



Treatment of Mukhadushika / Yauvanpidika Through Ayurveda- A Case Study

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ABSTRACT

Acne vulgaris is very common and persistent condition cause is due to inflammation of pilosebaceous glands that affect more than 85% of adolescents and two-third of adults aged 18 years and older and happening in both sexes. Acne cannot cure completely it can treatable. In Ayurveda it is mentioned as Mukhadushika/Yauvanpidika. Kapha, Vata Dosha and Rakta, Dhatu are involved in pathology. So it was necessary to carry out treatment having Kapha vata Shamaka and Rakta Shodhka property. A case study of a 25-year-old female patient who complained of facial acne as well as itchiness, soreness, and pus production since one year. In the present case, the patient was treated with oral administration of drugs like with Mahamanjsthadi kwath, Arogyavardhini vati, along with external application of Taruna pidakadi lepa for 30 days. At the end of the treatment condition of patient were significantly improved.

Keywords: Mukhadushika, Yauvanpidika, AcneVulgaris, Gandhak rasayan, Taruna pidakadi lepa, Mahamanjsthadi kwath.

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INTRODUCTION

The most prevalent skin condition acne vulgaris, is brought on by a number of reasons. One of the common cause is due to inflammation of pilosebaceous glands. Sebum production area get clogged by death cells leads to inflammation. Acne peaked during teenage years more than 25% women suffered acne after 21 years of age, with a peak of 45% in women with 21-30 years of age [1], however a disease predominating in puberty and records indicate that the age distribution of acne is widening and is happening in both sexes [2]. Acne cannot cure completely it can treatable because if lifestyle or dietary changes leads to new breakout. Inflammatory acne is characterized by erythematous papules, pustules, and nodular swelling that are brought on by an accumulation of neutrophils, lymphocytes, and foreign body giant cells [3]. Acne vulgaris is a chronic condition affecting more than 85% of adolescents and two-third of adults aged 18 years and older [4]. There are 6 common types of acne i.e. acne punctuate, acne papules, acne pustulosa, acne indurata, acne cystic, acne keloid. 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 in some hormones like androgens, oestrogens, steroids and bacteria's like corenye bacterium acne or propioni bacterium acnes [5].

Ayurveda "Yuvan pidika" correlated with this condition, the name appeared in chapter Khsudra rog of the Sushruta Samhita [6]. The vitiation of the vata, kapha, and sonita (rakta) doshas is what causes it. It look like a thorn eruption popping out on the face [7]. Yuvan pidika is the name f or the thorn-like characteristic on adolescents' (youths') faces. Mukhadushika is another name for Yuvan pidika⁸. Sanskrit words YUVAN and PIDIKA combine to form the phrase "YUVAN PIDIKA". While "PIDIKA" comes from the root of "peed dhatu," which means agony, "YUVAN" is derived from the term "Yu dhatu," which signifies adult or young [9].

CASE STUDY

A 25 years old female patient came to OPD of Dept. of Kayachiktsa of Parul Institute of Ayurved with chief complaints of acne on face along with pain, itching, and pus formation since one year. History of present illness according to the patient she was asymptomatic before 1 year then she progressively developed acne on face along with itching, pain and pus formation. In the meantime she also took allopathic medicines but

did not find any relief. So she came to OPD, Dep. of Kayachiktsa, Parul Institute of Ayurveda Vadodara Gujarat; hospital for proper treatment.

Personal History: She was non vegetarian, had irregular sleep .She was eating more junk food, cold drinks etc. . She was non- diabetic and her menstrual cycle was normal. Often she has constipation problem.

Past History: She used a variety of cosmetic lotions and serums to cure her acne. There was prior history of medication allergies.

Family History: Not present.

The Patient Aaharaj Nidana: Excessive consumption of Madhura (sweet), Amla (sour), Lavana (salty), Katu (spicy) Rasa.

Eating Virudhha Ahara (Incompatible food),Junk food, Fermented food and Bakery items.

Viharaj Nidana: Atisantapsevan (Stress), after consumption of food. Ratrijagarana (Insomnia)

GENERAL EXAMINATION

BP- 120 / 80 mm of Hg

Pulse – 80 / min

RR- 27 / min,

Temp- 98.4F

SYSTEMIC EXAMINATION

CNS-Higher mental function was intact.

Respiratory system – chest clear

CVS- S1/S2 normal, no any abnormality detected in cardio vascular system.

CNS-Higher mental function was intact.

GIT-Constipation

Urinary system - NAD

Locomotion- Normal.

Abdomen- Soft, pain and tenderness absent.

Musculo Skelton system examination –No abnormality found.

