

THE ROLE OF PSYCHOLOGY IN THE MANAGEMENT OF YUVANA PIDAKAWaratenne , P R.¹Prasad Mahendra.²Mahendra Singh Meena.³

1. Ph D Scholar P.G. Department of Sharira Kriya National Institute of Ayurveda Jaipur (Rajasthan) India.

2. Lecturer P.G. Department of Sharira Kriya National Institute of Ayurveda Jaipur. (Rajasthan)

3. H O D P.G. Department of Sharira Kriya National Institute of Ayurveda Jaipur. (Rajasthan)

ABSTRACT

Ayurveda recognizes three main causes of diseases: the improper contact of objects of sense with the mind, faults of understanding, and transformation or *Parinama*. *Ayurvedic* treatment also is three fold in order to counter these three causes: those that depend for their action upon the deities and invisible influences (Spiritual therapy), those that depend for their application and action upon knowledge and reason, and those that appertain to the subjugation of the mind (Psychic therapy). The aim and objective of this study was to identify the psychological factors that affect as a causative factor of *Yuvana Pidaka* (Acne) and to identify the psychological measures that can be applied as therapeutic measures on *Yuvana Pidaka* (Acne). Available literature in *Ayurvedic* medicine, Modern medicine, Journals, recent research articles and websites has been used. A clear complexion might have created a stronger self image and a higher sense of self confidence. Unfortunately, acne hits young people at a time when they most want to look their best. Psychological co-morbidities in acne are probably greater than generally assumed. Acne suppresses an individual's self confidence by causing distress with regard to physical appearance which affects a significant number of individuals during puberty and is delineated by adolescence. The dermatologist should have some knowledge of the basics of psychotherapy and psychopharmacology which sometimes must be combined with systemic and topical treatment of acne in conjunctions with basic psychosomatic treatment.

Keywords – *Yuvana pidaka*, Acne, *Ayurveda*, Psychology, Psychotherapy

INTRODUCTION

Ayurveda is “The Science of Life” based on Indian Philosophy. It is a science dealing not only treatment with some diseases but is a complete way of life. *Ayurveda* not just treat the ailment but the whole person and emphasizes prevention of diseases to avoid the need for cure. The main objectives of *Ayurveda* are: to maintain and promote health by preventing Physical, Mental and Spiritual ailments;

and to cure diseases through natural medicine, diet and a regulated life style. *Ayurveda* recognizes three main causes of diseases: the improper contact of objects of sense with the mind, faults of understanding, and transformation or *Parinama*¹. *Ayurvedic* treatment also is three fold in order to counter these three causes: those that depend for their action upon the deities and invisible influences (Spiritual therapy), those that depend for

Their application and action upon knowledge and reason, and those that appertain to the subjugation of the mind (Psychic therapy)². According to World Health Organization (WHO) definition of health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity³. So in the both definition it emphasize that the important of mental and spiritual well being as same as the physical well being as a healthy individual. So *Ayurveda*⁴ as well as in modern medicine is inherently a psychological as much as it is a physical system include both Physical (*Sharirika*) and Mental (*Manasika*) diseases.

Yuvana Pidaka (Acne) by the name also it emphasize that it is a disease onset during the period of young age. A clear complexion might have created a stronger self image and a higher sense of self confidence. Unfortunately, acne hits young people at a time when they most want to look their best. Acne can make them feel embarrassed and feel bad about themselves. Acne which manifests itself predominantly during adolescence and sometimes during adulthood is that notorious phenomenon that can turn the face into a disaster zone. It is a common skin disease that affects 60-70% of Americans at some time during their lives. 20% percent will have severe acne, which results in permanent physical and mental scarring having a negative impact on social life, employment and self esteem⁵. It's the pimple that pops out of before an important interview, a few days before menstruation or when puberty knocks at the door. The skin, as well as the body, must be in good health not only to look good but to protect itself from infection⁶. Acne thrives on an imbalanced skin.

