

## CONCEPTUAL STUDY OF ACNE WSR TO AYURVEDA: A REVIEW

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**ABSTRACT**

Ayurvedic scholars have placed Acne under the category of *Kshudraroga* which occurs due to the aggravation of some factors such as *Vata dosha*, *Kapha dosha* and *Rakta*. The condition of Acne can be correlated with the *Hetu*, *Swaroop*, *Chikitsa* of *Yuvanpidika* which are mentioned in various Ayurvedic texts. It refers to the eruptions occurring on various parts of body such as face, back, chest, etc, especially when the person becomes *Yuva* (young). Modern lifestyle, increasing pollution, stress, *Apithya Ahara*, *Vihara*, *Anidra* etc. are the main etiological factors responsible for Acne. Ayurvedic scholars have mentioned the treatment of *Kshudra-roga* through *Shodhana-chikitsa* and *Shamana-chikitsa*.

**KEYWORDS:** Acne, Ahara, Chikitsa, Kshudra-roga, Shodhan, Shamana, Yuvanpidika, Vihara.**INTRODUCTION**

Ayurvedic texts have mentioned a term *Mukhadushika* for the disease which affects the beauty of the face. Acharya Sushruta placed *Mukhadushika* in the category of the *Kshudra-roga*. It is also termed as *Yuvanpidika* due to its high prevalence in the adolescent age leading to the formation of *Pidika* (small boils or pustules). Acharyas have mentioned that aggravation of *Kapha*, *Vata*, *Vayu*, *Rakta* and *Meda* leads to the condition of *Yuvanpidika*.<sup>[1]</sup> It is reported more than ninety percent of population suffer from Acne at some point of their life.

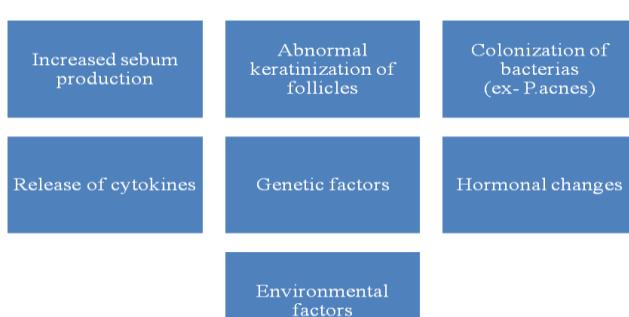
It is assumed that the number of people affected by Acne in India is estimated to reach twenty-three million by 2026.<sup>[2]</sup> Acne (*Yuvanpidika*) is a condition which affects mainly the adolescent population. Such condition in the young age when there are several hormonal and physical changes already occurring in the body; results into

anxiety, depression, psychosocial effects, frustration, low confidence, etc.<sup>[3]</sup>

According to modern medicine, Acne is a skin disease of chronic nature occurring due to the blockages in the hair follicles. It can be inflammatory as well as non-inflammatory in nature. There are various causes of development of Acne such as excessive production of sebum due to androgens; bacterial accumulation, formation of keratin plug, etc.<sup>[4]</sup> This condition lead to formation of open and comedones; papules, pustules and nodules.

**Conceptual view of *Yuvanpidika* (Acne vulgaris)**

According to the modern science, the symptoms of Acne vulgaris resembles to that of *Yuvanpidika* mentioned in the Ayurveda treatises. Acne vulgaris is a disease of pilosebaceous origin occurring due to some reasons mentioned in figure 1.

**Figure 1: Various causes of Acne Vulgaris (*Yuvanpidika*).**

### Nidana of Yuvanpidika

According to Ayurveda, vitiation of *Tridosha*, *Sapta Dhatus*, *Swabhava*, *Shukra Dhatus Mala* leads to the formation of Acne. Following factors are responsible for aggravation of *Kapha*, *Vata*, *Vayu* and *Rakta*.<sup>[5,6,7]</sup>

