



YUVNAN PIDIKA – A CONCEPTUAL STUDY W.S.R. ACNE VULGARIS: A REVIEW ARTICLE

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ABSTRACT

In *Ayurvediya Samhita Mukhdushika* comes under the *Kshudra roga adhyaaya*. *Kapha, Vata & Rakta* are considered as causative factors of *Mukhdushika*. *Pidika, Saruja, Ghana, Medagarbha* etc are considered as clinical feature as mentioned in *Samhitas*. In Modern Science Acne vulgaris is considered as chronic disease involving blockage or inflammation of pilo-sebaceous unit (hair follicles & their accompanying sebaceous gland). It is characterized by inflammatory or non-inflammatory papules, pustules & nodules. There are two types of *Chikitsa* described in *Ayurveda* i.e. *Samshaman & Samshodhan Chikitsa*. *Samshodhan Chikitsa* includes *Vaman, Nasya & Siravedha* & *Samshaman Chikitsa* includes internal & external use of medicines various types of *lepa, taila, & ghrita*. In this review article we tried to explain, causes, clinical features & *Ayurvediya* management regarding Acne vulgaris.

KEYWORDS : *Mukhdushika, Acne vulgaris, Shodhana Chikitsa, Shamana Chikitsa*

INTRODUCTION

The most common inflammatory condition of skin is Acne. It is almost ubiquitous in the teenage years, difference lies between individuals being a matter of severity of disease & facility with which scarring develops. It affects both the sexes although males have more onset of this disease with puberty. Peak severity of disease in the late teenage years but acne may persist into the third decade & beyond particularly in females. The main clinical issues relate to under treatment & lack of clinical interest or insight into the patient's condition.ⁱ According to the Global Burden of Disease (GBD) study, acne vulgaris affects ~85% of young adults with age group ranging from 12–25 years. Acne consistently represents the top three most prevalent skin conditions in the general population, as found in large studies within the developed & developing countries.ⁱⁱ

Acne Vulgaris is a disease of pilo-sebaceous follicles characterized by comedones (black head), papules, pustules, & scars. Chiefly occur on cheeks, chin, nose, forehead & upper trunk. There are four major factors involved in the disease production which are continued as:

- 1) Increased sebum production
- 2) Certification of pilo-sebaceous duct
- 3) Microbial involvement &
- 4) Production of inflammation

In *Ayurvediya Samhitas*, there is a brief description available about *Yuvan pidika*. In all *Samhitas* *Kapha, Vata, & Rakta dushti* is considered as causative factor of the disease. The *Shaalimali* thorn like hard painful eruption, impregnated with *Meda*, are found on the face of adolescent are called as *Yuvan pidika*. It is also called as *Mukhdushika* as *pidika* destroys the beauty of face.ⁱⁱⁱ

In *Samhitaas*, various treatments of *Mukhdushika* have been described but all can be concluded into two groups – 1) *Shodhan Chikitsa* that is purification of body it includes *Vaman karma, Nasya karma & Raktamokshana*. 2) *Shaman Chikitsa* that is conservative treatment by oral & topical medicines it includes *Lepa, Upnaha & kshara karma*. In this article aetiology, pathogenesis & management of *Mukhdushika* have been elaborated & discussed with special reference to Acne vulgaris.

AIMS & OBJECTIVES:

- Evaluation, elaboration & discussion regarding the aetiology, symptoms & pathogenesis of *Yuvanpidika*.
- Evaluation, elaboration & discussion regarding the management of *Yuvanpidika*.

MATERIAL & METHODS:

Ayurvediya Samhitas & text books along with available commentaries of *Samhitas* are referred for the collection of relevant matter regarding *Yuvanpidika*. Text book of Modern Medicine for collection of relevant matter regarding Acne vulgaris has been also referred. The various Journals including index, non-index have also been referred for collecting information regarding the relevant topic.

CONCEPTUAL STUDY:

In *Ayurveda*, a brief description about *Yuvan pidika* has been described. According to *Sushruta Samhita* painful eruptions like thorn of *Shaalimali*, impregnated with *Meda* are found on the face of adolescent are called as *Mukhdushika* or *Yuvanpidika*. In other *Samhitas* of *Ayurveda* like *Ashtanga Hridaya & Ashtanga Samgraha* the description about *Mukhdushika* is almost similar. It can be correlated with Acne vulgaris explained in Modern Science. Acne Vulgaris is a disease of pilo-sebaceous follicles characterized by comedones (black head), papules, pustules, & scars. It chiefly occur on cheeks, chin, nose, forehead & upper trunk.

