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Yuvan pidaka (acne vulgaris) and it's management –a case study.

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Abstract-

The face is the first to see when meeting others and people usually read facial expressions to decipher their feelings on first encounter. Confidence or low self-esteem can easily be observed on the face by those who possess that skill. Hence, people tend to base physical attractiveness on facial beauty.

Today's lifestyle ,irregular diet and pollution are directly affecting the skin causing many skin diseases and most common in them is Acne vulgaris (*yuvanpidaka*) and it occurs most frequently in adolescent ages. Acne vulgaris is a chronic inflammatory condition of the pilosebaceous follicles on the face and upper trunk, which develops into blackheads, papules, pustules and cysts and may leave scars upon resolution .According to Ayurveda, due to vitiation of *kapha*, *vata* & *Rakta* which cause pain, resembling fat inside the eruptions appearing on the face are known as *Yuvan pidaka* or *Mukhdushika*.

It is a case of 32 year old male patient had chief complaints of acne prone skin with old acne scars and discoloration .In this case study, management of *yuvanpidaka* (Acne vulgaris) has been elaborated with *shaman chikitsa*.

KEYWORDS:

Beauty, Acne vulgaris, *yuvanpidaka*, discoloration.

INTRODUCTION

In day to day life, due to changes in diet, lifestyle, stress, habbit, hormonal changes, pollution, many people suffering from disease called as Acne Vulgaris it is a chronic inflammatory disorder consist of pilosebaceous follicles, characterized by comedones, papules, pustules, cysts, nodules and often scars over face and neck region ⁽¹⁾ .it is a skin condition that occurs due the *kshudra rogas* mentioned in Ayurveda .The prevalence of this disease is

increasing day by day, especially in the youth and this can be accounted to various of factors like continuous and long term irregular sleeping patterns, irregular eating patterns, excessive mental stress, excessive intake of junk food. According to Ayurveda, due to vitiation of *kapha*, *vata* and *Rakta* small or medium sized eruptions appeared on the face of adolescents, which is similar to the *shalmali* thorn are known as *yuvanpidaka* or *mukhadushika* ⁽²⁾. These eruptions or *pidaka* can not only destroy the beauty of the face but also cause disfigurement hence they are also called as *mukhdushika*.

CASE REPORT

A 32 year old male patient presented with complaint of *krushnvarni pidaka* (papules and pustules), *kandu* on face since 6 months at kayachikitsa opd of APM'S Ayurved Mahavidyalaya , Sion, Mumbai.on 01/01/2022 patient was treated with internal medicines namely *aarogyavardhini vati*, *gandhak rasayan*, *krumikuthar ras*, *triphala choorna* and *nishottar choorn*.

- Aggravating Factors : Intake of non-veg (fish)and papaya

- Past History -No other past history was noted according to patient statement.
- History of Allergy - No history of any type of allergies
- Medical History -Patient not suffering from any systemic disease ie. HTN/DM/IHD.
- Family History -No any relevant family history.
- Personal History -Diet –*katu*, *amla*, *lavana*, *nonveg* (fish) *aahara ati sevana*.
Appetite –Moderate
Bowel-Irregular
Micturition- Normal (5-6 time /day)
Sleep-Normal
Addiction-Nil
Occupational History – Lawyer
- On Examination –Type of lesion - open comedones
Scar -Present
Symmetry -Symmetrical
Spread-Over face and forehead.
Tenderness -Present locally over active acne

Pigmentation-Hyperpigmentation present.

Assessment scale (comprehensive acne *vulgaris* scale) –CASS

Grade	Severity	Description
0	Clear skin	No lesion to barely noticeable ones, very few scattered comedone and papule
1	Almost clear skin	Hardly visible from 2.5 meters away a few scattered comedones, small papules, very few pustules

2	Mild	Easily recognizable, less than half of the affected area is involved, many small comedones, papules or /and pustules
3	Moderate	More than half of the affected area is involved, numerous comedones, papules or /and pustules
4	Severe	Entire area is involved, covered with comedones, numerous papules and pustules, very nodules and cysts
5	Very severe	Highly inflammatory acne covering the affected area ,nodules and cysts present

On the basis of comprehensive acne vulgaris severity scale –CASS patient assessment was done before treatment, it was concluded that the patient was suffering from grade 2 acne vulgaris.

Pathology of acne Vulgaris ⁽¹⁾ -The permissive factor for expression for disease in adolescence is the increases in the sebum release by sebaceous gland after puberty , small cysts called ‘comedones’.It is more common during teenage years but is known to happen across all age. Adult acne is becoming increasingly popular. It is the disease of the skin which can be painful for those suffering from moderate to severe acne.

Samprapti Ghataka-

- *Nidana- Aaharaj-katu, amla, lavana, mamsal (fish) aahara atisevana*
- *Viharaja-Ratri jagrana, veg dharana.*
- *Dosha-vata, kapha, Rakta.*
- *Dushya-Rasa, Rakta*
- *Agni-Madhyam*
- *Strotodushti-Sang*
- *Vyaktasthana-Mukh*
- *Udbhavsthana-Amashaya*
- *Rogmarga-Bahya*

TREATMENT GIVEN-

Date	Internal Medicine	Dose and Anupaan
01/01/2022	1.Aarogyavardhini vati 2.Krumikuthar ras 3.Triphala choorna,Nishottar choorna	250 mg tds 500 mg hs Each 2 gm hs all medicines with <i>koshna jal</i>
15/01/2022	Same as above	Same as above
20/01/2022	1.Aarogyavardhini vati 2.Gandhak rasayan 3.Triphala choorna,Nishottar choorna	250mg tds 500mg tds Each 2 gm hs all medicines with <i>koshna jal</i>

RESULTS-



Before



After

After 15 days with internal medicines and washing of face regularly patient got relief in *kandu* and there was decrease in new acne formation .on 30th day the day of follow up, it was noticed that there is reduction in number of active acne as well as reduction in the size of these, the discolouration over the acne spots and scars were also reduced.

After 1 month of treatment comprehensive *Acne Vulgaris* Severity scale -CASS was Grade -1 as we can see in above picture.

DISCUSSION-

1. *Aarogyavardhini*⁽³⁾: It is mainly used in skin diseases .it decreases the vitiated *doshas* in the skin,it is a *pachan,dipan* and *pathyakarak*.
2. *Gandhak Rasayan*⁽⁴⁾: *Gandhak* is well known and preferably used medicine in *kushta rog*. It acts as a *raktashodhak* (blood purifier) and improves quality or texture of skin.
3. *krumikuthar ras*⁽⁵⁾ : It is an effective ayurvedic medicine useful in treating intestinal worms,*rasayan,yogavahi*,
4. *Triphala choorna*: It is *vranashodhan, vranaropan, anuloman*.
5. *Nishottar choorna*: *nishottar* helps to control worm infestation in the intestine due to its *krumighn* (antiworm quality), expelling out toxins from the body due to its *virechak* and detoxifying quality.

Conclusion-

All the above mentioned clinical works obtained significant results with internal and external therapy in the management of *yuvanpidaka*. This gives confidence in the clinical practice of different skin diseases.

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