Healthy skin has a pH of about 5.5, which is acid. Acne develops when the skin tends to be more alkaline. In comparison, water, which is alkaline, has a pH of 7. Considering these facts it was predicted that study of the psychological role in the onset as well as in the prevention and management of Acne (*Yuvana Pidaka*) is very important.

AIMS AND OBJECTIVES:

- To identify the Psychological factors that affect as a causative factor of *Yuvana Pidaka* (Acne)
- To identify the Psychological measures that can be applied as therapeutic measures on *Yuvana Pidaka* (Acne).

METHODOLOGY:

Available literature in *Ayurvedic* medicine, Modern medicine, Journals and recent research articles has been used.

REVIEW:

1. Causes

The direct references from *Ayurvedic* texts were not found in relation with psychological or spiritual factors involved in the manifestation of the *Yuvana Pidaka*. But under the *Kushtha roga* (skin diseases) emphasized that due to various acts on sins (e.g. killing of *brahmana*, women and pious persons, robbing the wealth of others) are the causes of skin diseases born of sin, and also it emphasized that some of the skin diseases are genetically involved and some are spread from person to person⁷. '*Kama*' (excessive thinking about sex) may increase the secretion of hormones from adrenal gland and then these hormones increased the sebum secretion (vitiates and aggravates *Meda dhatu*) and give rise to acne. Other psychological factors such as grief, anger or psychic trauma (especially in girls) may lead to imbalance in *Dosha* and flare up condition of '*Mukhadushika*'⁸.

While considering the modern medical literature there were various causes of acne including genetic, hormonal, sebaceous activity, bacteria, climate, chemical and psychological^{9,10}. Stress is a psychological factor that makes sebaceous gland hyperactive and may cause acne. Scientific research indicates that “increased acne severity” is “significantly associated with increased stress levels”¹¹. The National Institute of Health (USA) list the stress as a factor that can cause an acne flare¹².

2. Symptoms:

Papules, resembling the sprouts on the bark of *Salmali* tree (*Bombax malabaricum*) appearing on the face of adolescents caused by increase of *Kapha*, *Vata* and *Rakta* together is known as *Yuvana Pidaka* which makes the face ugly¹³. By the aggravation of *Kapha*, *Vata* and *Shonita*, *Pidaka* resembling thorns of *Salmali* tree, appear on the face of youths; this is known as *Mukhadusika*¹⁴.

3. Treatment:

According to the fundamental of *Ayurvedic* treatment, emphasize that the treatment should be plan to restrain the root causes of the disease¹⁵. For that one should use suitable drugs, diet and regimens. Several prescriptions have been mentioned in the basic texts of *Ayurveda* for the treatment of *Yuvana pidaka*¹⁶. But special attention regarding the diet and regimen were not mentioned.

Several research works had been conducted in relate with changing of the life style, *Yoga* meditation etc. in order to maintain the stress in acne patients. Controlling stress can reduce the release of the stress hormone Cortisol, and therefore reduce the severity of the acne. There are various ways that can reduce stress and become more relaxed: exercise especially *Yoga* and *Tai Chi*.(is the internal Chinese

martial art practiced for both its defence training and its health benefits) relaxation techniques, such as breathing exercise and meditation. Moderate exercise will increase blood flow to the skin and aid healing, as well as improve the health of the internal organs enabling them to get rid of waste more effectively¹⁷.

Practicing relaxation methods can help prevent stress before it happens. Learning to relax more will not only help alleviate stress related acne, but will also help to cope with the psychological effects of living with acne. Take time out of the busy life to just chill out, read a book, listen to music, have a bath, go for a walk, whatever it takes for the relax and de-stress.

