**

Grades	affected area in %
0	No acne
1	1-25 %
2	26-50%
3	51-75%
4	76-100%

**Table 4: Color of the lesion is graded from 1 to 7 by using Fair and lovely color grading scales**

	Grades
<b>Discoloration</b>	1
	2
	3
	4
	5
	6
	7

**Table 5: Associated symptoms**

Symptoms: S.No.	Grades	Mild (+)	Moderate (++)	Severe (+++)
1	Vedana	+	++	+++
2	Kandu	+	++	+++
3	Shotha	+	++	+++
4	snigdhata	+	++	+++

**Samaprati ghataka of Yuvanpidika****Dosha:** Kapha, Vata, Pitta.**Dushya: Dhatu:** Rasa, Rakta, Meda,**Upadhatu:** Twak.**Mala:** Sweda, Twaksneha.**Srotas:** Rasavaha, Raktavaha, Swedavaha.**Sroto Dusbhti prakar:** Sanga.

**Agni:** Jatharagnimandya, Dhatvagni Anavasthitvam.

**Samutthan:** Aamashaya.

**Adhisthan:** Sharir.

**Vyaktisthan:** Aanana (face).

**Rogamarga:** Bahya Marga.

## OBSERVATION AND RESULTS

### Progress in signs & symptoms of Yuvanpidika

**Table 6: On Chief complaints**

S. N	Sign and Symptoms	1 <sup>st</sup> day (B.T.)	A.T.			
			1 <sup>st</sup> follow up	2 <sup>nd</sup> follow up	3 <sup>rd</sup> follow up	4 <sup>th</sup> follow up
1	Number of yuvanpidika	4	4	2	1	0
2	Area affected by yuvanpidika	1	1	1	1	0
3	Skin Discoloration	6	5	4	3	2

**Table 7: On Associated complaints**

S. N	Associate Sym.	1 <sup>st</sup> day (B.T.)	A.T			
			1 <sup>st</sup> follow up	2 <sup>nd</sup> follow up	3 <sup>rd</sup> follow up	4 <sup>th</sup> follow up
1	Kandu	++	++	+	0	0
2	Shotha	+++	++	+	+	0
3	Snigdhata	++	++	+	0	0
4	Vedana	+++	++	+	+	0

## DISCUSSION

The therapy was advised for 60 days. During complete duration of treatment, patient was instructed to follow pathya and apathy as advised strictly. It was found that there is significant relief in all signs and symptoms of Yuvanpidika. The study drug Patoladi Ghanavati was effective in reducing the laxanas like pitika, Kandua, snigdhata, Shotha, Vedana. It also increased skin complexion.

### Probable mode of Action of Patoladi Ghanavati

- ❖ Patoladi Ghanavati possess Madhur, Tikta, Kashay Rasa with dominancy of Guru, Snigdh Guna, and combination of Ushna & Shita Virya drugs exhibiting Tridoshshamaka property thereby exerts curative action on Daha, Vrana and acts as Kushthaghna.
- ❖ Tikta Rasa is considered to be ideal in all Twak Vikar. Like Ruksha and Laghuta of Tikta rasa helps to exude excessive formed Kleda and Meda in Yauvanpidika.

- ❖ Tikta rasa has property of Dipan and Pachan, so it potentiates Jathragni and Dhatvagni, thereby reducing the formation of Ama resulting in arresting of progression in Dhatushaaithilya.
- ❖ Madhur rasa has properties of Prasadana and Balavarnakar. Hence it improves fairness of the skin and bestows ideal skin texture. Due to Prinana property possibly scar or Vranavastu get healed which could be understood as nutrition to epidermal layer maintaining its health.
- ❖ Patoladi Ghanavati also has Kapha- Pitta Shamak property, which plays an important role in breaking the cascade changes going through the Samprapti of Yauvanpidika.
- ❖ Kashay Rasa brings about Rukshatwa, Laghutvata and reduces Sharira Kleda which is primarily essential to achieve cure of symptoms in Yuvanpidika.
- ❖ Due to predominance of Ushna Virya in the composition of Patoladi Ghanavati brings about pacification of Vata Dosha and relieves symptoms like Vedna and also improves Dhatvagni.
- ❖ Pharmacologically drug acts as astringent<sup>[3]</sup>, cooling<sup>[4]</sup>, blood purifying agent<sup>[5]</sup>, antiseptic, analgesic, aromatic agent<sup>[6]</sup> and useful in burning sensation, skin disease and blood impurities of the body

## CONCLUSION

Yauvanpidika is one of the Kshudraroga which can be compared with Acne. The dominant Dosha and Dushya involved are Kapha, Pitta, Rasa and Rakta. Patoladi Ghanavati showed a significant effect on Yuvanpidika. There were no adverse reactions documented. As the patient of Yuvanpidika become desperate after long ineffective treatment so it is hope that present line of treatment will definitely prove a milestone in the management of this worrisome disease.

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