

MANAGEMENT OF YUVANPIDIKA - AN AYURVEDIC AND MODERN REVIEW
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ABSTRACT

Face is the mirror of the individual personality and any least mark can result into a larger impact on the individual. Whole beauty of the body depends upon the beauty of the face. Minor problems leads to non-attractive look to a permanent disfigurement of the face which may results in inferior complexity sometime isolation in the social life. *Yuvanpidika* is most common skin ailment and usually a self-limiting condition of teenagers and young adults. The incidence of *Yuvanpidika* are tremendously increasing in our society due to the change in the diet pattern, life style, hormonal changes and environmental conditions. However, various advance treatment are available in the modern medicine for the patients of acne vulgaris diseases but these techniques are not affordable by every patient and their family. In text of *Ayurveda*, there are a number mukhlepā, medicinal preparations, *Pathya Apathya*, *Dinachrya* procedures which have wonderful preventive and curative effect on *Yuvanpidika* diseases. Furthermore, the face beauty is necessary for everyone, so all the section of *Ayurveda* can work together in the prevention of *Yuvanpidika* and other diseases. This article explains how Ayurveda help us in the prevention & management of *Yuvanpidika*.

KEYWORDS: *Yuvanpidika*, mukhlepā, acne vulgaris, *Ayurveda*.

INTRODUCTION

The face is the “organ of emotion,” and we constantly read facial expressions to understand the feelings of others. It contains many other powerful clues. Our face also plays a vital role in physical attractiveness. It is one of our most important possessions. But *Yuvanpidika* is the biggest enemy for our face. *Yuvanpidika* is a problem which is encountered by almost everyone at the time of adolescence.

Its prevalence is similar for both sexes. Everyone wants to have beautiful and charming skin. In the 21th century diet pattern and life style of populations across the world have been changed dramatically. Change in life style & diet pattern, environmental changes has increases the incidence of these diseases. From the ancient time Ayurveda is known for serving the society by cure & prevention (*Swasthyarakshanam*) & this concept is exactly applicable on the cure and prevention of the *Yuvanpidika*. Ayurveda teaches & enriches us such a good diet and wonderful living pattern that are very effective in the prevention of *Yuvanpidika*. If we give importance to Ayurveda its helpful in maintains good health for every person. There are no of preventive

(*Pathya Apathya*), curative aspects, lepa, medicinal drugs and preparations described in the *Ayurveda* having wonderful effect on these diseases.

MATERIALS AND METHODS

Different Ayurvedic classical books, research papers and journals were referred to fulfill this part, it comprise of subsection dealing with prevention & management of *Yuvanpidika* in *Ayurveda*.

Yuvanpidika

The eruption like *Salmali* thorn, on the face during adulthood, caused by *Kapha*, *Vata* and *Rakta* are known as *Yuvanpidika*.^[1]

The common site of *Yuvanpidika* (acne vulgaris) is face in which forehead, cheeks, nose and chin are the prominent sites.

It can be correlated with Acne Vulgaris in modern science. It is a chronic condition affecting many teenagers, characterized by blockage of pilosebaceous duct and involves area of skin where sebaceous glands are most numerous and active (e.g face, chest and back).

It involves both sexes equally and peak incidence is 16-17 years in females and 17-19 years in males. It subsides by the age of 23-25 yrs in 90% of patients.^[2]

Etiology of *Yuvanpidika*

It is caused by *Kapha, Vata and Rakta dosha*. All those food which are the *Kapha Vata* and *Rakta parkopaka* are play a role in etiology of *Yuvanpidika*.^[3]

Aetiopathogenesis of Acne vulgaris as per modern view^[4]

The blocked pilosebaceous follicles are associated with chronic inflammatory changes. The exact etiology is unknown, but important factors are:

1. Increased sebum secretion: The principal age of onset is at puberty when under the influence of androgenic hormones from the testes, ovaries, adrenals, sebaceous glands hypertrophy and increased the production of sebum. A greasy skin and scalp usually accompany the polymorphic lesions.
2. Abnormalities of microbial flora: Bacteria play a pathogenic role. *Propionibacterium acnes*, an anaerobic diphtheroid, is a normal skin commensal. It colonises the pilosebaceous ducts, breaks down triglycerides releasing free fatty acids, and stimulates the ductal epithelium to secrete proinflammatory cytokines.
3. Hyperkeratinisation Increased and abnormal keratinisation at the exit of pilosebaceous follicle obstructs the flow of sebum.
4. Inflammation: There is inflammation of pilosebaceous ducts leading to obstruction.
5. Familial: Acne is often familial. The mode of inheritance is polygenic.

Symptoms of *Yuvanpidika*

शलमलीकण्टकप्रख्याः कफमारुतशोणितैः |

जायन्ते पिडका यूनां वक्त्रे या मुखदूषिकाः ||

(Su. Nidansthan 13/38)

The eruption like *Salmali* thorn, on the face during adulthood, caused by *Kapha, Vata and Rakta* are known as *Yuvanpidika*.^[5]

Symptoms of Acne vulgaris^[6]

Acne is a polymorphic diseases characterized by open comedones (blackheads) due to plugging of pilosebaceous orifices by keratin and sebum or closed comedones (white heads) due to accretions of sebum and keratin deeper in the pilosebaceous ducts. Inflammatory papule, nodules and cysts occur with one or two types of lesion predominating. Disfiguring may occur due to scarring. Lesions are limited to face, shoulders, upper chest and back.

