

**TRADITIONAL AYURVEDA FORMULATION KUMKUMADI GHRITA AS EFFECTIVE DRUG FOR THE TREATMENT OF YAUVAN PIDIKA; A REVIEW**

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**ABSTRACT**

*Yauvan Pidika* is pathological skin problem mainly related with adolescence age and can be correlated with acne as per modern science. The word *Yauvan* means young while *Pidika* resembles painful eruption. The *Salmali* like eruptions on face may occur in disease condition due to the vitiation of *Kapha*, *Vata* and *Rakta*. It has now become burning issue amongst teenagers and incidence of such type of problems increases day by day due to the awful conduction of daily and dietary regimen. Ayurveda proposed different treatment options for the management of such type of skin problem including use of herbs, minerals, Ayurveda formulations and *Shodhna* procedures. The traditional Ayurveda formulation *Kumkumadi Ghrita* claimed as effective drug for the treatment of many skin diseases like; acne, therefore present article explored role of *Kumkumadi Ghrita* in the management of acne (*Yauvan Pidika*).

**KEYWORDS:** Ayurveda, *Yauvan Pidika*, *Kumkumadi Ghrita*, Acne.

**INTRODUCTION**

Acne is one of the severe skin problems affecting youth population globally. The Ayurveda symptoms of *Yauvan Pidika* can be correlates with acne. Red Papules, pustules, *Vedana*, *Kandu*, *Daha* and *Paka* are the main signs and symptoms of *Yauvan Pidika*. The disease mainly involves vitiation of *Rakta Dhatu* along with

*Vata* and *Kapha Dosha* vitiation. It is a chronic inflammatory condition involving pilosebaceous follicles of face and upper trunk. The disease characteristically involves papules, black heads, pustules and cysts leaving with pitted scars. There are four types of *Yauvan Pidika* as depicted in **Figure 1**.



**Figure 1:** Types of *Yauvan Pidika* on the basis of predominance *Dosha* and *Rasa*.

**The main causes of acne are as follows**

- Hormonal changes due to the growing age.
- Allergic reactions especially skin related.
- Environmental exposure (sunlight or excess wind).
- Diet (butter, fried foods, fats, excess sweets, alcohol and fish).
- Hereditary or presence of other disease conditions.
- Diminishes hair follicles hyperkeratosis.
- Excessive use of cosmetics.
- Skin injury or adverse effect of self medication that alter hormonal response.

**The symptoms of Yauvan Pidika are as follows**

- ❖ *Salmali Kantaka akara*
- ❖ *Pidika, Ruja and Medogarbhi*
- ❖ *Vedana and Daha*
- ❖ *Kandu and Paka*

The traditional Ayurveda formulation *Kumkumadi Ghrita* claimed as effective drug for the treatment of many skin diseases like; acne, therefore present article explored role of *Kumkumadi Ghrita* in the management of *Yauvan Pidikai*.

***Kumkumadi Ghrita in Yauvan Pidikai***

It is believed that persons dominant with *Kaphapitta Prakriti* are more susceptible to disease *Yauvan Pidika*. The *Dushya Doshas* involved in diseases are *Kapha & Pitta* while *Dushya Rasa* is *Rakta* that involve in pathogenesis of disease. Ayurveda mentioned use of *Shodhana karm* along with *Sanshaman karm* for the management of *Yauvan Pidika*.

*Kumkumadi Ghrita* is an Ayurveda formulation generally recommended for skin problems. The formulation mainly contains *Kesara (Crocus sativus Linn.)* as a chief ingredient. Sometimes *Nagakesara (Mesua ferrea Linn.)* is also recommended as a substitute since it offers similar qualities as like *Kesara*.

The major compositions of *Kumkumadi Ghrita* formulation are as follows:

- ❖ *Kumkuma (Crocus sativus Linn.)*
- ❖ *Sharkara*
- ❖ *Ghrita*

As mentioned above the *Kumkumadi* along with *Ghrita Kalpana* (medicated *Ghee*) used for *Yauvan Pidika*. The use of *Ghrita* /medicated *Ghee* as dosage forms offers following advantages:

- *Ghrita (Ghee)* as dosage form dissolve/hold/suspend active constituent of plant materials.
- *Ghrita (Ghee)* imparts own therapeutic values in formulation.
- Preserve drugs for longer time therefore enhances shelf life.
- Alter absorption of drugs especially in case of topical application.

*Kumkuma* (Saffron) is main component of formulation offers warming, *Kantivardhaka* and *Rakta-pitta* pacifying property. *Kumkuma* individually offers following health benefits in skin ailments:

- Reduces skin inflammations
- Offers wound healing property
- Reduces burning sensation and rashes
- Imparts calming and soothing effects
- Improves glow and skin complexion.
- Provide moisturizing effects thus heal dry skin and prevent hyperpigmentation.

The formulation *Kumkumadi Ghrita* acts effectively on oily and dry skin therefore balances secretion of skin sebaceous glands. The some study showed that size of lesion reduced significantly after the use of *Kumkumadi Ghrita*. The change in skin colour along with lesion reduced significantly along with relief in symptoms such as *Kandu* and *Daha*. The therapeutic properties of *Kumkumadi Ghrita* help to break *Samprapti* of disease since it has effect on *Vyanga* of disease. The depigmenting and emollient properties of formulation help to relief disease symptoms.

**The *Kumkumadi Ghrita* offers following properties**

- ❖ *Katurasatmaka*
- ❖ *Katu Vipak*
- ❖ *Ushna virya*
- ❖ *Tikshna Guna*.

***Kumkumadi Ghrita offers following advantages in Yauvan Pidika***

- *Kumkumadi Ghrita* helps to eliminate *Kapha dosha* in *Yauvan Pidika*.
- The *Kumkumadi Ghrita* pacifies *Pitta* which vitiate in *Yauvan Pidika*.
- It purifies *Rakta* thus reduces skin manifestations.
- *Srotorodha* is observed in *Yauvan Pidika* the therapy clears *Srotavarodha*.
- *Ushna* properties of ayurveda drugs help to pacify symptoms of disease.
- *Sookshma & Vikasi* properties of drugs enter into small *Srotas* therefore helps to clears *Srotavarodha* which is one of the important aspects of disease *Yauvan Pidika*.
- *Kumkumadi Ghrita* purify vitiated *Dhatu* thus increases *Dhatvagni* that results correction in *Dhatupakavyapar*.
- *Kumkumadi* posses *Guru, Snigdha, Tikatarasai* and *Madhura* properties thus pacify *Virya* and helps in the management of disease symptoms.
- *Kumkum* also offers *Varnya* effect thus helps in depigmentation.
- *Kumkumadi Ghrita* offers emollient property thus imparts calming effects.

**CONCLUSION**

*Yauvan Pidika* is pathological disease mainly associated with adolescence age and posses symptoms similar to

Acne as per modern science. The disease occurs due to the vitiation of *Kapha*, *Vata* and *Rakta*, posses symptoms such as; red skin papules, *Vedana*, *Kandu*, *Daha* and *Paka*, etc. Ayurveda mentioned that herbs, minerals and classical formulations along with *Shodhna* procedures can offer beneficial effect in disease condition. In this regards it is recommended to use Ayurveda formulation; *Kumkumadi Ghrita* for the treatment of *Yauvan Pidika*. *Kumkumadi Ghrita* eliminates vitiated *Doshas*, purifies *Rakta*, clears *Srotavarodha*, imparts emollient and calming effects therefore it can be concluded that *Kumkumadi Ghrita* can be used in the management of *Yauvan Pidika* effectively.

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