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. 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.

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 Shaalmai 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.

In Samhitas, 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, Nasya & Raktamokshana. 2) Shaman Chikitsa that is conservative treatment by oral & tropical 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.

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

KEYWORDS : Mukhdushika, Acne vulgaris, Shodhana Chikitsa, Shaman Chikitsa

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 Shaalmai, impregnated with Meda are found on the face of adolescent are called as Mukhdushika or Yuvanpidika. In other Samhitas of Ayurveda like Asthanga Hridaya & Asthanga 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 Samhitas, although there is a brief description about Yuvanpidika, Kapha, Vata & Rakta are considered as causative factors of the disease. In other Samhitas, like in Sharangdhara Samhita Vakrasnigdhita & Pitika have been mentioned due to Shukradhauta mala.v.in Bhavaprakasha acne occurs due to Swabhava.vi

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Kalaja (Time/Age factors)</th>
<th>Aaharaja (Food)</th>
<th>Viharaja (Activities)</th>
<th>Manasika (Mind/Stress factors)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Tarunya (young age)</td>
<td>Ati Katu &amp; Madhura (excessive spicy and sweet)</td>
<td>Vagavarodha (holding of natural urge)</td>
<td>Ati Shoka (stress)</td>
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<td>2</td>
<td>Madhyanaha (Noon)</td>
<td>Guru (heavy to digest)</td>
<td>Jagaranalomsnia (omnium)</td>
<td>Kshobha (botheration)</td>
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<td>3</td>
<td>Vasanta Ritu (blossom)</td>
<td>Ati Snidghe &amp; Dugdha Varga Aahara (oily food, milk &amp; milk products)</td>
<td>Nidra (Excess sleep)</td>
<td>Krodha (Anger)</td>
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<td>4</td>
<td>Grishma Ritu (summer)</td>
<td>Mamsa (meat)</td>
<td>Upavasa (fasting)</td>
<td>Santapra (irritation)</td>
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<tr>
<td>5</td>
<td>Sharada Ritu (alcohol)</td>
<td>Atapa Sevana (excessive sun bath)</td>
<td>Svabhava (behavioral changes)</td>
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CAUSATIVE FACTORS
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 & Progesterogens. Oestrogen reduces sebum excretion. However patients with absence of other clinical features have normal endocrine profile.

2) The Propionibacterium acne is the relatively slow growing, typically aero tolerant anaerobic, gram positive bacterium (rod) linked to the skin condition of acne. It colonises the pilo-sebaceous ducts & acts on lipids to produce a number of pro-inflammatory factors.

3) There is occlusion or blockage of pilo-sebaceous unit.

AETIOPATHOGENESIS OF YUVAN PIDIKA: In Ayurvediya Samhitas, there is a brief description available regarding the disease Mukhdushika. In Ayurvediya Literature it is described 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, painful eruptions like thorn of Shaalmali, 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.

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 vititates Rasaraktakodi Dhaatu. It may causes abnormality in Dhaatvagni (mainly Medoga) 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 Srotodushi 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 Rupavastha 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 Vagbhat signifies & symptoms are following (a-e).

a) Shalmali Kantakakara Pitika - The eruption on face which looks like conical shape resembles with Shalmali Kantaka 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 kalyanakaraka the Pidika is due to vitiated Kapha.
d) Medogarbh - The eruption is filled with the Meda. It occurs due to obstruction of the Medogarbh.
e) Tuna 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) Yamana Karma: According to Acharya Sushruta in Yuvaan pidika, particular emesis is beneficial; the paste of Vacha, Rodhra, and Saindhav mixed with Saraspa; or of Dhanyaka, Vacha, Lodhra and Kustha should be applied.

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

3) Nasya Karma: Acharya Vagbhatha has also described this process in Mukhdushika.

4) Shirovedha: The involvement of the Doshas in Yuvaan 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 Yuvaan pidika Siravydha must be performed over the frontal region.

3) Shamana Chikitsa:

1) For external usage:
a) LEPA:
  1) Vachadi lepa xxvi
  2) Dhanyakaadi lepa xix
  3) Lodhraadi lepa xx
  4) Shweta sarshapaadi lepa xx
  5) Maatulunga moolaadi lepa xxii
  6) Jayaphalaadi lepa xxii
  7) Shalmali kantakaadi lepa xxiv
b) Taila and Ghrita prayoga:
  1) Kumkumadi Taila xxv
  2) Manjishtha taila xxvi

2) For internal usage:
  1) Panchnimbagha vati xxvi
  2) Gandhapashan Churna
  3) Khadirouduka 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 upanga, 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 selfesteem of particular individual. 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 Samhitas of Ayurveda two types of chikitsa i.e. Shodhan...
**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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