



A clinical study of Guru and Snigdha Guna of Kapha Dosha and its applied aspect in Yuvana Pidika w.s.r to Manjistha Ghan Vati and Arjunatvak Lepa

Daria P^{1*}, Verma P², Yadav CR³

DOI:10.21760/jaims.10.2.5

^{1*} Priyanka Daria, Ayurved Medical Officer, Rajasthan Government, Rajasthan, India.

² Priyanka Verma, PhD Scholar, PG Department of Rasa Shastra and Bhaishajya Kalpana, National Institute of Ayurveda, Deemed to be University (De-novo), Jaipur, Rajasthan, India.

³ Yadav CR, HOD and Professor, PG Department of Sharir Kriya, National Institute of Ayurveda, Deemed to be University (De-novo), Jaipur, Rajasthan, India.

Due to increased competition of earning prosperity in today era human adopted not only lifestyle but also food habits of western culture which is chiefly responsible to derangement in their physiology and responsible to number of skin disorder like Yuvana Pidika (acne vulgaris). Yuvana Pidika is one of them, which affects the beauty as well as personality. Acharya Sushruta and Yogaratnakar have mentioned it in the group of 'Kshudra Roga'. Acharya Charak described Pidika in Raktapradoshaja Vikara. It occurs due to vitiation of Kapha Dosha, Vata Dosha and Rakta Dhatu. As per modern point of view under the influence of androgenic hormones sebaceous glands get hypertrophied and increase in production of sebum leads to onset of acne. For this Manjistha Ghan Vati and Arjunatvak Lepa were selected for the study on 30 registered patients. Namely group A, B and C. Each group has 10 patients. Group A: Arjunatvak Lepa with Godugdha (external application, as required once daily for 30 days). Group B: Manjistha Ghan Vati 500mg (2*250mg) twice daily for 30 days. Group C: Both Arjunatvak Lepa and Manjistha Ghan Vati were given daily for 30 days.

Keywords: Yuvana Pidika, Kapha Dosha, Manjistha Ghan Vati, Arjunatvak Lepa

Corresponding Author	How to Cite this Article	To Browse
Priyanka Daria, Ayurved Medical Officer, , Rajasthan Government, , Rajasthan, India. Email: priyankadariya1991@gmail.com	Daria P, Verma P, Yadav CR, A clinical study of Guru and Snigdha Guna of Kapha Dosha and its applied aspect in Yuvana Pidika w.s.r to Manjistha Ghan Vati and Arjunatvak Lepa. J Ayu Int Med Sci. 2025;10(2):26-31. Available From https://jaims.in/jaims/article/view/4047	

Manuscript Received
2025-01-12

Review Round 1
2025-01-22

Review Round 2
2025-02-03

Review Round 3
2025-02-13

Accepted
2025-02-23

Conflict of Interest
None

Funding
Nil

Ethical Approval
Yes

Plagiarism X-checker
12.52

Note



© 2025 by Daria P, Verma P, Yadav CR and Published by Maharshi Charaka Ayurveda Organization. This is an Open Access article licensed under a Creative Commons Attribution 4.0 International License <https://creativecommons.org/licenses/by/4.0/> unported [CC BY 4.0].



Introduction

In the present scenario of the people are very much conscious about their health as well as beauty and good looking.

A great philosopher says that human faces express and represent their personality and wisdom. It is saying that "Face is the index of mind". An aphorism is "A thing of beauty is joy forever". So, everyone and mostly youngsters are most cautious and careful about the beauty of face. This most important and beautiful organ is affected by certain anomalies of the adolescent age i.e. 16 - 30 years. Which are the wonder years of an individual's life. They are more beauty conscious during this age.

Any minor ailment may affect from unattractive look to a permanent disfigurement which may result in inferiority complex. Such a big effect is caused by disease *Yuvana Pidika*. Acharya Sushruta and Yogaratnakara have mentioned it in the group of 'Kshudra Roga'.^[1,2] Acharya Charaka described *Pidika* in *Raktapradoshaja Vikara*. It occurs due to vitiation of *Kapha Dosha*, *Vata Dosha* and *Rakta Dhatu*.

According to *Ayurveda*, *Dosha*, *Dhatu* & *Mala* are the base of body.^[3]

Principally *Tridosha* are the substances having specific *Guna* (quality) & *Karma* (functions). *Yuvana Pidika* is correlated to *Acne vulgaris* which is described in modern science. *Acne vulgaris* is a distressing condition which is related to the pilosebaceous follicles, is considered as an adolescent disorder.