AETIOLOGY OF MUKHDUSHIKA:

In all *Samhitaas*, although there is a brief description about *Yuvanpidika*, *Kapha, Vata & Rakta* are considered as causative factors of the disease. In other *Samhitas*, like in *Sharangdhar Samhita Vakrasnigdhit & Pitika* have been mentioned due to *Shukradhaatuma*. In *Bhavaprakasha* acne occurs due to *Swabhaava*.^{vi}

CAUSATIVE FACTORS

S. No.	Kalaja (Time/Age factors)	Aaharaja (Food)	Viharaja (Activities)	Manasika (Mind/Stress factors)
1	Tarunya (young age)	Ati Katu & Madhura (excessive spicy and sweet)	Vegavarodha (holding of natural urge)	Ati Shoka (stress)
2	Madhyanha (Noon)	Guru (heavy to digest)	Jagarana (insomnia)	Kshobha (botheration)
3	Vasanta Ritu (blossom)	Ati Snigdha & Dugdha Varga Aahara (oily food, milk & milk products)	Nidra (Excess sleep)	Krodha (Anger)
4	Grishma Ritu (summer)	Mamsa (meat)	Upavasa (fasting)	Santapa (irritation)
5	Sharada Ritu	Madya (alcohol)	Atapa Sevana (excessive sun bath)	Svabhava (behavioral changes)

AETIOPATHOGENESIS OF ACNE VULGARIS:

There must be three probable pathogenic factors responsible for causing the disease:

- 1) There is elevated level of sebum excretion. The sebum excretion level is directly proportional to the severity of acne but it is not the only causative factor for development of acne. The main accounting factor for the onset of acne in teenage is hormonal & even sebum excretion is also regulated by the hormones Androgens & Progestogens. Oestrogen reduces sebum excretion. However patients with absence of other clinical features have normal endocrine profile.
- 2) The Propionibacterium acnes is the relatively slow growing, typically aero tolerant anaerobic, gram positive bacterium (rod) linked to the skin condition of acne. It colonises the pilosebaceous ducts & acts on lipids to produce a number of pro-inflammatory factors.
- 3) There is occlusion or blockage of pilo-sebaceous unit.

AETIOPATHOGENESIS OF YUVANPIDIKA:^{vi}

In *Ayurvediya Samhitaas*, there is a brief description available regarding the disease *Mukhdushika*. In *Ayurvediya* Literatures it is describe under the heading of *Kshudra Rogas* & not as an independent disease. These diseases are called as *Kshudra* because of their lesser severity. According to *Sushruta Samhita Nidana Sthana*, painful eruptions like thorn of *Shaalimali*, impregnated with *meda* are found on the face of adolescent are called as *Mukhdushika* or *Yuvanpidika*. In Other *samhitas* of *Ayurveda* like *Ashtanga Hridaya* & *Ashtanga Samgraha* there is description about *Mukhdushika* is almost similar.^x

According to the description of various *Samhitas*, the probable *Samprapti* of the disease as- due to the indulgence of the aetiological factors *Kapha*, *Vata* & *Rakta Dushti*, there will be vitiation of *Vata* & *Kapha Dosha* which gradually vitiates *Rasa-raktaadi Dhaatus*. It may causes abnormality in *Dhaatvaagni* (mainly *Medoagni*) resulting into excessive *Sweda* production (as *sweda mala of medodhatu*), which obstructs the hair follicle (as *meda* & *Lomakoopa* are the root of *Swedvaha Srotas*). Thus here *Sanga* type of *Srotodushti* takes place & its manifestation is *Mukhdushika*.

PURVARUPA:

No *Purvarupa* of *Mukhdushika* is mentioned in *Ayurvediya Samhitas*.

RUPA:

The *Purvarupa* of the disease *Yuvanpidika* is not available in almost all the *Ayurvediya Samhitas* but the *Rupavstha* of the disease is explained by all the *Acharyas*. According to *Acharya Sushruta* – the *Pidika* resembles like *Kantaka* of *Shalmali* tree. It is due to deranged condition of *Kapha*, *Vata*, *Pitta* and *Rakta* are called as *Yuvanpidika*. Detailed description regarding signs and symptoms of the *Yuvan pidika* in *Ashtanga Hridaya*. According to *Vagabhat* signs & symptoms are following (a-e).^{xii}

