

AN AYURVEDA REVIEW ON CAUSE, MANAGEMENT AND PREVENTION OF YUVANA PIDIKA (ACNE VULGARIS)**Dr. Sarika Yadav^{1*} and Dr. Om Prakash Dadhich²**¹Assistant Professor, Fims, Sgt University, Chandu Budhera, Gurugram, Haryana, India.²H.O.D. & Professor, P.G. Department of Sharir Kriya, National Institute of Ayurveda, Jaipur, Rajasthan, India-302002.Article Received on
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Haryana, India.**ABSTRACT**

The concept of beauty has prevailed since mankind earliest ages but in today's world beauty is one of the most valued and desirable attributes. It is that quality or combination of qualities which afford keen pleasure to the senses especially that of sight. Acne is the most common skin problem which most commonly affects teenagers. It is the blight of mankind and the caricature of youth. It afflicts 89% of seventeen year olds to some degree. In India, prevalence data from a dermatology clinic in a teaching hospital in Varanasi reported acne in 50.6% of boys and 38.13% of girls in the age group 12-17 years.^[1] Acne can be correlated with Yuvana Pidika mentioned in Ayurveda. Acne is a

chronic inflammatory condition of the pilosebaceous follicles on the face and upper trunk. Acharya Sushruta has described Yuvana Pidika as the eruptions similar to Shalmali thorn on face especially of adolescents. It is also named as Mukhadushika. Hereby an effort is made to understand cause, management and prevention of Yuvana Pidika or Acne in Ayurveda perspective.

KEYWORD: Beauty, Acne, Yuvana Pidika, Mukhadushika.**INTRODUCTION**

Now days, young adults are very much concerned about their health and good looks. "Face as the index of the mind" which reflects joy, sorrow, anger, excitement and most of the emotions. Hence everyone in general and especially adolescents are very careful about beauty and health of the skin of the face. Yuvana Pidika is the most common condition that disfigures the beauty of face and in untreated cases it leaves permanent scars on the face

again enhancing concern about it. Yuvana Pidika is correlated with Acne Vulgaris mentioned in modern medicine. Yuvana Pidaka means that the disease almost takes place in young age or the adolescents. Among the Ayurvedic classics, Acharya Sushruta mentioned Yuvana Pidaka among a whole group of diseases of the skin, “Kshudra Roga”^[3] which have an adverse effect on the appearance of an individual and having surgical or parasurgical measures as its cure. Acharya Charak mentioned Yuvana Pidika while explaining Bahya Rogmargagata Vyadhi which implies that its’ Adhithan is Twak that the vitiation of Dosha mainly affects skin and Dhatu. The main cause of *Yauvana Pidika* is vitiation of *Kapha*, *Vata*, and *Rakta*.^[2] *Nidan (causes) of Yuvana Pidika are not separately described by Acharya sushruta. The caused mentioned for Kshudra Roga are taken as the etiological factors responsible for the disease. Acharya Bhavmishra has quoted Swabhav (the natural cause) as one of the causative factors.*^[4] *Acharya Sharangdhar has mentioned Yuvan pidika as the Mala of Shukra Dhatu along with Vaktra Snigdhata (unctuousness of face).*^[5] *Shukra Pradurbhav takes place in adolescence hence prevalence is more in this age group. Shukra Dhatu can be correlated with androgens. Hence role of various androgens like testosterone should also be taken into account.* According to modern medical science, acne is a chronic inflammatory condition of the pilo sebaceous glands which are characterized by the formation of comedones, erythematic papules and pustules, less frequently nodules or cysts too^[6]. For the treatment of Acne various measures like hormonal therapy, use of antibiotics, surgical measures are mentioned. In Ayurveda a great emphasis is given for maintenance of health and beauty of face which account as the preventive measures for the disease like nasya, abhyanga, dhupana etc. mentioned in Dincharya and Sadvritta and measures like season purification by Vaman, Virechan etc. mentioned in Ritucharya. For alleviation of the sign and symptoms of the disease many oral drugs like Saarivadi Vati, Guduchyadi Vati and local medicinal preparations are mentioned in classics like Lodhradi Lepa, Shalmaliyadi Lepa, surgical measures like Jalauka Avacharan are mentioned.