ASHTAVIDHA PAREEKSHA

Prakruti (Constitution) - Vata Kaphaj

Vikruti (State of disease)-Pravar Tridosaja

Saara (Systemi strength)- Madhyama

Samhanana (Compactness) –Madhyama

Satmya (Mental status)-Madhyama

Satwa (Mental status)-Avara

Aharashakti (Power of exercise)-Madhyama

Vyayamashakti (Power of excercise)-Avara

Vaya (Age)-Pravara

Bala (Strength)-Madhyama

SAMPRAPTI GHATAK

Dosha – Vata,kapha

Dushya –Twach Rakta [8]

Agni –Manda

Srotodushti –sanga

Udbhava sthana -Amashaya

Vyaktha sthana –Mukha

Rogamarga –Bahya

- In 1958, James and Tisser and offered an alternate grading classification in their assessment of acne treatment. [10]
- Grade 1: Simple, non-inflammatory acne with a few papules and comedones.
- Grade 2: Some pustules, papules, and comedones.
- Grade 3: Severe form affecting the face, neck, and upper regions of the trunk; larger inflammatory papules, pustules, and a few cysts.
- Grade 4: Severe form; cysts become confluent. [11]

TREATMENT GIVEN

Duration: 30 days continue

The patient's Prakriti and the severity of the pidika were taken into consideration when the treatment was started and the medications chosen.

1. Tea tree face wash – to apply locally twice a day
 2. Tarunya pidika har lepa-(Contain Vacha, Lodhra,Dhanyak)to apply locally once daily
 3. Gandhak rasayan -2 BD After meal
 4. Arogyavardhini vati -2 BD After meal
 5. Triphala churna 5 gm early morning empty stomach
 6. Mahamanjsthadi kwath -20ml BD, After meal with lukewarm water
- Encourage to practice good hygiene.
 - Avoid washing your face with soap or other medications.

Tarunya pidikahar lepa method of use

Take approx 3 gm of Churna and mixed with filtered water which was advised to apply over face for about 20 minutes and then rinse with cold water.

BEFORE TREATMENT



AFTER TREATMENT



DISCUSSION

According to Ayurveda, the vitiation of the Kapha and Vata doshas is what causes Yuva pidika to develop⁴. These vitiated doshas cause rakta dhatu to become even more vitiated, which in turn causes Medo dhatu to become vitiated. This causes Medodhatu dusti to produce an excessive amount of sweda, which later accumulates in romakupak and creates swedavahasrota dusti, which finally results in Yuva Pidaka. Arogyavardhani vati, Mahamanjsthadi kwath, and other medications were chosen here.

| Sr.no. | Drug used | Mode of action |
|--------|---------------------------------------|--|
| 1. | Arogyavardhani vati | The components of the Arogyavardhini are, such as Guggulu Tamra Bhasma, Triphala, Lasuna, which have Dipana and Pachana properties, correct Agni maintain reduce Kleda (fluidity), and eliminate Avarana of Vata and open the channels and prevents Ama, whereas lowers Kapha, Meda, and Mamsa dhatu. [12] |
| 2. | Mahamanjsthadi kwath ¹³ | It is a potent cleansing medication that eliminates blood pollutants, reduces inflammation, Manjista (Rubia cordifolia linn) moola [13] used to improve skin tone, and guards against infection. ¹⁴ The body is also cooled by it, and the antioxidant-rich decoction aids in detoxification. Manjistha property: Rasayana, Rasayana, Kushtaghana, Raktaprasadana, Varya, Shothahara, and Shonitasthapan [14] |
| 3. | Gandhak rasayan | Gandhaka Rasayana is an important herbo-mineral drug [15]. It mostly acts to the skin and blood. And, it essentially affects all Doshas and Dhatus also it Katu rasa and Vipaki. It has the greatest Kaphghna and Kledaghna property. |
| 4. | Tarunya pidika har lepa ¹⁵ | It contains Vacha, Lodhra, Dhanyak powder combination. Vacha proven as Anti-Inflammatory activity and used in many kushta roga. 'Lodhra' is an important Indian traditional drug used in many Ayurvedic formulations for treatment of skin disease it |

| | | |
|----|--------------------|--|
| | | has property to pacify kapha and Kleda which the cause of acne. It has kashay rasa and sheeta guna which helps to absorb the oil and soothes the skin. The plant extract shows higher anti-inflammatory activity of 76%. ¹⁶ Dhanyak Essential oils were also proved to possess a strong antimicrobial activity ¹⁷ . Leaves of it also deals with the pigmentation. |
| 5. | Tea tree face wash | Tea tree oil have antiseptic and anti-inflammatory actions of the oil. It has antimicrobial and anti-inflammatory activities of the oil and its components, as well as clinical efficacy [18]. |

CONCLUSION

Yuvan pidika is a common skin condition mentioned in kshudra roga¹⁹; the ayurvedic medications above demonstrated extremely substantial and effective efficacy in the symptoms of Yuvan pidika/acne vulgaris. The choice of medication is dependent on the patient's Prakriti and Agni, bala, as well as other factors. She complied with every directive that was provided to her. Additionally, Ayurvedic treatments offer fewer adverse effects and long-lasting results.

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