- a) **Shalmali Kantakakara Pitika**- The eruption on face which looks like conical shape resembles with *Shalmali Kanta* is called as *Yuvan Pidika*.
- b) **Saruja**- The eruptions are painful. The severity may vary from mild to severe.
- c) **Ghana**- The word *Ghana* means solid, hard or indurated. The eruption is hard and thick. According to *kalyanakarakara* the *Pidika* is due to vitiated *Kapha*.
- d) **Medogarbha** – The eruption is filled with the *Meda*. It occurs due to obstruction of the *Medogranthi*.
- e) **Yuna Mukhe**- This disease usually affects in adults. This word shows the site of origin of *Pidika* and time of occurrence of the disease i.e. Disease occurs in young adults and affects the face.

f) Associated Symptoms

It includes-1) *Vedana* - due to *vata*
2) *Kandu* - due to *kapha*
3) *Daha* - due to *pitta*
4) *Srava* - due to *kapha*

Management of Acne Vulgaris as per Ayurveda:

Ayurvediya management mainly comprises of the following:

1) Removal of causes (Nidanparivarjan)**2) SamShodhan Chikitsa:**

1) **Vamana Karma:** According to *Acharya Sushruta* in *Yuvaan pidika*, particular emesis is beneficial; the paste of *Vacha*, *Rodhra*, and *Saindhav* mixed with *Sarsapa*; or of *Dhanyaka*, *Vacha*, *Lodhra* and *Kustha* should be applied.^{xiv}

2) **Virechana Karma:** It is indicated especially to subside *Pitta Dosha* or *Pitta Sansargaja Dosha*. The purgative drugs expel the excess *Pitta* from the *Guda Marga*. Property of *Rakta* is analogous to *Pitta Dosha*, there for *Virechana* is also effective in *Raktaja Vikara*.^{xv}

3) **Nasya Karma:** *Acharya Vagbhatta* has also described this process in *Mukhdushika*.^{xvi}

4) **Shiravedha:** The involvement of the *Doshas* in *Yuvana pidika* is *Kapha*, *Vata* and *Rakta*. to get rid from these Vitiated *Doshas*, *Raktamokshana* is one of the best line of treatment explained in our classics. As per different classics, in *Yuvan pidika* *Siravydha* must be performed over the frontal region.^{xvii}

3) Shamana Chikitsa:

1) For external usage:

a) LEPA:

- 1) *Vachadi lepa* xviii
- 2) *Dhanyakaadi lepa* xix
- 3) *Lodhraadi lepa* xx
- 4) *Shweta sarshapaadi lepa* xxi
- 5) *Maatulunga moolaadi lepa* xxii
- 6) *Jayaphalaadi lepa* xxiii
- 7) *Shalmali kantakaadi lepa* xxiv

b) Taila and Ghrita prayoga:

- 1) *Kumkumadya Taila* xxv
- 2) *Manjishtha taila* xxvi

2) For internal usage:

- 1) *Panchnimbaghana vati* xxvii
- 2) *Gandhpashan Churna*.^{xxviii}
- 4) *Khadiroudaka* xxix

DISCUSSION:

According to *Sushruta Samhita*, *Mukhdushika* has been mentioned under *Kshudraroga* chapter. Face is the index & mirror of the body. According to *Ayurveda* among the 56 *upaanga*, face is one of the most important. Everyone wants to look beautiful even a small spot on face especially of younger generation may cause stress. Everyone is so conscious about the beauty of themselves. Unfortunately skin of the face is affected by certain anomaly like *Mukhdushika* in adolescence age which is the golden period of life & thus may affect the self-esteem of particular individual. In *Ayurveda*, *Kapha*, *Vata* & *Rakta* are considered as causative factor by many *Acharyas*. *Nidaan* includes *aaharaj*, *viharaja* & *vegavrodhaj* plays influencing causes of *mukhdushika*. In Modern sciences, *Acne vulgaris* is considered as a disease of pilosebaceous follicles characterized by comedones, papules, pustules & scars. In *Ayurveda*, clinical manifestations like *pitika*, *ruja*, *ghana* etc are mentioned. In various *Samhita* of *Ayurveda* two types of *chikitsa* i.e. *Shodhan*

chikitsa which includes *Vamana*, *Virechana*, *Nasya* & *Siravedha* & in *Shamana Chikitsa* various *lepa*, *taila* & *ghrita* are mentioned.

CONCLUSION:

As we see the prevalence rate increases so there is scope for new researches & study. There are very few promising management for *Mukhdushika* in modern sciences. In *Ayurveda Samshodhan* along with *Samshaman* therapy including mineral, herbal & minero-herbal preparations are used to cure *mukhdushika*.

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