- **Ahara** (diet) – *Ati Katu* and *Madhura* (excessive spicy and sweet), *Ati ushna*, *Ati snigdha*, *Ati tikshna*, *Guru*, *Vidahi Annapana*, *Mamsa- Madya* (meat-alcohol).
- **Vihara** (lifestyle) - *Ratrijagaran*, *Atapsevan*, *Diwaswapna* (sleeping during daytime), *Vegavarodha* (ignoring nature's call).
- **Antahstravi granthis** – Due to some endocrinial changes in body, there is increased production of sex hormones which causes imbalance in functioning of oil glands.
- **Kalaja** (time) - *Tarunya* (young age), *Madhyanha* (noon time), *Vasanta Ritu*, *Grishma Ritu* and *Sharada Ritu*. The *Sheeta Guna* of the climate can cause *Prakopa* (aggravation) of *Vata* and *Kapha Doshas* and *Ushana Kala* can affect the *Rakta Dhatus*.
- **Manasika** (mind) - *Krodha* (anger), *Santapa*, *Ati-Shoka* (tension), *Kshobha*, etc. The state of *Krodh* and *Chinta* (stress) result into vitiation of *Pitta* and *Vata Doshas*.

### Samprapti of Yuvanpidika

According to the Ayurveda, *Yuvanpidika* occurs due to the *Prakopa* of *Vata*, *Kapha*, *Vayu* and *Rakta Dhatus* which leads to the formation of structure resembling *Shalmalikantaka*. The formation of *Yuvanpidika* is a complex process. There are various factors which affect the equilibrium between the *Doshas* and *Dhatus* in the body especially *Vata*, *Pitta*, *Kapha Dosha* and *Rakta Dhatus*. Due to such disturbed equilibrium, the aggravated *Doshas* and *Dhatus* causes obstruction of the *Lomakup* i.e. pilo-sebaceous unit. This obstruction result into swelling of that particular area and leads to the formation of micro-comedones.<sup>[8]</sup> After certain time, due to the affect of metabolism (*Paka*) there occurs the formation of pustules, papules and cysts. Sometimes these micro-comedones rupture resulting into formation of *Vrana Vastu* (scar).<sup>[9]</sup>

According to some scholars, *Pitta* is also involved in *Samprapti* of the Acne. The character of *Rakta* and *Pitta* are similar in nature and therefore the *Lakshan*s like swelling, reddishness, and burning sensation are seen. *Charaka* says that vitiated *Pitta* resides in the *Rakta* and *Sweda* causing redness and swelling i.e. formation of *Pidika*.

*Shukradhatumala* is also considered as an important factor for the Acne. During adolescence many physical, hormonal and psychological changes occurs in the body which are the result of the interaction of the *Panchmahabutas*. There are many bi-products released during the formation of *Shukra* (semen) which gets accumulated and causes acne.

### Purva-rupa and Rupa of Yuvanpidika

According to Acharya *Vaghbata*, Acne is *Shalmalikantak* (conical) in shape; *Pitikahsarujo* (painful) in nature, *Ghana* (thick, hard) in consistency due to the vitiation of *Kapha Dosha* and filled with *Meda* (*Medogarbha*) (sebum).<sup>[10]</sup> The signs and symptoms of *Yuvanpidika* are mentioned in figure 2.

*Yuvanpidika* are classified into four types on the basis of pathological factors such as the *Doshas*, *Dhatus* associated with them. They are classified as *Vataja*, *Pittaja*, *Kaphaja* and *Raktaja*. *Raktaja* and *Pittaja Yuvanpidika* occur due to the vitiated *Pitta Dosha* and *Rakta Dhatus* characterized by the pus formation and red coloration of the lesion. *Vataja Yuvanpidika* is a result of vitiated *Vata Dosha* characterized by dryness, black coloration and itching on the lesion. When there is increased oil and pus formation at acne location it is termed as *Kaphaja Yuvanpidika*.

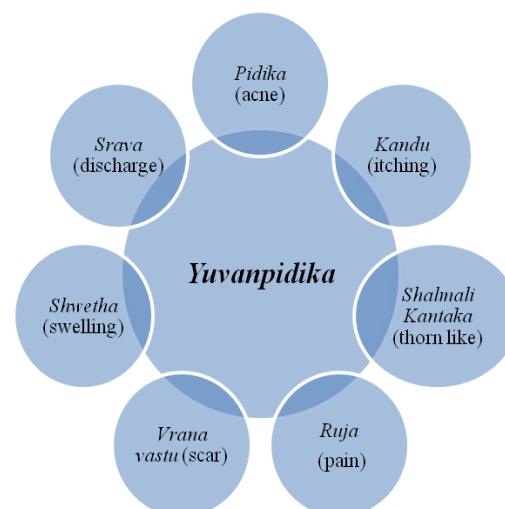


Figure 2: Sign and symptoms of *Yuvanpidika* (Acne).

