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Efficacy of *Mruttika Lepa* (Mud-Pack) in *Yuvan-Pidika* (Acne-Vulgaris) - A Case Study

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ABSTRACT

Today, every person, whether young or old wants to look attractive and flawless skin. Acne vulgaris is a follicular disorder affecting susceptible pilosebaceous follicles primarily of the face, neck and upper trunk. Characterized by comedones, papules, nodules and cysts. *Acharya Sushruta* was the first and foremost who described *Yuvan-Pidika* disease under the heading of "*Kshudra Roga*" According to *Acharya Sushrut* *Yuvan-Pidika* is caused by vitiation of *Kapha*, *Vata* and *Rakta*. Characterized by *Shalmali* thorn like eruptions, *Kandu*, *Shoola*, *Ghana*, *Medogarbha*, *Daha*, *Strava*, *Vivarnata*. In Naturopathy, Mud therapy is a famous and cost-effective treatment modality. Mud is capable of absorbing toxins from the body also useful for prevention and treatment of many diseases. *Acharya Sushrut* has defined anti-toxic effect of black soil. It is indicated as *Lepa* in *Shotha*, *Arunshika*, and mainly in *Kapha*, *Pitta*, *Raktaj Vikara*. This case study is of a 17 years old female patient who came to hospital complaining of eruptions over her face with mild pain since 11 months. The patient was given a mud pack to apply on the face for the period of 45 days daily in the morning. Patient was successfully treated without any complication within 45 days proving it is a safe, simple and cheap method in *Yuvan Pidika*.

Key words: *Krishna Mruttika*, *Yuvan Pidika*, *Acne Vulgaris*, *Cosmetic*

INTRODUCTION

Yuvan-Pidika is a most burning problem of youngsters which is faced by almost every person at the onset of puberty, it especially occurs on the most important part of the body i.e. face, which damages the facial and psychological status of an individual.^[1] Although it is a

self-limiting disease and discontinues after an age but it is necessary to treat and prevent the disfigurement and discoloration of the face because it has a terrible effect on the appearance of an individual. In 2013 Acne Vulgaris was estimated to affect 660 million people globally and marked as the 8th most common disease worldwide and it affects over 90% of adolescents.^[2]

In *Ayurveda*, *Acharya Sushruta* was the first and foremost to mention such diseases under the heading of *Kshudra Rogas*, characterised by *Shalmali* thorn like eruptions on the face due to vitiated *Kapha*, *Vata*, *Rakta* and known as *Yuvan-pidika*.^[3] Which is very similar to Acne Vulgaris. Acne Vulgaris is a follicular disorder affecting susceptible pilosebaceous follicles primarily of the face, neck and upper trunk.^[4] In today's life style excessive use of cosmetics, altered food habits like junk food, pollution, stress emotional disturbances, and hormonal changes playing a major

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role in the manifestation of *Yuvan-Pidika*. Modern medical science has developed variety of treatment modalities in the Cosmetology and newer are continuously being introduced to treat the problems like acne, acne scars, hyper pigmentation etc.

Acharya Vagbhatta has recommended *Lepa* as first line of treatment for *Yuvan-Pidika*^[5] and several *Lepas* have been mentioned in all other text of *Ayurveda*. *Krishna Mruttika Lepa* indicated in *Shotha*, *Arunshika*^[6] and specially *Kapha*, *Pitta*, *Raktaj Vikara*.^[7]

In Naturopathy, Mud therapy is a very famous and coast effective treatment modality. It includes Mud bath, Mud pack etc. Black soil is capable of absorbing a number of toxins and heat from the body which is useful for the prevention and cure of many diseases.^[8]

CASE STUDY

This is the case study of a 17 years old female patient who came to OPD of Pt. Khushilal Sharma Govt.(auto) Ayurveda hospital on 6 October 2021 and complaining of eruptions over her face with mild pain since 11 months. Patient did not have history of systemic illness. Patient was thoroughly examined and advised for CBC and ESR.

On Examination:

Table 1: Associated Complaint

SN	Complaint	Grading
1.	<i>Pidika</i> (lesion)	25
2.	<i>Shotha</i> (inflammation)	2
3.	<i>Shoola</i> (pain)	1
4.	<i>Medogarbha</i> (fat in pidika)	2
5	<i>Ghana</i> (thickness)	2
6	<i>Daha</i> (burning sensation)	1
7	<i>Strava</i> (discharge)	1
8	<i>Vaivaranta</i> (discoloration)	2

Following treatment was advice to the patient:

- *Krishna Mruttika* (in powdered form) was given to the patient to make a thick paste with normal water.

