Ayurvedic treatment of *Yuva pidika* w.s.r. to *acne vulgaris*: a case study.

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Abstract: Ayurveda is the most ancient system of health of the world. Skin forms a barrier against microbial invasion and has properties, which can protect against mechanism, chemical, osmotic, thermal and uv radiation damage. Skin is an important site of immune surveillance against the entry of pathogens and the initiation of primary immune response. Skin is the target of a variety of hormones. These activities can affect the appearance and the functional of individual skin component such as sebaceous glands, hairs and pigment producing cells. Acne is the most common skin disease of now a day. So we decided to take the help of this ancient system of science to fight against this acne vulgaris. An acne vagary is a chronic inflammatory condition of the pilo-sebaceous follicles on the face and upper trunk. It is characterized by the development of black heads, papules,

pustules and cysts, which may resolve to leave pitted scars. In *Ayurvedic* classics we get the knows about this disease in the name of *Yuva pidika*, the eruptions like *Salmali thorn*, on the face during adulthood, caused by *Kapha*, *Vata* and *Rakta* are known as '*Yuva pidika*'. **MATERIAL AND METHOD** - A 25 year female patient OPD no 28071 came in *charma roga* OPD, Rachana sharir Department, (auto) Dhanwantari Ayurved College & hospital Ujjain (M.P.), complaining acne over face, weakness, anorexia, insomnia. **RESULTS**- The treatment of *Yuva pidika* trough Ayurvedic approach is incredible and results are amazing. **CONCLUSION** - local application *Shalmali kantik* mixed with turmeric powder, along with Ayurvedic treatment like *Kanchanar Guggalu*, *Arogyavardhini vati*, *Mahamanjisthadi*

Appetite-reduced Sleep-disturbed
Bowel habit- irregular.

GENERAL EXAMINATION-

BP-120/80 mm of Hg observed, Pulse – 88/min regular, RR-28/min, Temp-98.4F afebrile

PHYSICAL EXAMINATION-

Pallor-Present, Icterus- absent, Cyanosis-absent, Clubbing – absent, Lymph nodes-non palpable, Oedema –absent.

SYSTEMIC EXAMINATION-

Respiratory system - chest clear.

CVS - S1/S2 normal, no any abnormality detected in cardio vascular system.

CNS- Higher mental function was intact.

GIT- anorexia, indigestion, constipation, Urinary system- NAD, locomotion- normal, per

Abdomen- soft, no pain and tenderness present,

Musculo Skelton system examination – no abnormality found.

LAB INVESTIGATION

Haematological reports reveals Hb% -10 gm%

TREATMENT

- *Shalmali kantik* - local application mixed with turmeric powder
- *Kanchanar Guggulu* - 2*bd
- *Arogyavardhini vati* - 2*bd

- *Mahamanjisthadi kwath* - 20ml*bd after meal with lukewarm water
- *Nimbadi kwath tablet* -1*bd

The patient was advised to take the medicine for 6 month. She has also avoidance of Amla Rasa and Tikshna Dravya, spicy food, Pittaja Ahara Vihara, Adhyasan, Divasvapna, Ratrijagaran, stress, anxiety and also avoidance of cosmetic products etc. After 4 month previous symptoms subsides and after completing the treatment the acne was disappear and not reappear at all.

Discussion:

As per the schedule, patient has taken medication and asked to follow the diet. After the follow up there is unbelievable changes seen in acne and appears as normal, reduction of itching, insomnia controlled, symptoms get reduced. There is no recurrence of acne for over 6 month. The treatment of acne may consist of topical therapy, systemic therapy, or a combination of both. Topical therapy alone is indicated for mild to moderate lesions, and it may consist of the following:-

Salmali kantik here work on the machanism of *Lok-Purush Sammit Siddhant*. According to *Acharya Sushrut* the structure of *Yuvan pidika* looks like *Salmali kantik* as above mention. It has *madhura rasa, laghu, snighdha guna, sheeta virya, madhura vipaka* and *Vata-Pitta Shamaka* properties⁹, which controls the excess secretion of oils & sebum and effectively treats acne.

Kanchanar Guggulu is used for clearing out the toxins from the tissues and other

channels in the system allowing the body to revitalize. *Kanchanar guggulu* is an amazing *Ayurvedic* formulation that helps in maintaining the secretion of hormones and balancing of *Dosha*.

Asthiposhak vati – *Asthiposhak* name itself reveals *Poshak* of all *Dhatu*. *Asthiposhak vati* work on *Agni* and improve the *Dhatugata Mala Vikriti*. It is work as a nutritional supplement anti-stress, antibacterial, anti-inflammatory, antioxidant and immuno-modulator.

Mahamanjisthadi kwath is a powerful detoxifying medicine that corrects the impurities of blood, decrease inflammations, brings glow to skin, and prevents infection. It also acts as cooling effect on the body and antioxidant-rich decoction helps to detoxify the body.

Nimbadi kwath tablets are help to reducing boils and carbuncles over the body. It helps reduce inflammatory skin diseases due to the antibacterial and anti-inflammatory properties neutralizing the toxicity and impurities of blood.

Conclusions:

Yuvan pidika is a common skin disease which clinically correlated with acne vulgaris. In current era *Yuvan pidika* is the one of the most burning problem in youngsters. All the *Samhitas* have pointed out *Kapha*, *Vata*, and *Rakta* as the causative factor of disease. In *Ayurveda* numbers of remedies are available with marked success and benefit over conventional modern drugs. The *Lepa* and *Pralapa* are described as a *Shamana Chikitsa* in previous stages of

Yuvan pidika while in severe cases *Shodhana Chikitsa* should be applied. Moreover the *Ayurvedic* therapies have long lasting affects with nil side effects. In this case study concludes that uses of *Ayurvedic* medicines in *Yuvan Pidika* are very effective.

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