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**Ayurvedic Management of Yuvanpidika: A Case Report**

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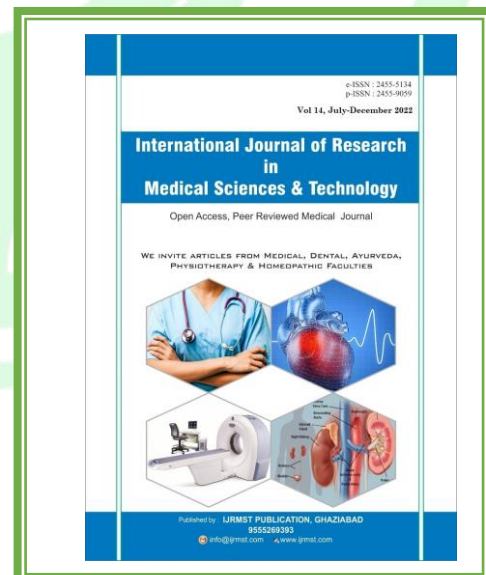
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**ABSTRACT**

The face is an essential part of the body, and who does not want to have a glowing face as we know the first impression is the last impression, and the face is the mirror image which shows the mental and physical status of the body. Yuvanpidika is a burning issue in youngsters and due to hormonal derangements, unhealthy food habits and deranged routine and occurs mainly in the age group between 15 – 30 years. Acharya Susruta has advised Vamana procedure along with *Bahya Lepa* and some *Shaman Oousadhis*, which really works in alleviating the disease and helps in regaining the fair complexion of the face. *Acharya Vagabhatta* added, showing resemblance with *Salmali Kantaka Pitika* having pain with *Ghana pidika* filled with *Meda* and named it *Mukhadushika* or *Yuvanapidika*. In the current single case study 25 Years old female patient, *Vamana*, along with *Nasya*, followed by *Siravedha* from *Lalatapradesha*, was advised. *Shamana Chikitsa* (*Kaishor Guggulu*, *Mahamanjisthadi kwath*<sup>1</sup>, *Sarivadyasava* and Local application with *Vacha*, *Lodhra*, *Saindhava*, *Kustha* and *Kustumbru (Dhaniya)* was also prescribed after *Shodhana Chikitsa*. In follow-up after six months, it was observed that there was no recurrence. In contrast, in modern counterparts, recurrence frequently occurs, so for the treatment of *Mukhdushika*, multifaceted *Ayurveda* treatment is found to have the upper hand with much fewer chances of recurrence.

**Keywords:** *Yuvanapidika*, *Acne Vulgaris*, *SalmaliKantak*, *Vamana*, *Nasya*, *Siravedha*, *Shamana Chikitsa*

**INTRODUCTION**

Acne Vulgaris is a self-limited disorder primarily in teenagers and young adults. However, perhaps 10 -20 % of adults may continue to experience some form of the disease.<sup>1</sup>The clinical hallmark of Acne Vulgaris<sup>[1]</sup>. The most common location for Acne is the face, but the involvement of the chest and back is also common. Acharya Susruta<sup>2</sup> has mentioned its resemblance with *Salmalikantak*, and the doshas involved are *Kapha*, *Vata* and *Rakta*<sup>[2]</sup>. *Chikitsa* has recommended that

*Vamana* and *Lepa* of *Vacha*, *Lodhra*, *Saindhava*, *kustha*, and *Sarshapa* should be mixed in *Kapha* prevailing conditions, and *kustumbru (dhaniya)* should be mixed in *Pitta* and *Rakta* prevailing conditions<sup>[3]</sup>. In modern treatment, the recurrence of the disease is widespread. In contrast, after proper *Shodhana*, i.e. *Vamana* followed by *Raktamokshana* and *Shamanausadha* along with *Bahyalepa*<sup>[4]</sup>. If *Nidanaparivarjanas* is followed strictly, it is observed that there is complete remission of disease with significantly fewer chances of recurrence.

**PATIENT INFORMATION**

A Female patient aged 22 years is a graduate student from Ujjain and is unmarried, lives with her parents is Hindu by religion. She is from a middle-class family approached in O.P.D. of govt. Dhanvantari Ayurveda college Ujjain complained of pimples in both cheeks & forehead on 28/10/2021 with comedones closed(whitehead) and open(blackhead). They were very irritating and painful, and her face appeared dull for 14 months after

taking modern treatment with symptomatic relief.

There is no significant family history, past history.

