



ISSN 2456-3110

Vol 9 · Issue 4

April 2024

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Role of *Ayurveda* treatment protocol in the management of *Youvanpidika* w.s.r. to Acne Conglobata – A Single Case Study

Ashish C. Zanwar¹, Sumit D. Ingole²

¹Assistant Professor, Department of Kayachikitsa, Sau. Shantadevi Vedprakash Patil Ayurvedic College & Research Institute, Hatta, Tq, Basmat, Dist. Hingoli, Maharashtra, India.

²Consultant, Department of Panchakarma, Smt. Sumitrabai Thakare Ayurvedic Hospital, MIDC Lohara (B), Yavatmal, Maharashtra, India.

ABSTRACT

Acne Conglobata refers to the severe form of acne characterized by large polyporous comedon, severe inflammatory lesions including abscesses and cysts, marked scarring and sinus formation. The etiology of acne involves the interplay of multiple factors, including hormonally-induced sebum production, and inflammation. The gram-positive microaerophilic/anaerobic rod called *Cutibacterium acnes* (formerly *Propionibacterium acnes*) is a commensal organism of the skin found deep within the sebaceous follicle and mediates a portion of the inflammatory component. In *Ayurveda*, AC can be correlated with *Mukhadushika* which was explained under *Kshudra Rogas*. Due to vitiation of *Kapha*, *Vata* and *Rakta*, small or medium sized eruptions appeared on the face of adolescents. Classical text explains treatment plan for *Mukhadushika* is of two types *Shodhana Chikitsa* and *Shamana Chikitsa* including *Vamana*, *Nasya*, *Siravedha*, *Lepa* and *Pralepa*. A 27 year old male patient came with complaints of *Pidaka* (glandular and papular swelling) all over the face, *Todavat Pida* (pricking pain) with oiliness of face, *Malabadhata* (constipation), improper sleep pattern since last 2 months. After detailed examination and history taking *Hetu* of the disease were evaluated and patient treated with *Shodhan* and *Shaman* for 2 months along with *Jalukaavcharan* 2 times in treatment duration & was also advised to follow *Pathya-Apathy*. After completion of treatment patient was got relief of all the complaints and get rid of disease.

Key words: Youvanpidika, Nitya Virechan, Jalukaavcharan, acne congoblata

INTRODUCTION

Acne Conglobata refers to the severe form of acne characterized by large polyporous comedon, severe inflammatory lesions including abscesses and cysts, marked scarring and sinus formation. It usually

presents with tender, disfiguring, double or triple interconnecting Comedones, cysts, inflammatory nodules, and deep burrowing abscesses on the face, shoulders, back, chest, upper arms, buttocks, and thighs.

The Comedones often occur in groups of three, and the cysts often contain purulent, foul-smelling material that is discharged on the skin surface. It is a chronic inflammatory disease that inevitably leads to scar formation and disfigurement.^[1] The etiology of acne involves the interplay of multiple factors, including hormonally-induced sebum production, and inflammation. The gram-positive microaerophilic / anaerobic rod called *Cutibacterium acnes* (formerly *Propionibacterium acnes*) is a commensal organism of the skin found deep within the sebaceous follicle and mediates a portion of the inflammatory component.^[2]

Address for correspondence:

Dr. Ashish C. Zanwar

Assistant Professor, Department of Kayachikitsa, Sau. Shantadevi Vedprakash Patil Ayurvedic College & Research Institute, Hatta, Tq, Basmat, Dist. Hingoli, Maharashtra, India.

E-mail: draczanwar@gmail.com

Submission Date: 14/02/2024 Accepted Date: 23/03/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.9.4.45

AC presents with deep burrowing abscesses that interconnect with each other via sinus tracts. Initially, the nodular lesion may mimic a pimple, but underneath there is a vigorous inflammatory reaction and pus formation. Over time, the pus pushes into the adjacent tissues and extrudes on the skin's surface. Scar formation and disfigurement of the body are common with this type of acne.

In Ayurveda, AC can be correlated with *Mukhadushika* which was explained under *Kshudra Rogas*. Due to vitiation of *Kapha*, *Vata* and *Rakta*, small or medium sized eruptions appeared on the face of adolescents.^[3] *Mukhadushika* are known as *Yuvan Pitika* or *Tarunya Pitika*. These eruptions or *Pitikas* can not only destroy the beauty of the face but also cause disfigurement hence they are also called as *Mukhadushika*.^[4] Classical text explains treatment plan for *Mukhadushika* is of two types *Shodhana Chikitsa* and *Shamana Chikitsa* including *Vamana*, *Nasya*, *Siravedha*, *Lepa* and *Pralepa*.^[5]

MATERIALS AND METHODS

CASE REPORT

A 27 year old male patient came with complaints of *Pidaka* (glandular and papular swelling) all over the face, *Todavat Pida* (pricking pain) with oiliness of face, *Malabadhata* (constipation), improper sleep pattern since last 2 months.