Increased local trauma and premenstrual tension may cause exacerbation of the diseases, i.e may occur with head-gear, the pressure of the strapping across shoulders

or trunks, or on special sites e.g beneath of chin in professional violin players (fiddler's neck)

Grades of acne vulgaris^[7]

Mild (grade-1): Comedones and few papules.

Moderate (grade-2)- Comedones, papules and few pustules.

Severe (grade-3)-Mainly pustules, abscesses and few nodules.

Cystic (grade-4)- Cysts, nodules and widespread scarring.

Investigation^[7]

1. Bacterial swab for culture to exclude pyogenic infection.
2. Endocrinal assessment is needed to exclude endocrinal cause of acne.

Treatment as per Ayurveda

1. *Nidan parivargan*.

2. *Shodhan Chikitsa*

a. *Vamana*

b. *Raktamokshana*

3. *Saman Chikitsa*

a. *Parlepa*

1. सिदार्थकवचालोद्धसैन्धवैश्च प्रलेपनम्^[8]

(Y.R Kshudra roga chi. prakaranam- 34th shloka)

Sidhardhakadi lepa is one among the external medicaments explained in which help to overcome the *Yuvanpidika* of adults.

2. The lepa prepared with equal amount of *Jayephala, Raktachandana, Kalimircha* and used in *Yuvanpidika*.^[9]

3. The lepa prepared with *Goorochana and Kalimircha* also useful in *Yuvanpidika*.^[9]

b. *Abhayang*.^[9]

1. *Manjeesthadi Taila*

2. *Daveharidaradi Taila*

Other external measures which described in *Dinacharya*

Mukh Prakshalan

क्षीरकृष्णकषायैर्वा क्षीरेण च विमिश्रितैः | भिल्लोदककषायेण तथैवामलकस्य वा ||

प्रक्षालयेन्मुखं नेत्रे स्वस्थः शीतोदकेन वा | नीलिकां मुखशोषं च पिडकां व्यडम्मेव च ||

रक्तपित्तकृतान् रोगान् सघ एव विनाशयेत् | मुखं लघु निरीक्षेत दृढं पश्यति चक्षुषा ||

(सुश्रुतसंहिता चिकित्सास्थान 24/15-17)

In Ayurvedic classics many health promotive procedures are explained in form of *Dinacharya* like *Mukh Prakshalan* which help in many face skin problems such as *Yuvanpidika*.

Some useful oral medication in Ayurveda^[11]

Kashooradi guggulu

Panchnimbadi Churana

Haritaki Churana
Aarogayavardhani Vati etc

Treatment of Acne as per modern view^[12]

It is a most treatable disease. Mild cases require just topical therapy. But mild to severe needs both oral and topical.

Local measures: Regular washing with soap to remove excess grease.

Topical application with antibiotic agents (tetracycline, clindamycin) benzoyl peroxide and comedolytic drugs-tretinoin acid. These are irritant and drying preparations hence to be used at night.

Systemic measures: Oral low dose antibiotics e.g Tetracyclines (250 mg 6 hourly), doxycycline (200mg per day).

Isotretinoin: It has revolutionized the management of severe and intractable acne. It reduces sebum aromatically and is given a 4- month course in a dose of 1mg/kg of body weight. Side effects includes dryness of skin, mucous membrane, abnormal liver functions. The main problem is that the drug is highly teratogenic and female must have a negative pregnancy test before treatment and take an oral contraceptive for at least one month before, during and 3 months after the therapy with this drug.

Hormonal treatment: Oestrogen plus cyproterone acetate given in sufficient amount in the form of oral combined contraceptive pill with some antiandrogen effect decreases the sebum production and may help persistent acne resistant to antibiotics. Similarly, antiandrogens like cyproterone acetate in males may be required in resistant cases.

New treatment: Pulse-dye laser therapy have been found effective in mild to moderate acne.

Physical therapy: Cysts can be incised and drained under local anaesthesia. Cryotherapy may also prove useful. Intralesional injection of triamcinolone (0.1-0.2ml of 10mg/ml) hastens the resolution of nodules and stub-born cysts.

DISCUSSION

Yuvanpidika is a disease which harms the beauty of face. The incidence of *Yuvanpidika* is increasing all over the world due to faulty diet pattern, excessive use of chemical face products, hormonal changes. Balance diet plan and follow the *Dinacharya* can play a good role in the prevention and cure of *Yuvanpidika*. In the text of *Ayurveda Pathya Aahar-Vihara, various types of Yoga, lepa, Dinacharya, Ritucharya* are described which have good role in the prevention and managements of *Yuvanpidika*. If someone adopt the diet pattern, *Dinacharya*, (life style) according to the *Ayurveda* it can

be helpful in the decrease the incidence of *Yuvanpidika*. In text of *Ayurveda* there are number of drugs, formulation like mukhlepa, *vati, churana* etc are described which have very effective result on the *Yuvanpidika* as mentioned above in details.

CONCLUSION

In current times *Yuvanpidika* is the one of the most burning problems. It has been found that adolescence are mainly susceptible to *Yuvanpidika*. It seems that we need to reassess entire lifestyle if we want to prevent and manage *Yuvanpidika*. In *Ayurveda Ahara, Vihara, Dinacharya, Ritucharya, mukhlepa*, are described which have good role in prevention & cure of the *Yuvanpidika*. The prevention and management of *Yuvanpidika* can be done successfully in *Ayurveda*. Moreover *Ayurvedic* treatments are safe & affordable by everyone.

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