

Case Report

Management of *Yauvan Pidika* (Acne Vulgaris) With Unique Combination of Ayurvedic Herbs- A Case Study

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ABSTRACT

In today's world of glamour and beauty it is a natural tendency that every one of us is highly conscious about our skin. Skin is the most visible part of the body that reflects personality of a person. Skin disorders like *Yauvan Pidika* creates physical as well as mental stress to an individual.

In ancient days *Yauvan pidika* was not critical or not harmful because of proper diet & proper life style. Following a diet or life style that is against the season or the *prakriti* (nature) of a person produce disease. In Ayurvedic terms *Yauvan pidika* caused by aggravation of *Pitta Dosha* in body. The *Pitta* had further impaired the *Rakta and Meda Dhatu* (blood and fat tissues), producing toxins that blocked skin's pores, leading to *pidika* (acne) formation. Epidemiology of *Yauvan pidika* is increasing nowadays due to Industrialization and Agriculture.

A simple knowledge of Ayurveda can help us prevent and even treat such skin disorders.

Key words: *Yauvan pidika*, Acne vulgaris, Ayurvedic, Ayurvedic herbs, Effective therapy.

INTRODUCTION

Yauvan pidika is common health problem in younger age group, however adolescents are not exempted. As mentioned under *Ayurveda* it will never take serious turn provided a good lifestyle and proper diet is adopted.

The modern science after detail research is unable to cure the disease but offer only symptomatic relief which include topical steroid and antibiotics. On this issue the *Ayurveda* has solution to cure the disease.

CASE REPORT

The present case study is successful Ayurvedic management of a case of *Yauvan pidika* (Acne vulgaris).

A 26 year old male patient came to us with chief complaint of –

- 1) *mukha pradeshi pitikopati* (boils on his face)
- 2) *puya strawa* (pus) formation around *pitika*.
- 3) Visible black spots on his facial skin.
- 4) *kandu* (itching) on facial skin.

Patient had above complaint since last **6 years.**

History of personal illness:

The patient was normal six years back. Since then patient has been suffering from *mukha pradeshi pitikopati* (boils on his face) which were inflamed and painful, the *pitika* (boils) had *puya strawa* (pus) formation around them, the *pitika* (boils) dissolved on their own and this left visible black spots on his facial skin, *kandu* (itching) on facial skin. He had tried all kinds of skin creams and tablets, but nothing provided long-term relief from his problem, then he came to our hospital – Seth Sakharam Nemchand Jain Ayurvedic Rugnalaya in Kaychikitsa department OPD.

On Examination:

Nadi (pulse) = 84/min.

Mala (stool) = Vibandha
Mutra (urine) = Normal.
Jeeva (tounge) = Eshatha saam.
Agni = Kshudhamandya.
Shabda (speech) = Normal.
Druka (eyes) = Normal.
Akruti = Madhyama.
Bala = Madhyama.
Raktadaaba (B.P) = 120/70 mm/Hg.

MATERIALS AND METHODS

Method -

Center of study:

S.S.N.J.Ayurvedic Rugnaayan, Solapur.

Material:

Management involve medicaments –

Table 1: Medicaments used.

Sr. No.	Dravya	Dose	Duration	Anupana
1.	Manjishta	500 mg	1 pack TDS	luck warm water
2.	Daruharidra	500 mg		
3.	Amalaki	300 mg		
4.	Hingwashtak	500 mg	1 pack HS	luck warm water
5.	Trikatu	300 mg		
6.	Pachak vati	250 mg	1 BD	luck warm water
7.	Aragyawardhini	250 mg	1 BD	water
8.	Gandhaka rasayana	250 mg	1 BD	water
9.	Panchawalkalt oilment	Local application	Twice in day.	-

RESULT

Clinical examination of the patients revealed regression of *mukha pradeshi pitikopati* (boils on his face), *kandu* (itching), *puya strawa* (pus) **within 10 days**.

DISCUSSION

The patient has job of marketing a product for which he has undertaken lot of journey, this leads to *hetu* of *Yauvan pidika* as -

- 1) *Ahar*- improper and irregular diet, Oily, spicy, sweet, fatty, fast-food, cold drinks causes the disturbance of tri-doshas.
- 2) *Vihar*- Exertion immediately after meal, Aatap sevan vitiates rakta dhatu.

3) *Vaya- Tarunya Avastha* [26 year old].

4) *Manasika nidan- chinta, shoka, bhaya, santapa* and *udveg* causes *pitta prakopa, vata vrudhi*.

Samprati:

Hetu seven -> Dosh Prokop (Vata, Kapha, Rakta) -> Aagnimandya, Aamotpatti -> Prokopit Dosh Mukhstani Sthansanshraya-> Mukhpradeshi Pitikotpatti, Kandu -> Yauvan pidika

Samprati-Bhanga:

Table 2: Actions of Medicaments.

Sr. No	Dravya	Action
1.	Manjishta	Varnya, Kushtaghana, Raktaprasadan, rasayana, Sonithsthan
2.	Daruharidra	Kandughana, Pittaghana, Dipan, Vrana
3.	Amalaki	Pittaghana, kledaghna, Rasayana, Agniyadi & Aampachan.
4.	Hingwashtak	Aampahachartha, Agnivardhana
5.	Trikatu	Vatavaha nadi shamak, Kaphgna
6.	Pachak vati	Amadosa nasaka & Agni vardhaka
7.	Aragyawardhini	Grahanishodhak, Diapan, Pachan, Pakwashyadushti nashka.
8.	Gandhaka rasayana	Raktashodhak, Kandughana, rasayana



Fig. 1: Patients' Photograph before & after treatment.

CONCLUSION

Since the therapy for *Yauvan pidika* (acne vulgaris) has limitation in other pathies, the unique combination of Ayurvedic herbs can be effective therapy in *Yauvan pidika* (Acne vulgaris).

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