Kapha in normal state is considered as strength of the body but in a vitiated form it produces so many diseases like *Yuvana Pidika*. In *Yuvana Pidika*, there is predominance of *Kapha Dosha*. So, it is necessary to study to develop the physiological study of *Guru* and *Snigdha Guna* of *Kapha* and its applied aspect in *Yuvana Pidika*.

According to the Global burden of disease (GBD) study, *acne vulgaris* affects 85% of young adults aged 12-25 years. *Acne* consistently represents the top three most prevalent skin conditions in the general population. *Acne* is the major problem at the age of puberty. Topical antibiotic therapy is recommended for its treatment but their chemical compounds create adverse effects on the body,

So Natural Nontoxic remedies should be used to bring the skin into normal state by treating problem like *Yuvana Pidika*. Acharya Vagbhatta recommends *Lepa* as first line of treatment.

Lepa is beneficial in terms of its time duration, easy administration and cost effectiveness required for the treatment, during this current trend of busy schedule and fast life styles. So, the need of time is to find out an effective, potent and natural remedy to cure this disease.

In this study *Arjunatvak Lepa*^[4] was selected as local application, and *Manjishtha Ghana Vati* as internal administration.

Aims and Objectives

1. Physiological study of *Guru* and *Snigdha Guna* of *Kapha Dosha*.
2. Clinical assessment of *Guru* and *Snigdha Guna* of *Kapha Doshas*.r. to *Yuvana Pidika*.
3. To evaluate the efficacy of *Arjunatvak Lepa* and *Manjishtha Ghana Vati* in *Yuvana Pidika*.

Materials and Methods

Selection of cases

30 patients were selected and registered in OPD of NIA and SSBH Jaipur.

Inclusion criteria

1. Age -16-30 year
2. Sex - Either sex
3. Patients complaining of *Yuvana Pidika* on over face.
4. *Yuvana Pidika* resembling with the features as explained in classics.
5. Patients willing to sign the consent form.

Exclusion criteria

1. With present history of chronic diseases e.g. psoriasis, dermatitis, vitiligo etc. related to face.
2. Patients having allergic history on *Arjuna*,
3. Patients suffering from other systemic diseases or organ failure.
4. Any kind of hereditary skin disorder.
5. Person suffering from any infective or contagious skin disease.

Duration of clinical trial and follow up:

30 days trial with follow up after 7 days.

Administration of drugs:

The therapeutic protocol in the present study includes 30 patients in 3 different groups, selected from OPD of NIA and SSBH hospital, Jaipur using randomized method of clinical trial. 10 patients were included in each group.

Group A: *Arjunatvak Lepa* application once daily for 30 days.

Group B: *Manjistha Ghan Vati* 500mg (2*250mg) twice daily for 30 days.

Group C: Both *Arjunatvak Lepa* and *Manjistha Ghan Vati* were given daily for 30 days.

Criteria of assessment:

During the trial the patients were assessed on the following parameters -

The effect of the management will be assessed on the basis of subjective and objective criteria.

Criteria for assessment of *Yuvana Pidika*:

Subjective parameters:

A. *Pidika Sankhya*

- 0 - No *Pidika*
- 1 - 1-5
- 2 - 6-10
- 3 - >10

B. *Vivarnata* (no. of scar)

- 0 - Absent
- 1 - 1-5
- 2 - 6-10
- 3 - >10

C. *Kandu*

- 0 - Absent
- 1 - Mild
- 2 - Moderate
- 3 - Severe

D. *Sarva*

- 0 - Absent
- 1 - *Lasika*
- 2 - *Puya*

E. *Vedana* of *Pidika*

- 0 - Absent
- 1 - Mild

- 2 - Moderate
- 3 - Severe

F. *Daha*

- 0 - Absent
- 1 - Mild
- 2 - Moderate
- 3 - Severe

G. *Shotha*

- 0 - Absent
- 1 - Mild
- 2 - Moderate
- 3 - Severe

Objective parameter (Moister meter test)

SN	Moisture meter reading percentage
1.	0 - 30
2.	30.01 - 35
3.	35.01 - 40
4.	40.01 - 45
5.	45.01 - 50
6.	>50