Discussion on Disease Review

As per name suggests *Yuvana Pidika* is the disease of adolescence which mainly affects the face hence also named as *Mukhadushika*. In various *Ayurveda* testimonials *Yuvana pidika* is explained in a very concise form. Vitiated *Kapha*, *Rakta* and *Vata* are mentioned as the main causative factors responsible for *Yuvan Pidika*.^[7] *Acharya Sharangdhar* has suggested *Vakrasnigdhata* and *Pidika* as *Shukra Dhatumala* while *Acharya Bhavamishra* mentioned no specific cause for the disease but these occur due to *Swabhav*. *Yuvana Pidika* mainly

manifests in the age group from 16 to 35 years of age predominantly. It manifests as *Shalmali* thorn like thick or hard painful eruption which are impregnated with *Meda* on face.

Nidana (Cause)

In *Ayurveda* there is no direct reference found in relation with factors involved in the manifestation of *Yuvana Pidika* but under the *Kushtha Roga Nidana* are described various factors like improper diet or conduct: especially ingestion of the improper, unwholesome, indigestible, or uncongenial food; physical exercise or sexual intercourse immediately after partaking of any oleaginous substance, or after *Vamana*; constant use of milk in combination with the meat of aquatic, or amphibious animal; cold water bath after an exposure to heat; repression of natural urging for vomiting as causes responsible for vitiation of *Dosha* and further resulting in *Twak Vikara*.^[8] *Yuvana Pidika* is correlated to Acne vulgaris which is described in modern medicine. Various factors responsible for acne are genetical predisposition, hormonal changes mainly at puberty, infections specially propionibacterium acne and lifestyle related like cigarette smoking, excessive salt intake etc and the psychological causes like stress and anxiety.

Samprapti

Separate *Samprapti* of the disease is not mentioned in various *Samhita*. The *Samprapti* can be understood as the –excessive exposure or observance of various etiological factors which vitiate *Kapha*, *Vata* and *Rakta*. These vitiated *Kapha* and *Vata* further vitiates *Rakta Dhatu*. From this vitiated *Rakta Dhatu* vitiation of *Meda Dhatu* is formed. From this vitiated *Meda Dhatu* excessive *Mala* i.e. *Sweda*^[9] is formed. This excessive *Sweda* takes *Sthana Samshraya* in *Lomkupa* (*Meda* and *Lomkupa* are the *Mulasthan*^[10]) in *Swedavaha Srotas* and the *Sanga* type of *Srotodushti* takes place. This leads to manifestation of *Rupa* of disease.

Rupa

In *Yuvana Pidika* eruptions which are like the thorns of a *Shalmali* tree and occur on the face of young. These eruptions can be-

- Saruja (pain),
- Ghana (more dense eruptions),
- Medogarbha^[11],
- Kandu (itching)
- Sarakta (bleeding)^[12],
- Daha (burning sense)

- *Snigdha* (greasy skin)
- *Nimnata*^[13] (due to partial epidermal loss or scars).

Treatment

Ayurveda has two principal goals –maintenance of health in healthy and prevention of disease in diseased. For maintenance of beauty of skin especially of face various measures like Abhyanga, Nasya, Dhuppan, Pralep etc. are explained in Dincharya. For prevention of various diseases in Ritucharya also special measures of bio purification like Vaman and Virechan are told.

And after the disease gets manifested two types of Chikitsa are explained the Shodhan Chikitsa and the Shaman Chikitsa.^[14] In the Shodhan Chikitsa procedures like Vamana, Nasya, Jalauka Avacharan and Shiravedha are explained. The Shamana Chikitsa various type of Lepa and oral medications are mentioned like

- The paste of *Vacha*, *Rodhra*, *Saindhava* mixed with *Sarsapa*.^[15]
- The paste of *Dhanyaka*, *Vacha*, *Lodhra* and *Kustha*.^[16]
- The paste of *Lodhra*, *Dhanyaka* and *Vacha*.^[17]
- *Saarivadi Vati*
- *Guduchyadi Vati*
- *Shalmaliyadi Lepa*

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