### Chikitsa for managing Yuvanpidika

Ayurveda has described two types of *Chikitsa* for treating the condition of *Yuvanpidika* i.e. *Shodhan Chikitsa* and *Shaman Chikitsa*. *Shodhan chikitsa* consist of *Vaman*, *Virechan*, *Nasya*, *Rakta Mokshna* etc. *Shaman chikitsa* is the treatment through medication and application of drugs on the lesion for relief.

### Shodhan Chikitsa

*Vaman Karma* (emesis) is a procedure of removing vitiated *Doshas* through mouth. It is very useful for treating the *Kaphaja Yuvanpidika*.<sup>[11]</sup> It is one of best therapy along with topical and oral Ayurvedic medication.

*Nasya* is the procedure of administering drugs through nasal passage. For treating *Yuvanpidika*, *Tila taila* as *Pratimarsha nasya* can be used.

*Virechana Karma* is used to remove the aggravated *Pitta Dosha* from the *Guda Marga*. *Virechana* is also useful in treating *Raktaja Vikaras*.<sup>[12]</sup>

#### **Shaman Chikitsa**

Many drugs (herbal or herbo-minerals compounds) are used for internal or external medication. These Ayurveda formulations can be used topically in the form of powder, gel, paste with oil, ghee etc. There are various methods of application such as *Swedana*, *Lepana Snehana*, and *Gharshana* etc.

*Lepana* is the external application of mixture of *Dravyas*. Various *Lepas* used are *Vachadi lepa*, *Dhanyakaadi lepa*, *Lodhraadi lepa*, *Gorochana* and *Maricha lepa*; *Jayaphalaadi lepa*, *Shalmali kantakaadi lepa*, *Shweta sarshapaadi lepa*, *Maatulunga moolaadi lepa*, etc. Some *Taila* used for application are *Kumkumadya Taila*, *Manjishta taila* etc. Some medicines prescribed for internal effect are *Kaishora Guggulu*, *Triphaladi kashaya*, *Avipathikar choorna*, *Khadirarishta*, *Triphala Guggulu*, *Arogya Vardhini Vati*, *Chandanasava* etc.<sup>[13,14]</sup>

When the *Shaman* and *Shodhan chikitsa* is not effective then *Shalyachikitsa* should be performed such as *Chedana* (excision), *Agni Karma*, *Rakta Mokshana* etc.i

#### **DISCUSSION**

Acne is a chronic skin disease of pilo-sebaceous glands which develops due to the blockages in the hair follicles. The main characteristics are oily skin, blackheads, whiteheads, pimples, scars etc. Main site of acne are the areas rich in oil glands such as the face, upper part of the chest and back. Blockages occur due to various reasons such as colonization of bacteria in the follicles, comedo formation due to excessive protein (keratin) deposition, excessive oil production due to hormonal imbalance, etc. According to Acharyas, acne is the painful eruption filled with *Meda* which resembles the thorn of *Shalmali*. Some herbal drugs prescribed for treating acne are *Neem Lodhra* (*Symplocos racemosa*), *Manjistha* (*Rubia cordifolia*), *Usheer* (*Vetiveria zizanioides*), *Haridra* (*Curcuma longa*), *Chandana* (*Santalum album*), *Anantmula* (*Hemidesmus indicus*) etc.

#### **CONCLUSION**

*Mukhadushika* is a *Vikara* of face mentioned by Ayurvedic Acharyas in various texts. It is the condition which affects the major population of adolescent age. According to Acharya Sushruta painful eruptions resembling thorn of *Shaalmali* filled with *Meda* are termed as *Mukhdushika* or *Yuvanpidika*. Due to various etiological factors such as *Apithya Ahara*, *Vihara*, *Swabhav*, there occurs some changes in the equilibrium of *Doshas* and *Dhatus*. These vitiated *Doshas* and *Rakta dhatus* accumulate in the *Tvak* causing obstruction of the *Lomakup*. This obstruction results into swelling and formation of thorn like structure filled with pus and

sebum. Acharyas have mentioned *Shaman* and *Shodhan chikitsa* to cure condition of *Mukhadushika*.

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