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

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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: Yuvanpidika, 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]
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, Malabdhata (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 SSVP 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

Asththavidh 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.

<table>
<thead>
<tr>
<th>SN</th>
<th>Drugs</th>
<th>Dose / Route of administration</th>
<th>Anupana</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Gandhak Rasayan</td>
<td>250mg twice a day Oral</td>
<td>Luke warm water</td>
<td>2 months</td>
</tr>
<tr>
<td>2.</td>
<td>Arogyavardhini Vati</td>
<td>250mg twice a day Oral</td>
<td>Luke warm water</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Kaishor Guggul</td>
<td>250mg twice a day Oral</td>
<td>Luke warm water</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Amruta Churna Musta Churna</td>
<td>5gm twice a day after meal</td>
<td>Luke warm water</td>
<td></td>
</tr>
</tbody>
</table>
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CASE REPORT

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DIETARY ADVICE

Pathya - Home cooked diet without over spices, green leafy vegetables, salad, repeated face washes with face wash, Pranayam 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

<table>
<thead>
<tr>
<th>Duration</th>
<th>0 day</th>
<th>15 day</th>
<th>30 day</th>
<th>60 day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gradation</td>
<td>Grade 4</td>
<td>Grade 3</td>
<td>Grade 2</td>
<td>Grade 0</td>
</tr>
</tbody>
</table>

Table 3: Showing results before and after treatment

<table>
<thead>
<tr>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Before treatment image]</td>
<td>![After treatment image]</td>
</tr>
</tbody>
</table>

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), Vronta 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.[8,10]
Probable mode of action Nitya Virechan with Gandharv 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 Bdellins, 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


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