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Ayurvedic Management [Shamana chikitsha] of Acne Vulgaris [Yauvan Pidika]

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ABSTRACT:

Beauty is defined as having the quality of being pleasing or someone that gives great pleasure especially when you look at them. The human face expresses this beauty in its most natural form, unfortunately, the skin of the face is affected by a most common skin disorder 'Acne Vulgaris' and it occurs most frequently in the adolescent ages. Acne Vulgaris is a chronic inflammatory condition of the pilosebacous follicles on the face and upper trunk, which develops into blackheads, papules, pustules and cysts and may leave scars upon resolution. Since adolescents are highly conscious about their health and beauty, they tend to resort to using various OTC beauty products available on the market, which most of the times causes the Acne to exaggerate and occasionally some side effects occur. Yauvan Pidika simply means that this disorder usually occurs in the young aged persons. It is also known as Mukhadushika. Although it is briefly mentioned, the symptoms closely resemble that of Acne Vulgaris. According to the Ayurveda, the management of Yauvan Pidika is by doing Shodhana and Shamana Chikitsha.

KEYWORDS: Acne Vulgaris, Yauvan Pidika, Mukhadushika

INTRODUCTION:

Acne vulgaris is a common cutaneous disorder characterized by chronic or recurrent development of papules, pustules, or nodules on the face, neck, trunk, or proximal upper extremities with the peak of severity in the late teenage and may persist up to the 3rd decade and beyond, particularly in females. In different countries and among different age groups, the prevalence of acne varies, with estimates ranging from 35% to over 90% of adolescents having acne at some stage. The primary factor for the appearance of the disease is the increase in sebum production by sebaceous glands. The condition mainly affects the face (99%) and to a lesser extent the back (60%) and chest (15%). Non-inflamed lesions (comedones) develop earlier than inflamed lesions in younger patients. The superficial lesions are usually papules and pustules, and the deep

lesions are deep pustules and nodules. It causes a severe distress to the human psychology. Those suffering with this skin disorder are usually scorned and criticized on a daily basis, which can lead to low self-esteem, depression, anger, frustration, social impairment etc. Apart from the emotional distress caused, it also evokes anxiety, which aggravates the Acne Vulgaris thereby creating a vicious cycle for that individual. Studies indicate that several factors are responsible for the pathophysiology of Acne Vulgaris which may include disturbed hormonal production, excess sebum production; epithelial cells and keratin obstruct the pilosebacous follicle. This obstruction causes formation of a keratin plug and the follicle swells beneath the skin surface, thus resulting in the formation of the Acne lesion. Colonized bacteria of the skin such as P.acnes may cause a severe type of infection, leading to scarring and an unsightly look on the face. Some predisposing factors that can lead to the onset of Acne Vulgaris are: Diet, Climate, Occupation, Stress, Cosmetics etc.

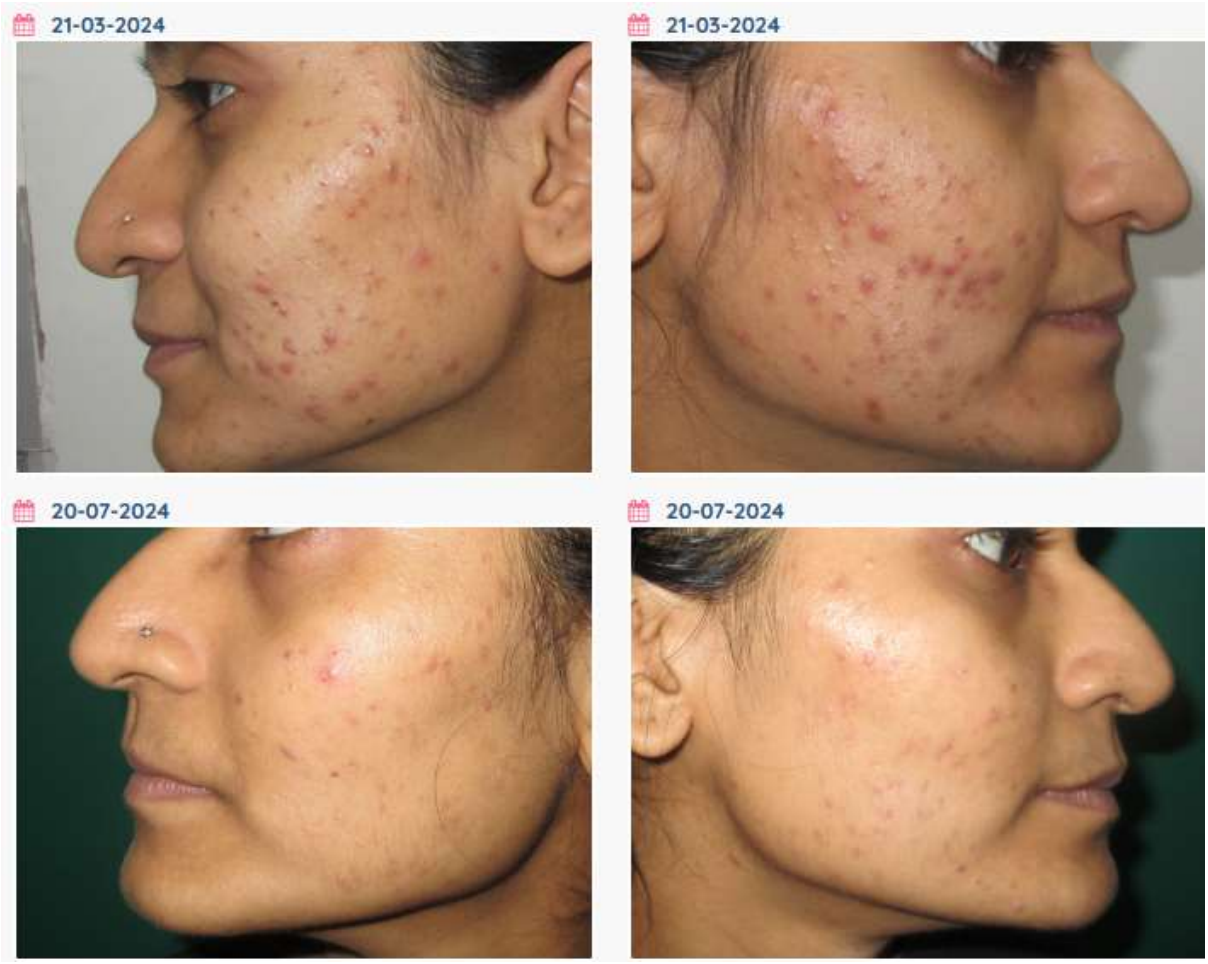
Acne in Ayurveda has been described as Mukhadushika or Yauvan Pidika under the heading of Kshudraroga. Shalmali thorn like eruptions on the face due to vitiation of Kapha, Vata, and Rakta are known as Yauvan pidika or Mukhadushika or Tarunaya Pidika. Sa-ruja (painful), Ghana (thick, hard, or indurate), and sebum (Meda) filled Pidika (eruptions) are hallmarks of Mukhadushika. Vitiated dosha get accumulated and obstruct the Lomakupa (pilosebacous unit) causing local swelling and micro comedones formation. Paka (inflammation) of these elements lead to papule, pustule, and cyst formation which on rupture cause Vrana vastu (scar) formation. Allopathic treatment includes the use of topical retinoid, benzoyl peroxide, oral antibiotics and oral isotretinoin. Although, its use is limited by teratogenicity and other side effects. Ayurveda has a great potential in the management of various skin disorders.