Assessment of *Guru Guna*

1. *Gauravata*

- 0 - No heaviness in the body
- 1 - Feels heaviness in the body, but it does not hamper routine work
- 2 - Feels heaviness in the body which partially hamper daily routine work
- 3 - Feels heaviness in the body which badly hamper routine work

2. *Sleeping Tendency*

- 0 - Uninterrupted sound sleep/NREM
- 1 - Interrupted sleep
- 2 - Always feels sleepy and lethargies

3. *Learning Capacity*

- 0 - Quick
- 1 - Proper and in time
- 2 - Moderate
- 3 - Delayed

Assessment of *Snigdha Guna*

1. *Oiliness* of face

- 0 - Normal skin
- 1 - Face become oily 3-4 hrs. after wash
- 2 - Face become oily 1-2 hrs. after wash

3 - Requires face wash once in every half an hr.

2. Blotting paper test

0 - Look is dry with no oiliness

1 - Mild oily secretion felt by the patient, but not detected by blotting paper

2 - Mild oily secretion detected by 1 blotting paper

3 - Oily secretion, collected by >1 blotting paper

3. Consistency of stool

0 - Normal form stool

1 - Semi solid stool

2 - Hard stool

3 - Pellets

Statistical presentation and analysis

All the signs and symptoms, before trial and after trial were compared and data were analyzed statistically.

Observation and Results

Most of the patients were 16-20 years of age. They complained mostly of *Pidika*, *Kandu*, *Daha* and oily skin.

Table 1: The effect of *Arjunatvak Lepa* on subjective parameters in Group A (Wilcoxon matched pairs signed rank test)

Symptoms	N	Mean		Dif.	% of Change	SD	SE	P value	R
		BT	AT						
Pidikasankhya	10	2.00	1.50	0.50	25.00	0.53	0.17	0.0625	NS
Vivarnata	10	1.90	1.20	0.70	36.84	0.48	0.15	0.0156	S
Kandu	10	2.00	1.30	0.70	35.00	0.48	0.15	0.0156	S
Sarva	10	1.30	1.00	0.30	23.08	0.48	0.15	0.2500	NS
Vedna	10	1.70	1.10	0.60	35.29	0.52	0.16	0.0313	S
Daha	10	1.80	1.20	0.60	33.33	0.52	0.16	0.0313	S
Shotha	10	2.00	1.30	0.70	35.00	0.48	0.15	0.0156	S

Table 2: The effect of *Manjistha Ghan Vati* on subjective parameters in Group B (Wilcoxon matched pairs signed rank test)

Symptoms	N	Mean		Dif.	% of Change	SD	SE	P value	R
		BT	AT						
Pidikasankhya	10	2.40	1.60	0.80	33.33	0.42	0.13	0.0078	VS
Vivarnata	10	2.30	1.20	1.10	47.83	0.57	0.18	0.0039	VS
Kandu	10	1.50	1.00	0.50	33.33	0.53	0.17	0.0625	NS
Sarva	10	1.30	0.60	0.70	53.85	0.67	0.21	0.0313	S
Vedna	10	1.50	0.80	0.70	46.67	0.48	0.15	0.0156	S
Daha	10	1.60	1.10	0.50	31.25	0.53	0.17	0.0625	NS
Shotha	10	1.60	0.90	0.70	43.75	0.67	0.21	0.0313	S

Table 3: The effect of both *Arjunatvak Lepa* and *Manjistha Ghan Vati* on subjective parameters in Group C (Wilcoxon matched pairs signed rank test).

Symptoms	N	Mean		Dif.	% of Change	SD	SE	P value	R
		BT	AT						
Pidikasankhya	10	2.20	1.50	0.70	31.82	0.48	0.15	0.0156	S
Vivarnata	10	2.20	1.30	0.90	40.91	0.32	0.10	0.0039	VS
Kandu	10	2.20	1.50	0.70	31.82	0.67	0.21	0.0313	S
Sarva	10	1.20	0.50	0.70	58.33	0.48	0.15	0.0156	S
Vedna	10	1.80	0.80	1.00	55.56	0.47	0.15	0.0039	VS
Daha	10	1.60	1.00	0.60	37.50	0.52	0.16	0.0313	S
Shotha	10	2.10	1.00	1.10	52.38	0.32	0.10	0.0020	VS