Breathing exercises are crucial to many Eastern practices, including *Tai Chi* and *Yoga*. They help focus the mind and get more oxygen into the blood stream. One of the signs of stress is rapid, shallow breathing. Breathing exercises are easy to do, will help regulate the breathing and calm a stressed mind. Try and concentrate on breathing from the abdomen first, then letting the ribcage expand. This will ensure the deepest breaths are taken. Meditation helps improve concentration, calms the mind, and increases self-awareness and the ability to cope with stress. Exercise can help acne by increasing the blood flow to the skin and providing oxygen to the skin cells. Moderate sweating will clean the pores from the inside. This in turn will aid skin health and reduce acne by both preventing further outbreaks of acne and helping existing acne disappear. Spots and blackheads will heal quicker and scars will fade. Exercise will improve the fitness of your internal organs so they will be able to work more efficiently. Improved cardiovascular fitness will mean your heart and

lungs will get oxygen round your body more effectively. Your liver, kidneys and bowel will be able to work better to get the right nutrients out of the food you eat and get toxins out of your system more quickly. Exercise rebalances hormones and reduces stress; in which the both of them are precursors of acne.

DISCUSSION:

Human skin is a biological marvel. Skin is the largest organ in the body, both by weight and surface area. Whether we like to admit or not, society places a high value on ones appearance. A clear complexion might have created a stronger self image and a higher sense of self confidence.

Yuvana pidaka is a common skin disease mentioned in *Ayurvedic* medicine as well as in modern medicine. In some Ayurvedic text book it is named as *Mukhadhushika*. By these two synonyms it emphasize that the papules arise in the adolescents' face named as *Yuvana Pidaka* or *Mukhadhushika*.

There has been a long debate about stress-related acne in health circles. Until a couple of years ago, the medical field was divided on the issue of whether stress causes acne, but recently there has been many clinical studies which show that stress can worsen acne. One such study was conducted by the Stanford University School of Medicine in 2002. According to researchers, their findings indicated that "Subjects who had the greatest increases in stress during examination periods also had the greatest exacerbation in acne severity." They also noted that worsening of diet during stressful period contributed significantly in flare-ups of acne in these students. Stress causes worsening of acne in two ways. First, by stimulating adrenal glands to produce more hormones and

secondly, by slowing down the healing process.

Stress not only affects acne flare-up, in general it worsens the overall skin condition. It induces the adrenal glands into over production of cortisol, a steroid, which in turn makes sebaceous glands produce more oil and make skin extra oily. This the reason why in stressful periods, people experiencing an increase in acne get more inflamed, pus-filled papules than simple whiteheads or blackheads. Another study, which was published in The Proceedings of the National Academy of Sciences (2003), found that a chemical relationship possibly existed between acne and other skin disorders and stress. This study focused the effect of stress on a particular part of the brain called the hypothalamus and detected that in stressful situations this part released a chemical called corticotrophin -releasing hormone (CRH). The oil glands of skin are known to produce both CRH and CRH receptors. So, when the CRH receptors came in contact with extra CRH, it induced sebum production by oil glands which ultimately resulted in exacerbation of acne¹⁸.

Emotional stress was accompanied by an exacerbation of acne vulgaris lesions and an increase in skin surface free fatty acids (ffa). Surface total lipids did not show a statistically significant change during the period of stress. A cause and-effect relationship has not been established between skin surface free fatty acids and acne vulgaris, but this and other indirect evidence suggest that ffa may play an important role in the pathophysiology of acne¹⁹.

In addition to the painful, disfiguring and embarrassing physical symptoms of acne, acne sufferers often have psychological problems such as

depression, stress, low self-esteem, poor social skills and trouble holding down jobs. These psychological aspects of the disease have often been downplayed, as acne has been considered a cosmetic issue rather than a true disease. In some cases acne sufferers are judged in the same cruel way obese people are, the disorder being seen as rooted in lack of self-control, bad hygiene, or an unhealthy diet²⁰.