He had took various local application creams of modern medicine but got no relief so came to SSVK Kayachikitsa OPD for further management. Patient is student of competitive exams and having habit of tobacco chewing

History of past illness - No any h/o of major illness.

History of allergies - No h/o any allergies.

Family H/O - No any significant family history

Personal history

Bowel - Constipated, 1 time / day, unsatisfactory evacuation

Appetite - Reduced

Diet - Spicy and Sour food along with junk food once in week.

Micturation - Normal 3-4 times/day, 1-2times/night

Sleep - Disturbed sleep due to studies

Habits - Tobacco chewing since 3 years

Occupational history - Seating for long duration, *Ratri Jagaran* and stress

On Examination

Type of swelling - Glandular and pustular swelling,

Distribution - Uneven spread all over the Face

Ashthavidh Pariksha

- *Nadi* - 78/Min
- *Mala* - *Asamayak* (constipated)
- *Mutra* - *Samyak*
- *Jivha* - *Saam*
- *Shabda* - *Spashta*
- *Sparsh* - *Anushan Shita*, *Khar Sparsh*
- *Druk* - *Samyak*
- *Akriti* - *Madhyam*

Table 1: Showing treatment plan.

SN	Drugs	Dose / Route of administration	Anupana	Duration
1.	<i>Gandhak Rasayan</i>	250mg twice a day Oral	Luke warm water	2 months
2.	<i>Arogyavardhini Vati</i>	250mg twice a day Oral	Luke warm water	
3.	<i>Kaishor Guggul</i>	250mg twice a day Oral	Luke warm water	
4.	<i>Gandharv Haritaki Churna</i>	5 gm at bed time	Luke warm water	
5.	<i>Amruta Churna</i> <i>Musta Churna</i>	5gm twice a day after meal	Luke warm water	

	Patol Churna Haritaki Churna Sriva Churna Vacha Churna			
6.	Raktamokshan	With Jalukaavcharan 2 time in 2 months		

Dietary advice

Pathya - Home cooked diet without over spices, green leafy vegetables, salad, repeated face washes with face wash, *Pranaym* and *Yoga* to reduce stress.

Apathya - Avoid *Abhishyandi Ahar*, salty and junk food, spicy food, *Ratri Jagaran*, repeated expose to dirt and dust.

Assessment^[6]

- **Grade-0:** No any Acne
- **Grade-1:** Comedones, occasional papules.
- **Grade-2:** Papules, comedones, few pustules.
- **Grade-3:** Predominant pustules, nodules, abscesses.
- **Grade-4:** Mainly cysts, abscesses, widespread scarring.

Table 2: Showing day wise progress gradation

Duration	0 day	15 day	30 day	60 day
Gradation	Grade 4	Grade 3	Grade 2	Grade 0

Table 3: Showing results before and after treatment

Before treatment	After treatment
	



DISCUSSION

Probable mode of action Gandhak Rasayan

Gandhak Rasayan is prepared by giving 12 *Bhavanas* of drugs to *Shuddha Gandhaka*. It is mainly indicated in the management of *Kushta Roga* it having antibacterial and antifungal properties along with acting on *Rakta Dhatu* and causes *Rakta Shodhan* (purification of blood). It also acts as *Rasayana* and helps in improving the digestion and skin complexion. Sulfur is used both internally and externally for treatment of diseases of skin. It reduces the *Kandu*, *Pidika*, *Raaga* and *Daha* by its *Rakta Shodhak*, *Vranaropak*, *Krumighna* and *Kushthaghna* properties.^[7]

Probable mode of action Kaishor Guggul

Kaishor Guggulu contents *Tripahala*, *Guggul*, *Guduchi*, *Sunthi*, *Trivrut*, *Danti* acts as *Shothahar* (anti inflammatory), *Vrana Shodhak*, *Rasayan* also acts as aging skin health promoter, natural blood cleanser.^[8]

Probable mode of action Arogyavardhini Vati

Arogyavardhini Vati contains *Kutaki*, *Triphala*, *Trikatu* and other drugs helps to balance *Tridosha*, indicated in skin disorders, analgesic, wound healing, and antipruritic properties, *Pachani* (digestive), *Dipani* (appetizer), *Pathya* (wholesome for channel), *Hridya* (cardio protective) *Malashuddhikari* (cleaning of waste materials from body) which helps in reducing symptoms of *Yuvanpidika*. Pungent drugs are beneficial for reducing burning sensation and itching.^[9,10]