Table 4: The effect of therapy on objective parameters (Moister meter) in Group A, B & C (Paired t test)

Group	N	Mean		Dif.	% of Change	SD	SE	P value	R
		BT	AT						
Group A	10	29.69	28.69	1.00	3.37	0.77	0.24	0.0027	VS
Group B	10	29.26	29.22	0.04	0.14	0.05	0.02	0.0368	S
Group C	10	31.76	31.14	0.62	1.95	0.46	0.14	0.0020	VS

Table 5: Showing Analysis of *Guru Guna* in Group A (Wilcoxon matched pairs signed rank test)

Symptoms	N	Mean		Dif.	% of Change	SD	SE	P value	R
		BT	AT						
Gauravata	10	2.20	1.50	0.70	31.82	0.48	0.15	0.0156	S
Sleeping Tendency	10	1.30	0.60	0.70	53.85	0.67	0.21	0.0313	S
Learning Capacity	10	2.20	1.80	0.40	18.18	0.52	0.16	0.1250	NS

Table 6: Showing Analysis of *Guru Guna* in Group B (Wilcoxon matched pairs signed rank test)

Symptoms	N	Mean		Dif.	% of Change	SD	SE	P value	R
		BT	AT						
Gauravata	10	1.90	1.10	0.80	42.11	0.67	0.21	0.0156	S
Sleeping Tendency	10	1.30	1.00	0.30	23.08	0.48	0.15	0.2500	NS
Learning Capacity	10	1.90	1.30	0.60	31.58	0.52	0.16	0.0313	S

Table 7: Showing Analysis of *Guru Guna* in Group C (Wilcoxon matched pairs signed rank test)

Symptoms	N	Mean		Dif.	% of Change	SD	SE	P value	R
		BT	AT						
Gauravata	10	1.80	0.90	0.90	50.00	0.57	0.18	0.0078	VS
Sleeping Tendency	10	1.20	0.50	0.70	58.33	0.63	0.20	0.0156	S
Learning Capacity	10	1.90	1.30	0.60	31.58	0.52	0.16	0.0313	S

Table 8: Showing Analysis of Snigdha Guna in Group a (Wilcoxon matched pairs signed rank test)

Symptoms	N	Mean		Dif.	% of Change	SD	SE	P value	R
		BT	AT						
Oiliness of face	10	1.80	1.00	0.80	44.44	0.42	0.13	0.0078	VS
Blotting paper test	10	1.80	1.10	0.70	38.89	0.48	0.15	0.0156	S
Consistency of stool	10	1.20	0.60	0.60	50.00	0.52	0.16	0.0313	S

Table 9: Showing Analysis of Snigdha Guna in Group B (Wilcoxon matched pairs signed rank test)

Symptoms	N	Mean		Dif.	% of Change	SD	SE	P value	R
		BT	AT						
Oiliness of face	10	1.60	0.80	0.80	50.00	0.79	0.25	0.0313	S
Blotting paper test	10	1.80	0.80	1.00	55.56	0.67	0.21	0.0078	VS
Consistency of stool	10	1.50	1.10	0.40	26.67	0.52	0.16	0.1250	NS

Table 10: Showing Analysis of Snigdha Guna in Group C (Wilcoxon matched pairs signed rank test)

Symptoms	N	Mean		Dif.	% of Change	SD	SE	P value	R
		BT	AT						
Oiliness of face	10	2.00	0.40	1.60	80.00	0.70	0.22	0.0039	VS
Blotting paper test	10	1.90	0.80	1.10	57.89	0.57	0.18	0.0039	VS
Consistency of stool	10	0.90	0.20	0.70	77.78	0.67	0.21	0.0313	S

Comparing the symptomatic improvement in all three groups, it was found that average percentage of relief was higher in 'Group C' (44.04%) followed by 'Group B' (41.43%) and by 'Group A' (31.93%). It shows that effect of therapy was more in Group C in comparison to Group A and Group B.

Discussion

Yuvana Pidika is a common skin disorder which affects one's beauty as well as personality. *Yuvana Pidika* is occurred by vitiation of *Kapha Dosha*, *Vata Dosha* and *Rakta Dhatu*.

Arjuna[5]

Arjuna possesses *Kashaya Rasa*, *Laghu* & *Ruksha Guna*, *Sheeta Virya* and *Katu Vipaka*.