Case study:

31 year female presented with complaints of multiple eruptions on cheeks for 6 months. Eruptions were distributed all over the face but maximum on the cheeks. Symptoms started with a single eruption on her right cheek and within 15 days multiple eruptions spread all over the face. History of purulent discharge from pimples was present along with pain, redness and itching. The pain was mild to moderate in nature and aggravate on manual rupturing of pimples. The itching was worse during evening and night hours and on exposure to dust and sunlight. Blackish spots on the face were present as leftover marks of pimples. On examination of the eruptions, they were 2–4 mm wide erythematous papules and pustules on the face with both variety of comedones (blackheads and white head) and scarring in a few of the lesions. Mild tenderness was present on palpation over the pimples. The rest of the skin was normal in texture with normal elasticity.

Treatment:

No	Medicine	Dose
1	Manjisthadi Kwath	20ml twice a day
2	Mahatikta gugalu	2tab twice a day
3	Lodhradi lepa	Local application



Follow-up and outcome: The outcome was assessed based on the improvement in clinical signs and symptoms. Criteria on which improvement was observed were the number of lesions (acne), pain, itching, and the number of blackheads. The patient was assessed for 4 month with follow-up at the interval of 30 days. At every follow-up visit to observe the improvement. Significant improvement in all signs and symptoms was observed after Ayurvedic intervention. The patient did not develop new eruption of papules after intervention and had relief in pain and other symptoms after 30 days of treatment. Complete remission was achieved after 4 month of treatment.

Follow up	Complain	before	after
1	Papule	+++	+
2	Redness	+++	+
3	itching	++	-
4	Pain	+	-

Discussion:

In this case study, patient got complete relief from symptoms of Mukhadushika and noticed the glow of the skin was also improved. Two main kinds of chikitsha are described i.e. Shodhana Chikitsha and Shamana Chikitsha in Ayurveda treatment for Mukhadushika. Shodhana includes Vaman and Nasya, whereas Shamana includes Lepa, Upanahand Kshara application. In this case patient was having symptoms Vitiation of Kapha dosha, Vata dosha and Rakta dosha lead to Mukhadushika according to Acharya Susruta. Ayurvedic drug management to disintegrate the pathogenesis of Mukhadushika includes the drugs with following properties. Shamana Yoga was given as a combination of Manjisthadi Kwath, Mahatikta gugalu and Patient was advised for local application of Lodhradi lepa once a day at area of lesion. Content of Lodhradi lepa are lodhra, vacha and dhanyaka. Lodhradi Lepa is a topical administration which is predominantly Vata-Kapha Shamaka which relievesin Vedana and Kapha dominant symptoms like Kandu and Shotha etc. The main property of this lepa is reducing acne.

Conclusion:

Acne vulgaris is a common skin disorder which affects almost all individuals at least once during life. It is a chronic disease having relapsing nature and is difficult to manage if not dealt with appropriately at the right time with appropriate treatment strategies. The present case study clearly demonstrates that Ayurvedic principles and drugs are very effective in the management of acne vulgaris. However, a clear understanding of the Pancha Nidana (Ayurvedic diagnostic method) and appropriate selection of drugs are essential to get the desired results. Manjisthadi Kwath, Mahatikta gugalu, and the local application of Lodhradi churna with water were found to be effective in acne vulgaris in present case with no untoward side effects.

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