Probable mode of action *Nitya Virechan* with *Gandharva Haritaki Churna*

Gandharva Haritaki Churna contents *Erand Sneha*, *Sunthi Churna*, *Sauvarchal Lavan* and *Haritaki Churna* being *Mrudu & Snigdha Anulomaka Guna* it induces smooth & regular Stool elimination without causing *Vata* vitiation. *Sunthi* will help in *Deepan* and *Pachan* along with *Nitya Virechana* with *Gandharva Haritaki* resolves constipation in this case.^[11]

Mode of action of *Jalauka Avacharan*

Jalauka Saliva contains number of component biologically active like Hirudine, inhibitors of kallikrein, hyaluronidase, histamins like vasodilators, anti-inflammatory and anaesthetic agent. Leech sucks the blood by piercing the skin in such way that these biologically active components can penetrate into the deep tissue. Anti-inflammatory component like Bdelins, Eglins can easily penetrate to give significant effect on intra-articular and periarticular myofascial structures also on inflammatory condition of skin. Vasodilators increases inflow of blood.^[12]

CONCLUSION

In this case study, there was significant improvement was noted along with other GIT related problems and with this we can conclude that, *Nitya Virechan* and *Raktamokshan* along with internal medicine helps to disease condition of acne conglobata.

REFERENCES

1. Greydanus DE, Azmeh R, Cabral MD, Dickson CA, Patel DR. Acne in the first three decades of life: An update of a disorder with profound implications for all decades of life. *Dis Mon.* 2021 Apr;67(4):101103. doi: 10.1016/j.disamonth.2020.101103. Epub 2020 Oct 9. PMID: 33041056.
2. Garcovich S, et.al, PASH, PAPASH, PsAPASH, and PASS: The auto inflammatory syndromes of hidradenitis suppurativa. *Clin Dermatol.* 2021 Mar-Apr;39(2):240-247.

3. Sushruta. Nidansthan, 13/38. In: Shashtri A, editor. *Sushruta Samhita*. Hindi commentary. Reprint ed., Varanasi: Chaukhambha Sanskrit Sansthan; 2005. p. 282.
4. Acharya Yadavji Trikamji, *Sushrut Samhita*, Nidansthan 13/39, Choukhamba publication 2005 Varanasi.
5. Hagone PA, Kuchewar V. Effectiveness of Mukhaprakshalan by Varun Qwath & Jatiphaladi Lepa in Mukhadushika (Acne vulgaris). *International Journal of Ayurvedic Medicine.* 2020;11(3):563-67.
6. Adityan B, Kumari R, Thappa DM. Scoring systems in acne vulgaris. *Indian J Dermatol Venereol Leprol* 2009;75:323-326
7. Chavhan MH, Wajpeyi SM. Management of dadru kushta (tinea corporis) through ayurveda-A case study. *International Journal of Ayurvedic Medicine.* 2020;11:120-23.
8. Lather A, Gupta V, Bansal P, Sahu M, Sachdeva K, Ghaiye P. An Ayurvedic polyherbal formulation Kaishore Guggulu: a review. *Int J Pharm Biol Arch.* 2011;2(1):497-503.
9. Ambhore KP, Misar Wajpeyi SD. Comparative study of Lodhradi Lepa with and without Arogyavardhini Vati in the management of Yuvanpidika. *J Indian Sys Medicine* 2020;8:21-8.
10. Pal S, Ramamurthy A, Mahajon B. Arogyavardhini Vati: A theoretical analysis. *Journal of Scientific and Innovative Research.* 2016;5(6):225-7.
11. Girbide, S., Sutar, P., & Gudade, S. (2020, September 29). An Ayurvedic Management of Audumbara Kushtha (Psoriasis Vulgaris) - A Case Study. *International Journal of AYUSH Case Reports*, 4(3), 119-124.
12. Shekhar M. A literary review on Jalauka-Avacharana (Leech therapy), *The Pharma Innovation Journal* 2020; 9(7): 428-431

How to cite this article: Ashish C. Zanwar, Sumit D. Ingole. Role of Ayurveda treatment protocol in the management of Yuvanpidika w.s.r. to Acne Conglobata - A Single Case Study. *J Ayurveda Integr Med Sci* 2024;4:279-282.
<http://dx.doi.org/10.21760/jaims.9.4.45>

Source of Support: Nil, **Conflict of Interest:** None declared.
