



AYURVEDIC MANAGEMENT OF YUVANPIDIKA WITH ORAL MEDICATION, JALAUKA VCHARANA AND NIDANPARIVARJANA – A CASE REPORT

Dr Hitesh Dagar¹, Dr Laxmikant S D M.S,PhD², Dr Sanamika Gupta³, Dr Anjali Sharma⁴

¹PG Scholar, Dept. of Shalya Tantra, KAHER's Shri B.M.K Ayurveda Mahavidyalaya, Belagavi, Karnataka

²Professor, Dept. of Shalya Tantra, KAHER's Shri B.M.K Ayurveda Mahavidyalaya, Belagavi, Karnataka

³PG Scholar, Dept. of Shalaky Tantra, KAHER's Shri B.M.K Ayurveda Mahavidyalaya, Belagavi, Karnataka

⁴PG Scholar, Dept. of Shalaky Tantra, KAHER's Shri B.M.K Ayurveda Mahavidyalaya, Belagavi, Karnataka

ABSTRACT

Yuvanpidika is a type of Kshudra Roga. The diseases which are Kshudra or diminutive in nature, whose symptoms and signs are less in quantity and quality compared to other diseases and which are not life threatening are termed as 'Kshudra -rogas' in Ayurvedic context. Alternative name for Yuvanpidika is Mukhadushika. Acne Vulgaris is its contemporary equivalent. It is the chronic inflammation of sebaceous glands. Modern medicine takes a lot of time and may have side effects on prolonged use along with comparatively fewer long-lasting positive outcomes. The younger generation is well aware of the benefits of holistic approach towards beauty and seeks for appropriate guidance for a healthy lifestyle in addition to treatment. In the current study, an adolescent girl with grade 3 acne vulgaris was treated for one month only with Ayurvedic treatment which comprised of oral medication, Jalaukavacharana and Nidanaparivarjana. She was also counselled afterwards to adopt a healthy lifestyle and appropriate diet was advised to her.

KEYWORDS: yuvana pidika, kshudra roga, Jalaukavacharana, Acne Vulgaris

INTRODUCTION

Diseases that are *Kshudra*, or minute in nature, with fewer or mild signs & symptoms than other diseases, and which do not pose a serious threat to life, are referred to as *Kshudra -rogas* in the context of *ayurveda*.

One of the *Kshudra -rogas* is *Yuvanpidika*. The primary sign of *Yuvanpidika*, according to *Acharya Sushruta*, is - *Pidika*, an eruption that resembles *Shalmali Kantaka* (Thorn of the herb named *Shalmali malabarica*). It occurs because of vitiated *Kapha-Vata* and *Rakta Doshas*.¹ *Acharya Vagbhata* included these signs: *Ghana* or dense in nature, *Saruja* i.e. with mild pain², *medogarbha* i.e. filled with pus at centre; and *taruna aakriti* i.e. soft in texture.

All of these *Yuvanpidika* symptoms can be compared to *Acne Vulgaris* as per contemporary science. Prolonged inflammation of a pilo-sebaceous follicle causes acne. Teenagers are thought to be affected the most. Acne may be classified as mild, moderate, or severe based on the number and type of skin lesions and their severity³. The disease is benign in nature, however, it may produce scarring, erythema, and

hyperpigmentation of the skin of face resulting in physical and psychological problems especially in teenagers and youngsters⁴.

CASE REPORT

A 21 years old female patient came to the hospital OPD, complaining of painful small eruptions on her cheeks, few of which had pus discharge from them. Her skin was quite greasy. She had complaint of itching and similar eruptions from past 3 year which used to subside after treatment only for time being on taking various topical/local application and oral antibiotics advised by the dermatologists she visited. She noticed that with that treatment, complaints used to resolve for instance, but once the medication was stopped, the symptoms would again escalate and become more severe. She sought out allopathic treatment from various dermatologists, but was unable to find a long-lasting relief. She then visited our hospital in search of *Ayurvedic* treatment.

MATERIALS AND METHOD

After taking history and examination, she was advised to avoid the causes, i.e. *Nidanaparivarjana*. The patient was instructed to refrain from eating curd, pickles, sesame, groundnuts, salty fried meals, and junk food. She was also counselled to follow



Dinacharya as advised by *aacharyas* (regular diet and sleep pattern). She then underwent *Shodhana Chikitsa* and *Shamana Chikitsa* (pacification and purification therapies). *Shodhana Chikitsa* included *jalaukavcharana* done once weekly for 4

weeks. Along with this, the patient received *Shamana* treatment for one month as described in table no.1 and was observed every 7 days

ORAL MEDICATIONS

Table no. 1

S. No.	Medicines	Dose	Anupana
1.	<i>Panchatikta ghrit guggulu</i>	10ml twice a day	With milk
2.	<i>Nimbaharidraadi choorna</i>	1/2 teaspoon twice a day	With lukewarm water
3.	<i>Gandhakraja rasayan 125mg</i>	2 tablets twice a day	With lukewarm water

GRADING OF ACNE VULGARIS

Table 2: According to Indian acne grading system

Acne Type	Grade	Description
Mild acne	Grade 1	Comedones < 30 and papules < 10, no scarring
Moderate acne	Grade 2	Comedones any in number, papules > 10, nodules < 3 and few pustules, scarring +/-
Severe acne	Grade 3	Comedones, papules any number, numerous nodules, scarring
Cystic acne	Grade 4	Cysts, nodules and widespread scarring

Observations

The patient was given *shamana* and *shodhana chikitsa* for a duration of 4 weeks and was observed weekly for any improvement in her condition.

