



## Ayurveda

## A CASE STUDY OF EXTENSIVE YUVAN PIDIKA

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**ABSTRACT** Starting from the great saying “FACE IS THE INDEX OF MIND”, I have met multiple cases of face related complain in my practice. Acne is one of them. It affiliates 89% of population of 17 year age group. This condition usually starts at the onset of adolescence and usually resolves while the mid-20. But in some patients it may persist up to the age of 35 years or more. The peek incidence and severity occurs between 14 to 17 years in female and 16 to 19 years in male. In Ayurveda acne is termed as *yuvan pidika* which is first described by *Archarya Sushruta*. Ayurveda has most promising outcome in the field of cosmetology due to its unique concept about beauty and effective and long lasting therapy. *Yuvan pidika* develops due to vitiation of *vata*, *kapha* and *rakta* and for its treatment *vata kapha shamaka* and *rakta shodhak* drugs are required. This study shows the efficacy of Ayurvedic drugs in the treatment of *yuvan pidika* and the remarkable changes which were seen following therapy.

**KEYWORDS** : Yuvan pidika, mukha dushika, acne

## INTRODUCTION

In *Sushruta samhita* mukhadushika or *Yuvan pidika* is mentioned under *khudra rog*. It is *shalmali* thorn like eruption on the face due to vitiation of *vata*, *kapha* and *sonita (rakta)*. Thorn on the face of adolescence (youths) are called *Yuvan pidika (Mukha dushika)*<sup>1</sup>. The term “YUVAN PIDIKA” is made of two Sanskrit words YUVAN and PIDIKA. “YUVAN” is derived from the root of “Yu dhatu”. It senses adult or young whereas “PIDIKA” is derived from the root of “peed dhatu” which senses pain.

Acne is common chronic inflammatory condition of skin with significant cutaneous and physiological disease burden. It affects both male and female, with a male preponderance. In India study has reported acne in 50.6% in boys and 38.13% in girls in the age group of 12 to 17 years.<sup>2</sup> There are 6 common types of acne i.e. acne punctata, acne papulosa, acne pustulosa, acne indurata, acne cystica, acne keloida.<sup>3</sup> Androgenic stimulation of pilosebaceous follicles and thickening of horny layer of skin takes place at puberty. This cause the pilosebaceous unit to produce excess sebum, which is influenced by some hormones like androgens, oestrogens, steroids and bacteria's like *corenye bacterium* acne or *propionibacterium* acnes. Ayurveda has clearly mentioned some pre disposing factors for *yuvan pidika*.

## Case study

A 27 years old lady presented in outdoor patient department of a reputed Ayurveda Medical College and Hospital, with complaint of pimples on both cheeks since 5 to 6 months. On examination, cheeks areas of face were full of *yuvan pidika*. While taking history she was found to be non- diabetic and her menstrual cycle was normal. She had chronic constipation and she used number of cosmetics and soaps for the treatment of *pidika* in the past.

Treatment was started and the drugs selected were based on the *prakriti* of the patient and severity of *pidika*.

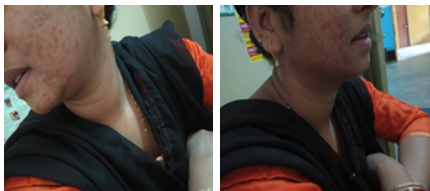


Figure - 1

Figure - 2

Figure 1 & 2 showing *Yuvan Pidika* on first visit.

## Prescription on 1st visit :

1. Baishnawar churna – ½ tsf 1 dose twice daily before food with luke warm water  
Sankha bhasma – 1 pinch
2. Arogyavardhani vati – 2 tab twice daily after food with luke warm water.
3. Khadirarista – 3tsf thrice daily with equal amount of water after

food.

4. Neem tulsi face wash – to apply locally
5. Aclear cream – to apply locally twice daily
6. Pathya and apathy were instructed as mentioned for *kustha roga*<sup>4</sup>  
She was advised to follow up after 15 days

2<sup>nd</sup> visit:

Patient showed progressive improvement, so she was asked to continue all medications for another 15 days.



Figure - 3

Figure - 4

3<sup>rd</sup> visit:

Patient complained of acidity, and *Yuvan pidika* was almost at the stage of cure. She got following advices this time.

1. To maintain personal hygiene.
2. To avoid using soap over face.
3. Neem tulsi face wash – to apply locally
4. Aclear cream – to apply locally twice daily
5. Peggaurd syp – 2 tsf twice daily before meal
6. Arogyavardhani vati – 2 tab twice daily with luke warm water for 15 days Follow-up after 15 days.



Figure - 5

Figure - 6

4<sup>th</sup> Visit:

This time her face was free of *Pidika*. No medicine was prescribed. She was asked to maintain and follow *pathya* and *apathy*.



Figure - 7

Figure - 8

Figure 1 to 8 is showing progressive resolution of *Yuvan pidika*.

### Discussion

Ayurveda describes the development of *Yuvan pidika* due to vitiation of *Vata* and *Kapha dosha*. These vitiated doshas further vitiates *rakta dhatu*, which in turn leads to vitiation of *Medodhatu*. Due to this *Medodhatu dusti* excessive *sweda* is formed, which gets deposited in *romakupak* and produce *swedavahasrota dusti* which leads ultimately to *Yuvan Pidaka*. Medicines selected here were mainly *sodhana* (*Baishnawar churna*) and *samana dravyas* (*Arogyavardhani vati*, *Khadirarista* and others). Aclear cream contains *Salmalia malabarica*, *Cinnamomum camphora*, *Sphaeranthus indicus*, *Azadiracta indica* & *Ocimum sanctum*. All of these drugs have been mentioned in Ayurvedic texts in context of *Kustha roga*.

### Conclusion

The effectiveness of therapy depends on the drug selection and in this case all the drugs selected were based on the *Prakriti* and *Agni bala* of the patient. Here the patient recovered rapidly because the compliance of the patient was very good and she had very good faith in *Ayurvedic* treatment. In this particular case patient was free of any co-morbidity and she followed all the instructions given. The prescription done was also very easy for the patient to follow. All these helped in good outcome of treatment.

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