

A CASE STUDY ON AYURVEDIC MANAGEMENT ON STHAULYA W.S.R TO ACNE VULGARIS

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ABSTRACT

Acne vulgaris is a chronic inflammatory condition of skin in youth. In Ayurveda, acne has been elaborated as one of the Kshudra Rogas (minor ailments). It is manifested in adolescence thus called as Yuvanpidika or Tarunyapitika. Symptoms of Mukhadushika show close resemblance with bacterial infection and inflammatory factors of acne. According to Ayurveda, vitiation of Kaphadosha, Vata dosha and Rakta dhatu lead to acne development. Kapha vitiation may resemble with excess sebum production, Vata vitiation may resemble with hyperkeratinization and Rakta vitiation may resemble with inflammatory mediators in blood, play an important role in

pathogenesis of acne. Both modern and Ayurvedic sciences have considered the use of topical as well as oral medications and their combinations for the treatment of acne. Modern medications provide relief from acne vulgaris but cause noticeable side effects. In Ayurveda, acne has been treated mainly by Shodhana (purification of body) and Shamana (conservative treatment) Chikitsa or combination of both. Though, several Ayurveda texts such as Sushruta Samhita, Ashtanga Hrudaya, etc., have elaborated the pathophysiology and treatment of acne, the available references are scattered. Thus, there is need of in-depth review and compilation of Ayurvedic texts and literatures. This review may be helpful in better understanding of comparative pathophysiology and management of acne vulgaris.

KEYWORDS: Acne vulgaris, Kshudra Roga, Yuvanpidika, Tarunyapitika, Mukhadushika.

• INTRODUCTION

Ayurveda is an ancient health science. According to Ayurveda Twacha is not only the outer covering of the body but also it is Dnyanendriya which encloses the body from within also.

Healthy Twacha is the reflection of healthy body. Word Tarunyapitika itself says that it is Pitikotpati in Tarunya (adolescence) Awastha due to hormonal imbalance. Though Tarunyapitika is not a life-threatening condition but it becomes a cause of depression in a person because in modern era, people became more beauty conscious. According to Ayurveda, healthy skin is a result of overall health condition of individuals. Skin is formed by the Paka (metabolism) of Rakta dhatu (blood) by its Dhatvagni (metabolism inducing agent) during intrauterine life. Sushruta has elaborated the formation of Twaka by an excellent example. According to Sushruta, after the Paka of Rakta dhatu, it becomes dry (due to Vata) in the form of skin like deposition of Santanika (milk cream) on the surface of boiling milk. This elaboration suggests that Rakta dhatu (blood) is basic element in formation of skin during intrauterine life. Rakta (blood) nourishes the skin through-out the life. Thus, impurities (inflammatory mediators) in blood explicate by skin in the form of Kshudra Rogas including Yuvanpidika.

• MATERIALS AND METHODS

OPD of Kayachikitsa, LKRS Ayurvedic college and hospital Gadhinglaj, Maharashtra

• Case report

The present case study is about successful Ayurvedic management of a case of Tarunyapitika w.s.r to Acne Vulgaris. A 18 years old male patient with registered O.P.D. No. (3369), came to O.P.D. with complaint of Tarunyapitika on face from 6 months.

• History of present illness

Since from 6 months patient has been suffering from the Tarunyapitika.

• Past history

No H/O HTN, DM or any other major illness.

No H/O any allergic reaction.

No H/O of any surgical illness.

• Present history

| | | |
|------------------------------------|-------------------------------|--------------------------|
| Name- XYZ | Bala- Madhyam | B.P.- 130/80 mmHg |
| Age- 19 years | Sleep- Inadequate | Weight- 72kg |
| Sex- Male | Addiction- Nope | Height- 5.8" |
| Marital Status- Not married | Bowel habit- Irregular | Pulse- 76/min |
| Occupation- Student | Appetite- Mandagni | Mala- Asamyak |
| Akruti- Madhyam | Jivha- Saam | Mutra- Samyak |

No abnormality detected in Nervous, Cardiovascular, Respiratory and Digestive systems.

Given treatment:

| Drug | Dose | Duration | Anupan |
|---|----------|-----------------|-------------------------|
| Arogyawardhini Vati | 500 gm | Thrice in a day | Lukewarm water |
| Sariva, Manjishtha, Haridra, Neem, Churna | Each 1gm | Thrice in a day | Lukewarm water |
| Manjishthadi Kwath | 15ml | Thrice in a day | ½ cup of Lukewarm water |
| Sariwadyasav | 15ml | Thrice in a day | ½ cup of Lukewarm water |
| Avipattikar Churna | 5 gm | Nisha kaal | Lukewarm water |

- **Duration:** 3 months.

- **Pathya**

Purana Yava, Godhuma, Shali, Mudga, Karvellak, Patol, Koshna jal.

- **Apathva**

Oily and spicy food, Meat, seafood, Masha, Kulatha, dadhi, Kanji, divaswap, Vidahi annapan, Katu, Ushna, Guru, Abhishyandi, Atilavana-amla rasa, fast- junk food, cold drinks.

- **OBSERVATION AND RESULT**

The follow up was made on the 1st, 2nd and 3rd months. During this period, the patient did not develop any other complaints. Patient reports gradual improvement in symptoms.

- **DISCUSSION**

Acne is one of the most common skin problems in all over the world treated by dermatologists⁵. Adolescents are mostly susceptible to acne, but it can occur in any age group.

Acne has been elaborated in Ayurveda as a Kshudra Roga (minor ailment), as it is not a serious or life-threatening disorder but it seriously impacts quality of life of person.^[4-5]

Yuvanpidika or Tarunyapitika or Mukhadushika are the terminologies used in Ayurveda to define the acne. Yuvan or Yauvana and Tarunya are related to age factors i.e., adolescence (youthfulness) and physical changes that occur during the young age.^[14-15] According to Ayurveda and modern science, behavioral changes during adolescence such as anger and stress have also been considered as contributory factors for acne development.^[23-25] In the

definition of Mukhadushika, the word Dushika can resemble with inflammatory mediators and bacteria that cause acne vulgaris.^[23]

• CONCLUSION

Since the Ayurvedic therapy for Tarunyapitika w.s.r. to Acne vulgaris can be effective therapy.

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