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ROLE OF VAMANA KARMA IN YAUVANA PIDIKA – A CASE STUDY

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INTRODUCTION

The face occupies a significant position in cosmetology, as it is central to defining beauty and appearance. Young individuals are especially conscious of preserving facial aesthetics[1].

Yauvana Pidika, correlated with acne vulgaris, is among the most frequently encountered dermatological disorders. Due to its chronic nature and visible lesions, it has a considerable impact on psychological health. It arises from the pilosebaceous unit and commonly affects the face, chest, and back, presenting as inflamed papules, pustules, or cysts[2].

Nearly 85% of adolescents aged 12–24 years are affected, along with 8% of adults between 25–34 years and 3% of those aged 35–44 years[3]. The onset typically occurs between 10–17 years in females and 14–19 years in males, with prevalence higher in males during adolescence and in females during adulthood[3].

While not life-threatening, it may lead to scarring and cosmetic disfigurement, sometimes appearing as early as 9–10 years[4]. Moreover, almost one-third of adults with acne report embarrassment related to their condition[5].

In modern medicine, Yauvana Pidika is not classified as a separate disease entity; however, in Ayurveda it is described under *Kshudra Roga*. Acharya Sushruta enumerated 44 *Kshudra Rogas*, Acharya Vagbhata 36, and Acharya Madhava 43. According to Ayurvedic texts, Yauvana Pidika results from the vitiation of *Kapha*, *Vata*, and *Rakta*, producing eruptions resembling *Shalmali Kantaka* and *Ghana Medogarbha Yukta Pidikas* on the face[6]

CASE STUDY

A *Yuva Stree* (25 yrs old female) belonging to *Sadharana Desha* (Mysore), with occupation of Student, consulted at OPD on **31/1/24** with the following lakshanas: *Pidaka* on the face (B/L cheeks, on forehead and chin), *Todavat Peeda* and *Daha* as mentioned in table no -01.

- ✓ A 25-year patient was normal two years back. But, since then patient has been suffering from pimples over bilateral cheeks, on forehead and chin.
- ✓ She had taken treatment of allopathic medicine for years but did not get relief.
- ✓ There was no significant history of any type of illness found.
- ✓ However, as the *Lakshana* did not subside, she approached our hospital seeking **Ayurveda management**.

Table no-01 - *Lakshana*

Lakshana	Dosha	Dhatu, Upadhatu	Srotas
Shalmalikantavath Pidaka	Pitta	Rakta	Raktavaha
Ghana Sparsha	Kapha	Meda	Medavaha
Medo garbha	Kapha	Meda	Medavaha
Ruja	Vata	Rakta	Raktavaha
Agnimandya	Kapha	Rasa	Rasavaha

Nidana

1. Aharaja Nidana – Vishamashana (Eating irregularly in response to hunger and time), Viruddhaharasevana (Combination of milk, eggs and fruit), Guru-abhishyandhi ahara like Curd, Junk foods.
2. Viharaja Nidana – Avyayama (No physical activity), Ratri Jagarana (Frequently staying awake all night)
3. Manasika Nidana – Chinta
4. Kalaja – Swabhava

These Aharaja, Viharaja and Manasika Nidana that was done continuously for few years contributed for the Prakopa mainly Kapha Pradhana Tridosha, Rasa, Rakta, Meda Dhatu and Srotas Dusti.

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Table no -02 - Dashavidha Pariksha

Prakruthi	Kapha-Vata
Vikruthi	Dosha – Kapha Pradhana Tridosha Dushya – Rasa, Rakta, Meda, Sweda
Sara	Pravara
Samhanana	Pravara
Satmya	Madhyama
Satwa	Pravara
Vyayama Shakti	Avara
Ahara Shakti	Avara
Pramana	Pravara
Rogi Bala	Pravara
Roga Bala	Madhyama

INTEGUMENTARY SYSTEM EXAMINATION

- Site – Face (both cheeks, forehead and chin)
- Type of lesion:

Macule – Present
Papule – Present
Pustular nodule – Present
Comedones – open comedones
Size – 2-3mm
Discharge – Absent
Tenderness – Present

COURSE OF TREATMENT

PURVA KARMA

1. 01/02/2024 - 09/02/2024

- ✓ **MANASOPACHARA**: The person who is taking aushadha should be devoid of kama and bhaya etc. and should concentrate on the medications which helps to achieve Samyak yoga of vamana karma.