- Application of Mud pack over the face (until it gets dried up) for 45 days daily in the morning.
- She was advised to restrict spicy food, oily food, junk food, excessive consumption of tea or coffee, dairy product and excessive use of harmful cosmetic products. And avoid exposure to sunlight for long period.

OBSERVATION AND RESULTS

Assessment was done after the treatment of 45 days.

Table 2: Effect of treatment on sign and symptoms present in the patient.

SN	Complaint	BT	AT
1.	<i>Shotha</i> (inflammation)	2	0
2.	<i>Shoola</i> (Pain)	1	0
3.	<i>Ghana</i> (Thickness of <i>Pidika</i>)	2	0
4.	<i>Medogarbha</i> (contains fat in <i>Pidika</i>)	2	0
5.	<i>Kandu</i> (Itching)	0	0
6.	<i>Daha</i> (Burning sensation)	1	0
7.	<i>Strava</i> (discharge)	1	0
8.	<i>Vaivaranta</i> (discoloration)	2	1

Note:

- No complaint - 0, Presence of mild complaint - 1, Presence of moderate complaint - 2, presence of severe complaint - 3
- BT - Before treatment, AT - After treatment

Remarkable relief seen in *Shotha*, *Shoola*, *Ghana*, *Medogarbha*, *Daha* and *Strava* before treatment their grading was 2 and after treatment it become 0 and slight improvement found in discoloration its grading was 2 and after treatment it become 1.

Table 3: Effect of treatment on lesion counting.

	BT	AT
No. lesion	25	3

Table 4: Effect of treatment on complete blood count and ESR

Test performed	BT	AT
Hemoglobin	12.2gm%	12.2gm%
RBC	4.05 mil/cumm	4.05 mil/cumm
WBC	5300/cu.mm	5300/cu.mm
Packed cell volume	36.5%	36.5%
Mean corpuscular volume	90.1 cu micron	90.1 cu micron
Mean corpuscular Hemoglobin	30.1 picogram	30.1 picogram
Mean corpuscular Hb Con.	33.4 g/dl	33.4 g/dl
Neutrophil	45%	45%
Lymphocyte	52%	52%
Monocyte	02%	02%
Eosinophil	01%	01%
Basophil	00%	00%
Platelets	2.99 Lakh/cumm	2.99 Lakh/cumm
ESR (Wintrobe's method)	25 mmFhr	18 mm Fhr

Reduce level of ESR found after treatment.

Fig. 1: Patient's picture before treatment.



Fig. 2: Patient's picture after treatment.



After 45 days of treatment, the Patient got relief in inflammation, pain, burning sensation, discharge, thickness, and fat in *Pidika*. Reduction in the number of acnes was found. Mild improvement also seen in discoloration of acne scar.

DISCUSSION

Acne Vulgaris is a follicular disorder affecting susceptible pilosebaceous follicles primarily of the face, neck and upper trunk and characterized by both non-inflammatory and inflammatory lesions (comedones, papules, pustules, nodules and cysts). Propionibacterium acnes and staphylococcus epidermidis are common pus-forming microbes, responsible for the development of various forms of Acne Vulgaris.^[9]

Acharya Sharangdhara has mentioned *Vaktrasnigdhatta* and *Pidika* due to *Shukra Dhatu-Mala*. Vitiated *Dosha* and *Dhatu* go into the skin and obstruct the *Lomkupa* (pilosebaceous unit) which leads to swelling and *Pidika* formation.^[10]

In Naturopathy, Mud therapy is a famous and cost-effective treatment modality. Mud is capable of absorbing toxins from the body also useful for prevention and treatment of many diseases. Mud contains many minerals which are very effective in human health. It is also known for its healing, cooling and relaxing properties as it can hold moisture for a long time. In *Ayurveda*, *Acharya Sushruta* also described anti-toxic effect of black soil.^[11]

Krishna Mruttika Lepa indicated in *Shotha*, *Arunshika*^[12] and specially *Kapha*, *Pitta*, *Raktaj Vikara*.^[13]

CONCLUSION

Yuvan-Pidika is a type of *Kshudra Roga*, occur mainly due to vitiation of *Kapha*, *Vata* and *Rakta*. Local application of *Mruttika Lepa* over the face had shown significant improvement in Acne Vulgaris. Thus, we can

say that application of Mud pack is effective, safe and cheap method in acne vulgaris.

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