CONCLUSION:

More than a cosmetic nuisance, acne can lead to problems with socialization, self-esteem, anger and body image that can affect patient's lives in ways comparable to life threatening or disabling diseases. Some patients pick their skin and self excoriate their acne to regulate emotions. Emotional problems due to the disease should be taken seriously and included in the treatment plan. A purely dermatological therapy by itself may not achieve its purpose. Psychotropic medication in acne patients are directed at underlying psychiatric pathology.

REFERENCES:

1. Sharma, R.K, Bhagwan Dash Caraka Samhita (Text with English Translation), Varanasi, Chowkhamba Sanskrit Series Office, Reprint, 2010, Sutra Sthana, 11th chapter, 43 verse, page -226.
2. Sharma, R.K, Bhagwan Dash Caraka Samhita (Text with English Translation), Varanasi, Chowkhamba Sanskrit Series Office, 2010, Sutra Sthana, 11th chapter, 54 verse, page - 231.
3. wiki.answers.com
4. Srikantha Murthy, K.R., Susruta Samhita (English Translation), Varanasi, Chaukhambha Orientalia, 2010, Sutra Sthana, 15th chapter, 41 verse, pg 110.
5. <http://emedicine.medscape.com/article/1069804-overview>
6. <http://www.IINR.org>, International Institute of Nutritional Research, 2001
7. Srikantha Murthy, K.R., Susruta Samhita (English Translation), Varanasi, Chaukhambha Orientalia, 2010, Nidana Sthana, 5th chapter, 28-34 verses, pg 501-502.
8. <http://baidyanath.org/iobh.shtm>
9. Office on Women's Health. "Frequently Asked Questions: Acne". U.S. Department of Health and Human Services, Public Health and Science, 2009-07
10. Roshaslinie Ramli at el (2012), Acne analysis, grading and computational assessment methods: an overview, Skin research and technology,18:1-14)
11. F. Ballanger, P. Baudrya, J.M.N. Guyenb, A. Khammaria, B. Dreno. "Heredity: A Prognostic Factor for Acne 5/2/2005
12. Chiu Annie, Chon Susan Y., Kimball Alexa B. (2003). "The Response of Skin Disease to Stress: Changes in the Severity of Acne Vulgaris as affected by Examination Stress". Archives of Dermatology 139(7):7.
13. Singhal, G.D., Tripathi, S.N., Sharma, K.R., Madhava Nidana (Rogaviniscaya) Ayurvedic Clinical Diagnosis, Varanasi, Chaukhamba Sanskrit Pratishtan, 2010, Reprint, 55th chapter, 33 verse, pg. 387.
14. Srikantha Murthy, K.R., Susruta Samhita (English Translation), Varanasi, Chaukhambha Orientalia, 2010, Nidana Sthana, 13th chapter, 39 verse, pg. 550.
15. Srikantha Murthy, K.R., Susruta Samhita (English Translation),

- Varanasi, Chaukhambha Orientalia, 2010, 4th edition, Uttara Sthana, 1st chapter, 25 verse, pg. 7.
16. Srikantha Murthy, K.R., Susruta Samhita (English Translation), Varanasi, Chaukhambha Orientalia, 2010, Reprint, Chikitsa Sthana, 20th chapter, 37 verse, pg. 197.
17. Karen Jessett, "Top Ten Tips for Getting Rid of Acne" advice.com/acne Tips
18. <http://www.acne-resource.org/understanding-acne/stress.html>
19. Stephen J. Kraus, "Stress, Acne and Skin Surface Free Fatty Acids"; Psychosomatic Medicine, Vol. 32, No. 5 (September-October 1970) 503-506pg
20. Richard Fried "Healing Adult Acne" ISBN:1-57224-415-1,(2005)New Harbinger Publications, 800-748-6273, www.newharbinger.com

Corresponding Author:
Dr.P. R.Warattenne.
Ph D ScholarP.G.Department of Sharira KriyaNational Institute of Ayurveda Jaipur(Rajasthan) India.

Source of support: Nil
Conflict of interest:
None Declared