

A SUCCESS STORY OF AN AYURVEDIC MANAGEMENT OF ACNE VULGARIS BY SHAMAN CHIKITSA – A CASE STUDY

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ABSTRACT

A case study of 20 years old male patient is being presented here, who came with complaints of acne on face, along with itching, pain and pus formation (since 2 years). Considering clinical features, Kapha, Vata Dosh and Rakta, Dhatus are involved in pathology, it was necessary to carry out treatment having Vata-Kapha Shamaka and Rakta Shodhka property. Acne Vulgaris is one of the most common dermatosis which develops in puberty and young age. Prevalence of Acne Vulgaris in India is 85% in teenagers. In the present case, the patient was treated with oral administration of drugs like Kaishor Guggulu with Khadir sidhha jala, Samshamni Vati, Sarivadhyasava along with external application of Raktachandanalepa for one month. At the end of the month, clinical features of patient were significantly improved.

Keywords: Yauvanpidika, Acne Vulgaris, Kaishor Guggulu, Khadir sidhha jala, Samshamni Vati, Raktachandanalepa, Sarivadhyasava.

INTRODUCTION

A great philosopher says that human face expresses and represents their personality and wisdom. According to Ayurveda, among the 56 *Upangas*, face is at the top. All most everyone and mostly youngsters are more cautious and careful about the beauty of the face. In this modern era *Yauvanpidika* (Acne Vulgaris) is the burning problem in the adolescence. Acne Vulgaris is one of the most common dermatosis which develop at puberty and young age which are the wonder years of an individual's life & they are more conscious about the beauty. It leads to unattractive look and permanent disfigurement of the face which may result in inferiority complex and sometimes isolation in the social life. Acne vulgaris, a chronic inflammatory disorder in adolescents consists of the pilosebaceous follicles, characterized by comedones, papules, pustules, cysts, nodules and often scars, chiefly on face, neck etc.¹ It is a skin condition that occurs due to the clogging of oil glands of the skin. The oil that normally lubricates the skin gets trapped in blocked oil ducts and results in what we know

as Pimples, Blackheads and Whiteheads. Sometimes it also includes deeper skin lesions that are called Cysts. Acne vulgaris mostly affects the areas of skin with the densest population of sebaceous follicles. These areas include the face, the upper part of the chest, and the back. The cause of acne is unknown. It is presumed to be activated by androgens in genetically predisposed individuals.² Two types of aetiologies are prevailing for acne.

A) The basic seborrheic state & the tendency to acne itself may be familiar. Androgenic stimulation of pilosebaceous follicles & thickening of horny layer take place at puberty. These causes directly affect the skin or the pilosebaceous unit so as to produce excess amount of sebum.³

B) Aggravating factors like improper diet, uses of cosmetic, excessive exposure to sun and wind. Many different treatments exist for acne in modern science which includes antibiotics, retinoid, anti-androgen medications and hormonal treatments but these produce a large number of side effects. That's why there is a necessity of such treatment that not only

cures Acne Vulgaris but is also free from side effects. According to Ayurveda, Acne Vulgaris is considered as *Yauvanpidika*. According to *Acharya Shushruta, Vata and Kapha Dosha* along with *Rakta Dhātu* are involved in *Yauvanpidika*. *Acharya Shushrut* has mentioned *Yauvanpidika* under the heading of *Kshudra Roga*.⁴

CASE STUDY

The present case study is successful Ayurvedic management of a case of *Yauvanpidika*. A 20 years old male patient with Registration No.-18219 came to OPD of Dept. of Kayachikitsa of Govt. Akhandanand Ayurveda Hospital, Ahmedabad, Gujarat; with chief complaints of acne on face along with itching, pain and pus formation since 2 years.

History of present illness

According to the patient he was asymptomatic before 2 years. Then he gradually developed acne on face along with itching, pain and pus formation. Meanwhile he took allopathic medicines but did not get relief at all. So patient came to OPD, Dep. of

Kayachikitsa, Govt. Akhandanand Ayurveda Hospital, Ahmedabad, Gujarat; hospital for proper management.

Personal History:

In his personal history, He was non vegetarian, had irregularity in sleeping time. He was eating chocolates, cold drinks etc. almost daily. His Pulse Rate was 72/min and Blood Pressure was 120/78 mmhg.

Past History: No relevant past history was found.

Family History: Two Brothers also had same problem.

Nidana Found in The Patient

Aaharaj Nidana: Excessive consumption of *Madhura, Amla, Lavana, Katu Rasa, Virudhha Ahara*. Excessive milk products, Fermented food, Bakery items.

Viharaj Nidana: *Vyayam* and *Ati santapsevan* after consumption of food, *Diwasvap, Ratrijagarana,*

Criteria for Assessment

Table 1: Grading for assessment

Sign and Symptoms	Normal	Mild	Moderate	Severe
Acne	0	1	2	3
Itching	0	1	2	3
Pain	0	1	2	3
Pus formation	0	1	2	3

Treatment Protocol

Selected Internal Ayurvedic Medicines:

Table 2: Internal medicines

Name of medicine	Dose	Kala	Anupana
<i>Kaishor Guggulu</i> ⁵	3 tab BD (each tab is 500mg)	After meal	<i>Khadir sidhha jala</i>
<i>Samshamni Vati</i> ⁶	2 tab TD (each tab is 500mg)	Before meal	Water
<i>Sarivadhysava</i> ⁷	20 ml	After meal	Equal quantity of water

Duration: 1 month Follow up every 15 days.

Selected External Ayurvedic Medicine:

*Raktachandadi Lepa*⁷

Method of use:

5gmchurnmixedwithwaterwasadvisedtoapply on face once in a day. After 20 minutes of application the face was washed off using cold water.