Table no – 03 - Purvakarma

DATE	TREATMENT	DAYS
01/02/24 – 05/02/24	1. Deepana Pachana – Arogyavardhini Rasa – 1tab TID Hingvachadi Churna – 1tsf BD with warm water	5 days
01/02/24 – 05/02/24	2. Udwartana – Triphala Churna + Kolakulathadi Churna	5 days
06/02/24 – 09/02/24	3. Snehapana – Varunadi Gritha Day 1 – 30ml Day 2 – 60ml Day 3 – 90ml with 1 pinch Trikatu Churna Day 4 – 120ml with 1 pinch Trikatu Churna + 1 pinch Saindhava lavana	4 days

2. 10/02/2024 – 11/02/2024
Abhyanga with Murchita tila taila followed by Bashpa sweda.

10/02/2024- VISHRAMA KALA:

After the completion of snehapana patient was advised for one day of vishrama kala, the day before vamana.
Diet for vishrama kala:
Morning- Idli with Curd.
Afternoon – Curd rice followed by Payasa.
Evening- Peda and dahi vada.
Night- Curd rice

PRADHANA KARMA

Table no – 04 – Pradhana Karma

Sl.No	Procedure	Drug	Matra
1	Akantapana	Ikshu Rasa	1.5 lts
2	Vamana Karma	Madanaphala Pippali	10gms
		Yastimadhu Churna	6gms
		Vacha Churna	3gms
		Saindhava	5gms
		Madhu	5ml
3	Vamanopaga	Yashtimadhu Phanta	4.2 lts
		Saindhava Jala	900ml

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Table no – 05 -

LAKSHANAS	SHUDDHI
MANIKI (Based on quantity)	Input- 6.7ltrs Output- 6.2Ltrs
VEGIKI (Based on vegas)	8
ANTIKI (Based on end point)	PITTANTA
LAINGIKI (Based on sign and symptoms)	Deha laghuta: lightness of the body Mana prasada: calmness of the mind Cessation of vomit bouts on its own Feeling of not too much of discomfort Feeling of lightness in stomach

PASCHAT KARMA

Table no – 06 – Paschat Karma

PROCEDURE	DRUG	MATRA
Kavala	Ushna Jala	-
Dhoomapana	Haridra Varti	-
Samsarjana Krama	Peyadi Krama	**7 days**
Pathya Ahara	-	-

ASSESSMENT SCALE	1/2/24	18/2/24
Global Acne Grading System (GAGS) for assessment of severity of Acne Vulgaris	**20**	**13**
Weight	**71 kgs**	**67 kgs**



Fig. 1: Youvana Pidika – Before Treatment



Fig. 2: Youvana Pidika – After Treatment

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SHAMANA AUSHADI

Table no – 07 – Shamana Aushadi

AOUSHADHI	MATRA	KAALA	ANUPAANA	DAYS
PATOLAKATUROHINDYADI KASHAYA	20 ML – 0 - 20ML	BEFORE FOOD	With 50ml of luke warm Water	1 month
CAP. PURITIN	2 – 0 – 2	AFTER FOOD	LUKE WARM WATER	1 Months
AVIPATTIKARA CHURNA	0 – 0 – 1 tsp	AFTER FOOD	LUKE WARM WATER	7 Days

DISCUSSION

- Vamana is said as the best treatment for the Kapha dosha elimination. In Youvana Pidika, the mainly vitiated dosha is Kapha. Other dosha which are involved in this disease are Vata and Rakta. Rakta is Pitta vargiya dravya and Vamana purifies the Pitta also at some extent and thus it purifies the Rakta.
- In Youvana Pidika, Srotorodha is seen in Swedavahasrotas, Vamana drug with its Ushna, Tikshna and Sukshma, Vyavayi, Vikasi guna enters the large and small srotas of the body and clears the Srotovarodha, which helps in breaking the chain of Samprapti.
- Dosha should be eliminated from the nearest path. Youvana pidika is Urdhvajatrugatavyadhi and Vamana expels the dosha from the Mukhamarga. Therefore Vamana karma will give better results than any other Shodhana karma.
- Acharyas have described this disease as Youvana Pidika, which shows the age of occurrence of the disease. Acharya charaka has described the age of 16-30 as Vivardhamana Dhatukala, which is the starting period of functional state of Shukra Dhatu.
- Proper Akantapana is an essential measure, which has its definite impact over the duration of Vamana and amount of the medicine to be ingested.
- On repeated recommendations by different Acharyas and considering the pathology of disease Vamana Karma was selected in the management of Youvana Pidika and marked improvement was obtained.

CONCLUSION

- ✓ In this case Kapha dusti was predominant in comparison to other doshas.
- ✓ Hence, Vamana Karma was preferred and marked improvement was obtained.
- ➢ The Integration of **Shodhana** along with **Lifestyle modification** not only alleviates the symptoms but also prevents reoccurrence by addressing the root cause of the disease.
- ➢ This case reinforces the value of personalized treatment in Ayurveda where **Roga and Rogi pareeksha** guide the therapeutic decisions.

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