

REVIEW OF YUVANPIDIKA(MUKHADUSHIKA) IN AYURVEDA CLASSICS

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ABSTRACT

In Ayurveda classics, Yuvanpidika comes under Kshudra roga. It has great resemblance with acne vulgaris in modern medicine which mostly affects 85% population of teenagers and young adults mainly males. Now a day's various types of skin diseases are on the rampage. Acne vulgaris is one of them. It is a chronic skin disorder involving hair follicles and sebaceous glands. Multiple causative factors including skin microbes, hormonal imbalance, environmental factors and mental stress are responsible for this.

According to ayurveda classical texts, Yuvanpidika occurs due to vitiation of kapha, vata and rakta doshas. It gives rise to "salmali throne" like eruptions on the face. In Astanga Haridhya, Acharya Vagbhatta has mentioned it as vataja and kaphaj disease. Other Acharyas mainly focused on its treatment. There are two types of treatment described in ayurveda i.e. samshodhana and samshamana. Samshodhana chikitsa includes vama, nasya and shiravedha. Samshamana chikitsa is divided as internal and external. In internal, oral medicines like manjistha churna, panchtikta ghrita and kaishora guggulu and in external chikitsa lepa and oil are included. Internal medicines are tikta rasa dominant. Tikta rasa is ideal for all skin diseases and also beneficial for daha and kandu which are common symptoms of this disease. In this paper the nidana (etiology), samprapti (pathogenesis) as well as chikitsa of yuvanpidika will be discussed in detail.

Keywords: - Yuvanpidika, Acne vulgaris, Mukhadushika,

INTRODUCTION: -

Face of a person is the index of mind which plays an important role to look attractive. Everyone wants to look beautiful. A single spot on face causes stress and person looks ugly. Unfortunately, skin of the face is affected by certain anomaly like mukhadushika in adolescence age which is golden period of life. In present era, the most common skin inflammation is acne vulgaris¹ which is common in teenagers, affects 85% of populations, generally in males. It is a chronic skin problem involving hair follicles and sebaceous glands. Multiple causative factors of it include skin microbes (infection),

hormonal imbalance, environmental pollution like industrial development, mental problem like anxieties, worries, anger, depression and professional hazards etc. This affects mainly cheeks, chin, nose, forehead and upper thorax areas. Predisposing factors of this disease include diet, climate (moist temperature), use of cosmetic, occupation, constipation and mental stress. Four major factors involved in disease production are: -

1. Increased sebum production.
2. Blockage of pilosebaceous duct.
3. Microbial involvement.
4. Production of inflammation.

According to *Ayurveda*, face is one of most important *upaang*. *Yuvanpidika* described under *kshudra roga*² which is compared with *shalmali kantak*³ like eruption on the face. Causes⁴ of *yuvanpidika* described under:

1. *Aharaja*: - *Katu, guru, madhur, atisnigd, dadhi, amla, ushna, vidahi, ajirna bhojanam*.
2. *Viharaja*: - *Vegavidharna, jagrana, nidra vipryay, upwas, aatap sevan*.
3. *Mansika*: - *Atikshok, krodh, kshobh, santap*.
4. *Kalaja*: - *Sharad kala svabhava (avasthik kala)*.

Due to above *nidana* mainly all *Acharyas* mentioned that it is a vitiation of *kapha, vata* and *rakta doshas*. It is also called *Mukhadushika* because it destroys the beauty of face. According to *Astanga Haridya*, it occurs due to *vata* and *kapha dosha*. Detailed description regarding sign and symptoms is present in *Astanga Haridya*. According to *Vagbhata*, it resembles *shalmali kantaka, saruja, ghna (solid), medogarbha, yuna mukha* (because this disease is most common in *yuva*). Other *Acharyas* mainly focused on its treatment.

AIM AND OBJECTIVE: -

- To explore the concept of *yuvanpidika* and related management in *Ayurveda*.

MATERIAL AND METHODS: -

- *Ayurveda samhita*, their commentaries and related paper are preferred for the collection of relevant matter regarding *yuvanpidika*.
- Text book of modern science relevant matter regarding acne vulgaris.

MANAGEMENT:-

1. *Nidanparivarjana*⁵: -

In *Ayurveda*, management of all diseases is done by *nidanparivarjana* (removal of causes). So, one should avoid junk food like potato chips, burger, pizza, etc., stress, improper sleep, constipation, anger.