- *Shoshana* is the *Karma* of *Kashaya Rasa*, so it counteracts
- *Laghu Guna* of *Arjuna* brings *Vrana Ropana Karma* and
- *Dahashamak* is the *Karma* of *Sheeta Virya*. It mitigates *Kapha* due to its *Kashya Rasa* and *Pitta* due to its *Sheeta Virya*. Due to these properties, it reduces *Shotha*, *Daha*, and

Manjishtha[6]

Manjishtha possess *Madhura*, *Tikta*, & *Kashaya Rasa*, *Guru* & *Ruksha Guna*, *Ushna Virya* and *Katu Vipaka*.

- *Kshina Kshata Sandhankara* is the *Karma* of *Madhura Rasa*. It improves wound healing, reduces *Vranavastu* (scar) and *Daha* (burning sensation).
- *Madhura Rasa* is *Shadhendriya Prasadaka*, *Twachya*.
- *Tikta Rasa* has property of *Kleda Meda Upashoshana*, *Daha Shamaka*, *Kusthahara*.
- *Shoshana* is the *Karma* of *Kashaya Rasa*, so it counteracts
- *Usna Veerya* is *Vilayan Karaka*, *Pachaka* and *Kapaha-Vatahara*.
- Due to its *Kaphahara* properties, it reduces the *Vaktra Mukha Snigdha*.
- Due to the *Pittashamak* properties of *Manjishtha*, it pacifies the *Daha* produced due to *Pitta*. Because of *Kapha-Pittahara* properties of *Manjishtha* along with its *Deepana* action, it prevents the vitiation of *Medogni* resulting in eruption of a smaller number of

Conclusion

Group A (*Arjunatvak Lepa*) had significant effect on *Vivarnata*, *Kandu*, *Vedana*, *Daha* & *Shotha* while it was not significant on *Pidikasankhya* & *Srava*. Group B (*Manjishtha Ghan Vati*) had very significant effect on *Pidikasankhya* & *Vivarnata*, significant effect on *Srava*, *Vedana*, *Shotha*, while it was not significant on *Kandu* & *Daha*. Group C (*Arjunatvak Lepa* and *Manjishtha Ghan Vati*) had very significant effect on *Vivarnata*, *Vedna* and *Shotha*, while it was significant on *Pidikasankhya*, *Kandu*, *Sarva* & *Daha*. Comparing the symptomatic improvement in all three groups it was found that average percentage of relief was higher in 'Group C' (44.04%) followed by 'Group B' (41.43%) and by 'Group A' (31.93%). It shows that effect of therapy was more significant in Group C in comparison to Group A and Group B.

References

1. Lakshmipati Sastri. Yogaratnakara. 3rd reprint ed. Varanasi: Chaukhamba Publication; 2013. Chapter: *Kshudra Rog Chikitsa*, verse 4, p. 282 [Crossref] [PubMed] [Google Scholar]

2. Yadavji Trikamji. Sushruta Samhita, Nibandhasangrah. Vol. 1. 2nd reprint ed. Varanasi: Chaukhamba Surbharti Prakashan; 2003. Nidansthana, Chapter 13, verse 39, p. 3 [Crossref] [PubMed] [Google Scholar]
3. Yadavji Trikamji Acharya. Sushruta Samhita. Vol. 1. 2nd reprint ed. Varanasi: Chaukhamba Surbharti Prakashan; 2003. Sutrasthana, Chapter 15, verse 3, p. 67 [Crossref] [PubMed] [Google Scholar]
4. Lakshmipati Sastri. Yogaratnakara. 3rd reprint ed. Varanasi: Chaukhamba Publication; 2013. Chapter: Kshudra Rog Chikitsa, verse 4, p. 282 [Crossref] [PubMed] [Google Scholar]
5. Sharma PV. Dravya Guna Vigyana. Vol. 2. 3rd reprint ed. Varanasi: Chaukhambha Bharti Publication; 2012. Chapter 3, p. 195 [Crossref] [PubMed] [Google Scholar]

6. Pandey G. Dravyaguna Vijnana. Vol. 2. 3rd reprint ed. Varanasi: Choukhamba Krishnadas Publication; 2005. Chapter 4, pp. 500–503 [Crossref] [PubMed] [Google Scholar]

Disclaimer / Publisher's Note: The statements, opinions and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of Journals and/or the editor(s). Journals and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions or products referred to in the content.