**Personal history**

Diet - Irregular food habits, Bowel – irregular, Menstrual History - Scanty irregular, Sleep – irregular

**Diagnostic Assessment**

*SalmalikantakaPidika*(Acne), *Ruja*(Pain), *Ghana*(Nodules formation), *Kandu, Daha*

**Table no. 1 (Diagnostic Assessment)<sup>[5]</sup>.**

Grade	Signs
1.	Clear face with no marks
2.	Clear face with mild patchy marks of comedones, no <i>Ruja</i> , no <i>Daha</i>
3.	Comedones, occasional papules, <i>Ruja, Daha</i>
4.	Papules, Comedones, few pustules, <i>Ruja, Daha</i>
5.	Predominant pustule, nodules, Abscesses, <i>Ruja, Daha</i>
6.	Mainly cysts, abscesses, widespread scarring

**Therapeutic Intervention**

**Table no. 2: Therapeutic Intervention**

Type of treatment	Drug	Dose	Time of Administration	Duration	Anupana
<i>Deepana Pachana</i>	<i>Shivakshara Pachana Churna</i>	5 gm with the first bite of food	Twice daily	Five days	Lukewarm water
	<i>Aarogyavardhini vati</i>	250 mg	Twice daily	Five days	Lukewarm water
<i>Snehapana</i>	<i>Panchatikta Ghrita</i>	<i>Vardhamana matra</i>	<i>Sodhanarthasneha kala</i>	7 days	Lukewarm water
<i>Vamana</i>	<i>Madanaphala</i>	As per <i>Roga and RogiBala</i>	<i>KaphaPraseka Kala</i>	-	-

		along with <i>Kostha</i> assessment			
<i>SamsarjanaKrama</i>	<i>Peyaadikrama</i>	As per <i>Suddhi</i>	<i>Sayampratah</i> and whenever <i>Kshudhapravritti</i> is there.	As per <i>Suddhi</i> Seven even days	Lukewarm water
<i>Raktamokshana</i>	50 ml of rakta was let out from the medial cubital vein (cubital fossa)				
<i>Samana Ousadhi</i>	<i>Kaishor Guggulu</i>	250 mg	Twice daily	14 days	Lukewarm water
	<i>Mahamanjisthadi kwath<sup>1</sup></i> <i>Sarivadyasava</i>	20 ml 20 ml	Twice daily	14 days	Lukewarm water
<i>Bahya lepa</i>	<i>Vacha,</i> <i>LodhraSaindhava,</i> <i>kustha and</i> <i>kustumbru(dhaniya)</i>		Once daily	14 days	

So in total, 36 days of treatment were given

### OBSERVATION & RESULTS

The appearance and nature of the clinical appearance of acne lesions were turned

from grade 4 to grade 1 after treatment, i.e. 37<sup>th</sup> day. The improvement in the clinical presentations was given in image no.1. (Before R.X.)and image no.2(After R.X.).

Image 1



Image 2



### DISCUSSION

Causative factor – due to irregular food habits and stress, *Agni* was deranged, causing *Kapha* and *Rakta Dushti*, which causes vitiation of *Vata*, and this deranged

*Vayu* aids in lodging *Dusta Rakta* and *Kapha* beneath the facial skin and also in the shoulder, chest and back thus causing *Mukhadushika*. So we can infer that this *Vyadhi* is *Santarpanajanya* and *Sodhana*, i.e. *Vamana* will be best suited for *Kapha*

*dushti* followed by *Raktamokshana* for *Rakta Dushti* along with *Bahya Lepa* followed by *Samana chikitsa* to pacify the remanent *Doshas*.

*Shivakshara Pachana Churna* – *Agni Pradeepak, Amapachaka, Yakrita uttejaka, Saraka, Apana Vayu Anulomaka*.<sup>[6]</sup>

*Aarogyavardhini Vati* – All types *Kustha, Pachana, Deepana, Pathya, Hridya, Medanasaka, Malasodhaka, Kshudhavaradhaka* <sup>[7]</sup>.

*Panchatikta Ghrita* – 18 types *Kustha*, 80 type *Vatavyadhi*, 40 types *Pitta Vyadhi*, 20 types *Kapha Vyadhi, Dushta Vrana, Krimijanya Roga, Arsha*, five kinds of *Kas*<sup>[8,9]</sup>.

*Raktamokshana* - *Sodhana of dushta rakta* along with *dushta pitta* <sup>[10,11]</sup>.

*Kaishore Guggulu* - pacifies the *Raktaj vikara* and *amavishaja vikara*<sup>[12,13]</sup>.

*Mahamanjsthandi Kwatha* - *Raktasodhaka, Saraka, Dushi Vishas Pratirodhaka*, anti-microbial action<sup>[14]</sup>.

*Sarivadyasav* – *Uttam Rasayana* for skin, diuretic action, balances the malfunctioning of deranged hormones, *Vatarakta samaka*<sup>[15]</sup>.

*Bahya Lepa* - *Twachya* and *Varnya* action<sup>[16]</sup>.

## CONCLUSION

The patient got relief from signs and symptoms such as *Ruja, Daha*, open and closed comedones, and papules with some *Daurbalyata* in the body, which was later pacified with these nine weeks of treatment.

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## Conflict of Interest: None

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