2. Mainly there are two types of treatment described in *ayurveda* i.e. *samshodhana* and *samshamana*.⁶

1. *Samshodhanchikitsa*:-

- (a) *Vaman karma*:- According to *Acharya Susruta*, *vaman*⁷ is done.
- (b) *Virechankarma*:- It is indicated specially for *pittadosha*. Purgative medicines are used to expel *pitta dosha* through *guda marga*. Property of *rakta* and *pitta dosha* are similar, therefore *virechan* also effective in *rakta dosha*⁸.
- (c) *Nasya*⁹:- *Acharya Vagbhata* have this described this for treatment of *yuvanpidika*.
- (d) *Siraveda*:- There is involvement of *vata, kapha* and *rakta dosha* in *yuvanpidika*. To get rid from all *doshas*, we should perform *raktamokshan*. It is best line of treatment mentioned in *ayurveda* classics. As per different classics, in *yuvanpidika siraveda* is mainly performed over frontal region¹⁰.

2. *Samshamanchikitsa*:-

- (a) *Lepa*:-
 - *Vacha, lodhra* and *saindhav* mix with *sarsap* or *dhanyaka, vacha, lodhra* and *kustha*¹¹.
 - *Lodhra, vacha, dhanyaka lepa*.
 - *Narikel manjan* with *vata patra*¹².
 - *Lodhra, dhaniya, vacha* with milk.
 - *Gorochan, black pepper*.¹³
 - *Lodhra, dhanyak, vacha*.
 - *Sarsapa + vacha + lodhra + saindhav lavana*¹⁴.
- (b) *Tail and Ghrit*:-
 - *Kumkumadi Tail*.¹⁵
 - *Manjistha Tail*.¹⁶
 - *Kinshukadi Tail*.

Abhyanga is described by *Acharya Chakradutta* as *shamana chikitsa* in *yuvanpidika*.

(C) For internal use:-

- *Panchnimba vati*.¹⁷
- *Manjistha churna*.
- *Kaishor guggul*.
- *Aarogyavardhani vati*.
- *Khadiroudaka*.¹⁸

YOGA AND MEDITATION¹⁹: - Yoga therapy suggests *pranayama*, *asana*, *shatkarma*, and meditation. Stress, increased toxin content, disruption in bowel movements are some of the reasons for acne.

- (i) *Asanas-Bhujangasana, matsyasana, halasana, sarvangasana, trikonasana, and balasan* help increase blood circulation to the head and face area.
- (ii) *Yoga mudras- Varun mudra, prithvi mudra.*
- (iii) Morning. *Kapalabhati pranayama* on empty stomach. *Antaranga* and *bahirangakumbhaka* and *maha- bandha (jalandhara, uddiyana and moola)* may be integrated into the *pranayama*

practice. For persons, who usually gets more problematic in summer, especially with oily skin cooling *pranayamas*, such as *sheetali* and *sheetkari*, can help proving effect to the skin and retain its glow.

- (iv) Meditation- Meditation twice a day, every day is beneficial.

CONCLUSION: -

According to *Ayurveda* classics, *yuvanpidika* has been mentioned under *kshudra roga*. In *Ayurveda* vitiation of *vata*, *kapha* and *rakta* are considered as causative factors by many *Acharyas*. *Nidana* includes *aaharaj*, *viharaj* and *vegaavarodhaj*. In various *Samhita* of *Ayurveda* two types of *chikitsai.e. Shodhana* which includes *vamana, virechana, nasya, siraveda* and *shamana chikitsa* includes various types of *lepa, tail* and *ghrit* are mentioned.

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¹⁹ Gaurav Gaur¹*, Suneel Pal², Kulratan³ * 1PG Scholar, 2Associate Professor, Dept. of Panchakarma, 3Associate Professor, Dept. of Swasthvrta, HAMC & Hospital, Dehradun, Uttrakhand, India.s AYUSHDHARA ISSN: 2393-9583 (P)/ 2393-9591 (O) An International Journal of Research in AYUSH and Allied Systems AYUSHDHARA | January - February 2018 | Vol 5 | Issue 1 1564 YUVNAN PIDIKA - A CONCEPTUAL STUDY W.S.R. ACNE VULGARIS