Duration: 1 month Follow up every 15 days.

Table 3: Constituents of *Raktachandanadi Lepa*

Ingredients	Quantity
<i>Raktachandana</i>	1 part
<i>Jatiphala</i>	1 part
<i>Maricha</i>	¼ part

Advised during treatment

Pathya: Green gram, rice, wheat, green vegetables, fruits, Adequate sleep at night (min 8 hours), keeping the face clean by washing every time after comingfromexternalenvironmentandbeforegoing to bed atnight.

Apathya: Ice cream, cold drinks, curd, bread, toast, oily substances like chips etc., non veg, fast food, eggs, tea and coffee., *Ratrijagara*, *Diwaswap*, squeezing of acne, excessive exposure to sunlight. **Observation and Results**

Table 4: Assessment of Signs and Symptoms

Sign and Symptoms	B.T	1 st follow up	2 nd follow up
Acne	3	2	0
Itching	2	1	0
Pain	1	0	0
Pus formation	2	1	0

Figure No.1 Before Treatment



Figure No.2 After Treatment



DISCUSSION

As above mentioned history of the patient, he was diagnosed as a case of *Yauvanpidika*. *Yauvanpidika* can be compared with *Acne Vulgaris* according to modern science. *Yauvanpidika* is the disease which occurs at puberty and adolescent, when beauty consciousness is at peak level. To some extent modern medicine has failed to completely eradicate this disease. This disease is described under the heading of *Kshudra roga* in *Ayurveda texts* and many remedies are described to cure this disease.

As *Yauvanpidika* is described under *Kshudra roga*, there is no detail description about its specific *Nidana*, *Poorvarupa* and *Samprapti*. But there are some indications in *Samhitas* from which we can understand its *Samprapti*.

Samprapti:

The cause of the disease is the disturbance in the equilibrium state of *Vata*, *Kapha Dosha* and *Rakta Dhatu*. Cause of *aharaja* and *viharaja nidana*, these *dosha* gets vitiated and at the same time *Dhatu dushti* also occurs. These vitiated *dosha* circulates all over the body through the *Srotasa*. They get located under the skin surface, especially of the face. *Pidikam* vary in its size, shape, signs and symptoms according to the dominance of the *Doshas*.

Acharyas has described this disease as *Yauvanpidika*, which signifies the age of occurrence of the disease. *Acharya Charaka* has described the age of 16-30 as *Vivardhamana Dhatukala*, which is the starting period of functional state of *Shukra Dhatu*. Modern medical science has considered hormonal imbalance, specifically androgenesis as one of the important causative factors, which in turn stimulates the sebaceous glands to produce excess sebum. This may be the cause that, maximum number of patients were found in the age group of 16-20 years because hormones and *Shukra Dhatu* are more active during this period. Treatment was planned according to Ayurvedic principals of management of *Vata Kapha Shamaka* and *Rakta Shodhak* medication.

In this study, *Kaishor Guggulu* was selected from *Sharangdhara Samhita*. *Samshamni Vati* was selected from *Sidhha Yoga Sangraha*. *Sarivadyasava* was selected from *Bhaishjya Ratnavali* and *Raktachandanjadi lepa* was selected from *Yoga Ramakara*. In *Kaishor Guggulu*, *Guduchi* and *Triphala* and *Guggulu* are the chief ingredients. Most of the ingredients of *Kaishor Guggulu* possess

Katu, *Tikta* and *Kashaya Rasa*, which has *Kaphaghna* and *Medoghna* effect. Thus, it clears the *Srotorodha* and removes the vitiated *Kapha* which are mainly responsible for the disease. As per *Doshghnata*, 12.5% drugs have *kaphavataghna* property and 50% have *tridoshaghna* property, which helps breaking the *samprapti*. In *Sharangdhara Samhita*, *Khadir* is a choice of *Anupana* of *Kaishor Guggulu* in the management of skin diseases. *Raktachandanadi Lepa* comprises of *Raktachandan*, *Jatiphala* and *Maricha*. *Rakta Chandanis Kaphapitta Shamak* and also *Daha shamak* so it will be helpful to reduce burning sensation. *Jatiphala* is *Vata Kapha shamak* and in *Yauvanpidika* as there is vitiation of *Kapha* and *Vata*, it will help in breaking *Samprapti* of disease. *Marich* acts directly on the causative *dosha* of *Yauvanpidika*, which will relieve *shoola* & *shotha*. Main content of *Samshamni Vati* is *Guduchi*. *Guduchi* has Anti-bacterial, Anti-inflammatory and Antioxidant property. So *Samshamni Vati* will be helpful to reduce the problem. *Sarivadyasava* is Polyherbal Ayurvedic formulation. It is *Rakta Shodhaka* and *Rakta Prasadaka*. This medicine has the blood purifying qualities and acts as the natural blood detox. *Sariva* is the main ingredients in *Sarivadyasava* which is quite good to resolve the inflammation, itching and irritation. Except this, various herbs like *Musta*, *Shati*, *Padmaka*, *Lodhra*, *Nyagrodha*, *Ashwatha*, *Hribera*, *Guduchi*, *Ushira*, *Katurohini* etc are also used in the preparation of *Sarivadyasava* which help to improve the general condition of the patient.

CONCLUSION

On the basis of above study it is concluded that *Yauvanpidika* is a *Kapha Vata* and *Rakta janya* disorder. Above mentioned all the drugs showed highly significant efficacy in the symptoms like *pidika*, itching, pain and pus formation. Thus by Ayurveda, we can help to enhance the charming face of the adolescents.

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