

SKIN AND ACNE RELATED ISSUES AMONG GROWING CHILDREN

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Corresponding Author*Mishra Dhruv**Associate Professor,
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Face is the very first thing that is noted when we meet somebody. In today's generation this is most important issue to have a healthy and glowing skin without any scar, blemish or acne. Now-a-days skin issues are one of the most common problem among children. Within those Acne, a very common skin problem in teenagers and adults is found. The Onset of Acne is linked to the start of Puberty. During Puberty, many changes in hormones occur in body, which make skin and hair oily, which leads to clogged pores and acne. The word acne is described as *Yauvanpidika* in Ayurveda. It includes whiteheads,

nodules, cysts, blackheads and pimples that leave blemishes which cause a very severe emotional distress, reduced self-esteem and depression among children.^[1] Most children and adults between ages 11 and 30 faces acne at some point. There are different type of acne that affects new born, infants, younger children, and adults. This article is a review for how to manage skin and acne related issues.

KEYWORDS: Yauvanpidika, sushrut samhita, vata, kapha, rakt, vaman.**INTRODUCTION**

Acne, also known as acne vulgaris, is a long term skin disease. It is a problem related to hair follicles and sebaceous glands in skin. Sebaceous glands are very important for skin as they release sebum which helps to moisten the skin and hair. This sebum gets into the skin surface through tiny pores present in skin. Some times due to some hormonal misbalance these pores are clogged and forms different types of acne.^[2] Two types of acne that affect children are inflamed acne (infected with bacteria) and non inflamed acne (not infected with bacteria).

Adolescent age is at the highest risk to get acne and skin problems. Acne can occur anywhere on body, mostly on forehead, chin, cheeks, chest, upper shoulders.^[3]

Ayurvedic aspect

According to Ayurveda all diseases, illness are caused by an imbalance of all three doshas, i.e; Vata, Pitta and Kapha. Predominantly it is Pitta dosha that is linked with eruption of acne and leaving spots behind. In Ayurveda it is named as *yauvanpidika*^[4], Yauvan means “adolescence”, and *pidika* means “pustules or papules. In Sushrut Samhita it is mentioned that *kapha dosha*, *vata dosha* and *rakt* are the cause of eruption of acne.^[5]

CAUSES OF ACNE

According to Ayurveda,

Impairment of all three doshas, predominantly the *pitta* dosha, which vitiates the rakta and medha dhatu. Further the vitiated doshas produces toxins that block the pores of face skin leading to the formation of acne.

Hormonal changes during puberty

1. Polycystic ovary syndrome.^[6]
2. Congenital adrenal hyperplasia.
3. Using different chemical based cosmetics and makeup.
4. Using different chemical based face washes.
5. Rising level of androgens that cause more production of sebum.
6. Excessive intake of Chocolates.^[7]
7. Stress among children.^[8]
8. Several medicines like isoniazid, glucocorticoids.^[9]

SYMPTOMS

Different children face different type of acne with several symptoms. They may include:

- Whiteheads
- Blackheads
- Nodules
- Red, pus filled pimples
- Without pus inflamed cysts
- Scars^[10]
- Pigmentation (post inflammatory hyperpigmentation)

MANAGEMENT

Many different treatments are there for acne. They include topical therapies such as antibiotics, benzoyl peroxide, nicotinamide, salicylic acid and retinoids.^[11] But all these modern medicines create many side effects over the skin, which some times aggravate skin problems. Such as photosensitivity, dryness, redness, flare- up of acne and facial flushing, medicines like isotretinoin is linked with an increase risk of adverse effects, as depression, suicidal thoughts.^[12] Many antibiotics are used as, clindamycin, erythromycin and doxycyclin they are applied to skin initially they give good result but in later stage they become resistance to skin and again the patient has to face those problems. So For avoiding such side effects one should focus towards ayurvedic and natural treatment to prevent and cure skin and acne issues.

Ayurvedic Treatment

Now-a- days children are not focusing about their diet. They use to eat fast food, oily, spicy and a lot of chocolates which is really not healthy for children. All these things vitiate all three doshas in the body. As basically *Vata, kapha, Pitta dosha and rakta* manifests in skin and causes accumulation of toxins, which accumulate in deep tissues. These toxin contaminate deeper tissues and leads a condition called *YUVANPIDIKA*.

Importantly *Vaman* is advised for a better result in acne. Or else a lepa preparation of *Vacha, Lodhra, Saindhav lavan, and sarso with kootha* should be applied over affected part of skin.^[13]

ADVICE FOR CHILDREN

- Children should be encouraged for good cleansing habits such as washing face regularly with a mild face washes containing tea tree oil.
- Remind them not to pick, pop or squeeze acne, as it may spread infection and leave scars.
- Children should be advised not to eat unhealthy road side fast foods.
- Eating salads regularly is very helpful to prevent skin related issues.
- Drinking more water is helpful to remove toxins from body easily through urination.
- Children should be motivated for regular exercise and outdoor games, as sweating also removes toxins from body.

CONCLUSION

Acne and skin diseases are chronic and long term diseases which creates emotional distress and loss of confidence in children. But if children will get awareness about healthy food, regular exercises and focus towards ayurveda, then definitely they can prevent maximum skin diseases. Ayurveda advises a right life style, diet and some herbal medicines. Which actually do not cause any side effect or addiction. Many lepas, are there given in ayurveda. Some medicines like Lodhra, Kutki, Neem, Manjistha, Giloy, Chirayta, Satyanashi, Ras Manikya, Karanja, Khadir, Panvad beej, Kumkumadi and many more are there to prevent and cure acne and other skin issues without any side effects. For better result one should go for *vaman* which will treat skin issues from their roots.

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