She was also asked to follow the *nidana-parivarjana* advised to her at the starting of treatment.

Her symptoms gradually reduced every week and by the end of 4th week, all her chief complaints were almost subsided.

Symptoms	Before treatment	After			
		7 days	14 days	21 days	28 days
<i>Shalmali Kantaka pidika</i>	++++	+++	++	+	-
<i>Saruja</i> (pain)	++++	+++	++	+	-
<i>Shotha</i> (inflammation)	+++	++	+	+	-
<i>Kandu</i> (pruritis)	+++	++	+	+	+/-
<i>Ghana</i> (denseness)	++++	+++	++	+	-

DISCUSSION

Reference of *panchatikta ghrita guggulu* is found in *Bhaishjyarnavali Kushthrogadhikara*. *Ghrita*, *Panchatikta Gana Dravyas*, and *Guggulu* are the key ingredients of this medication. It has considerable *vranashodhak*⁵, *tridoshaghana* property and primarily acts as an anti-inflammatory agent. It also has anti-histaminic and antioxidant properties. Thus, it was selected for the treatment plan.

Nimbaharidraadi choorna which is referenced in *ashtanga hridya* helps to reduce all sorts of *Shotha*, *kandu* and *pitika*. *Nimbaharidraadi choorna* passifies *pitta* and *kapha* therefore is advised orally to the patient, to lower acne-related itching and inflammation.

The two principal *Dushya* in *Yuvanpidika*, are *Rakta dhatu* and *Twacha*. *Gandhaka Rasayana* works efficiently on these two. It is referenced in *Yogaratnakara's Rasayana Prakarana*.⁶ It also functions as a *Rasayana* (rejuvenating factor) for the skin. It helps to reduce scars from various skin disorders. Thus,

Gandhaka Rsayana was chosen to be administered orally, and it did assist to reduce scarring and haste the healing of acne outbreaks.

Blood-letting with the aid of leech is known as *Jalaukavacharana*, and it is a common treatment for vitiated *Rakta dosha*. *Acharya Sushruta* has said *jalaukaavcharana* for *raktamokshana* in *sukumaras*⁷ In the management section of *Mukhadushika*, *Acharya Vagbhata* has recommended bloodletting.

Leech draws contaminated blood from the treated area. Numerous enzymes, vasodialators, hyaluronidase compounds, thrombolytic Hirudin, anti-inflammatory Bdelein, and anti-platelet aggregation factor, are found in leech saliva. So, *Jalaukavacharana* was opted for that.

Taking into account the patient's age, Leech therapy was done 4 times, with an interval of 7-days between each leech therapy session. After the treatment, her complaints were significantly reduced and symptoms were subsided.



CONCLUSION

The most prevalent adolescent skin condition and which is most frequently found on the face is *Yuvanpidika*, The role of *Ayurvedic* management given here is to balance the vitiated *Doshas* and eliminate the toxins. Avoiding the causes prevents further recurrence of the acne. Leech therapy has also been found to be a simple and effective method for symptomatic and instantaneous relief for complaints like pain and itching. According to this study, we can conclude that *Shamana Chikitsa*, *Jalaukavacharana* and *Nidanaparivarjana* can prove to be successful in managing *Yuvanpidika*.

Ambikadutta Shastri, Choukhambha Sanskrit Sansthana, Varanasi, 9th edition.

REFERENCES

1. Maharshi Sushruta, *Sushruta Samhita- Part-1, Nidana sthana- Adhyaya 13 / 38, Hindi Commentary Ayurved Tatva Sandipani by Ambikadutta Shastri, Choukhambha Sanskrit Sansthana, Varanasi, 9th edition, Page No. -287*
2. Acharya Vagbhata, *Ashtangahridayam- Uttarantra - Adhyaya- 31 / 5, Vidyotini Hindi Commentary by Atrideva Gupta, Choukhambha Sanskrita Sansthana, Varanasi, 14th edition, 2003, Page No. -561*
3. Oge' LK, Broussard A, Marshall MD. *Acne Vulgaris: Diagnosis and Treatment. Am Fam Physician. 2019 Oct 15;100(8):475-484. PMID: 31613567.*
4. Savitri D, Djawad K, Hatta M, Wahyuni S, Bukhari A. *Active compounds in kepok banana peel as anti-inflammatory in acne vulgaris: Review article. Ann Med Surg (Lond). 2022 Nov 12;84:104868. doi: 10.1016/j.amsu.2022.104868. PMID: 36582904; PMCID: PMC9793233*
5. Sharma Priyavat, *Charaksamhita, Chikitsa sthana Kushthrogadhikara 7/16, Published by Choukhambha Oriantilia, 2th Ed. 199*
6. *Yogaratanakara - Part 2 -Rasayanadhikara with Vaidyaprabha Hindi commentary by Indradev Tripathi, Chaukhambha Prakashana, Fourth edition, Reprint - 2013, Page No. - 892*
7. Maharshi Sushruta, *Sushruta Samhita- Part-1, Sootra sthana - Adhyaya 13 / 3, Hindi Commentary Ayurved Tatva Sandipani by*