

EXTERNAL TREATMENTS FOR THE MANAGEMENT OF YUVANA PIDAKA (ACNE VULGARIS) THROUGH AYURVEDA - A REVIEW

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ABSTRACT

Background - *Yuvana pidaka* or *Mukhadushika* is a disease mentioned under the *Kshudraroga* in Ayurveda. *Acarya Susruta* was the first and foremost to mention such diseases of the skin. Acne or Acne vulgaris found to have parity with the disease of *Yuvana Pidaka*, afflicting 79-95% of the adolescent population. There are various line of treatment prescribed for the management of the disease in Ayurveda such as *Vamana* (Vomiting), *Siravedha* (Bloodletting), *Nasya* (drug administration through nasal route), *Lepana* (Paste), *Mukhaprakshalana* (Face wash), *Udvaartana* (Massage) and *Abhyanga* (Applying oil).

Aim - The aim of this study was to review the external treatment formulae of *Yuvana Pidaka* mentioned in *Ayurveda* and organized these formulae based on the different dosage forms.

Methodology

Ayurveda texts and their commentaries were completely reviewed and arranged the formulae in to the different dosage forms and then discussed pharmacodynamics properties of the maximum occurrence herb.

Review results

Among the external treatment prescriptions the maximum number of prescriptions i.e. 81% (18) was found as the *Lepana* form. *Lodra* (*Symplocos racemosa*) was the maximum occurrence herb and it was about 50% (9). The pharmacodynamic properties of the *Lodra* shows that, it can overcome the vitiated *Dosha* and *Dushya* of *Yuvana pidaka*.

Conclusion

The external applications used as the form of *Lepa* are the most common dosage form which consists of *Lodra* (*Symplocos racemosa*) as the most prevalent herb.

Clinical significance

Though there is high risk of onset of *Yuvana pidaka* especially in teenage it can be managed by using simple remedies as *Lepa*.

Keywords Acne vulgaris, *Yuvana pidaka*, Management, *Lepa*, *Lodra* (*Symplocos racemosa*)

INTRODUCTION: *Acarya Susruta* was the first and foremost to mention a group of skin diseases under the one category. These diseases have an adverse effect upon the beauty and personality by making physical and mental discomfort of an individual and need medical, surgical and para-surgical measures for their treatment. He named these ailments as *Kshudraroga*¹, and described various treatment procedures separately². The diseases of which *Nidana* (Causes), *Lakshana* (Signs and Symptoms), *Bheda* (Types) and treatment are described less with respect to other diseases or which are comparatively less threatening than other diseases are

named as *Kshudraroga*. *Yuvana pidaka* or *Mukhadushika* is also mentioned under the *Kshudraroga*.

According to *Caraka Samhita*³, vitiation of the *Pitta* located in the skin is causes for *Pidaka*. *Yuvana pidaka* is a one type of *Pidaka* which onset over the face especially in the age of *Yuva* (Young age). This is the age that most of the individual shows a keen interest about their beauty.

Acne or Acne vulgaris found to have parity with the disease of *Yuvana Pidaka*. It is a chronic inflammatory disease of the pilosebaceous units of the skin with formation of a papules/pustule eruption. Acne vulgaris is a nearly universal skin

disease afflicting 79-95% of the adolescent population in westernized societies⁴. The prevalence in India is 50.6% of boys and 38.13% of girls in the age group 12-17 years. Recently it has been found that more patients with acne come to the clinics in their 2nd, 3rd and 4th decade also⁵.

Various systems of medicines come up with various remedies and therapeutic procedures starting from simple topical applications till the extensive management. A lot of remedies are mentioned in *Ayurveda* texts to cure the disease. There are some remedies which are said not only to cure the disease but also to increase the beauty, complexion and luster of the face. Based on these findings this review study was designed with the following aims and objectives.

AIMS AND OBJECTIVES

- To review the external treatment formula of *Yuvana pidaka* mentioned in *Ayurveda* texts and organized these formula based on the different dosage forms

METHODOLOGY

- Following *Ayurveda* texts and their commentaries were completely reviewed.
- *Susruta Samhita*
- *Ashtanga Samgraha* of *Vagbhata*
- *Ashtanga Hridayam* of *Vagbhata*
- *Cakradatta*
- *Vangasena Samhita*
- *Bavaprakasa* of *Bhavamisra*
- *Yogaratanakara*
- *Sarangadhara Samhita*
- *Yogatarangani* of *Trimalla Bhatta*
- *Bhaisajyaratnavali*
- The mentioned formulae arranged in to the different dosage form.
- Discussed the maximum occurrence herb present in these formulae based on the pharmacodynamics properties.

REVIEW RESULTS

While going through the *Ayurveda* literature, the remedies for the *Yuvana Pidaka* can be categorized as follows.

1. Medical treatment

1.1 External/Local treatment

1.2 Internal treatment

2. Surgical treatment

2.1 Para-surgical procedures

2.2 Surgical procedures

The line of treatment prescribed for *Yuvana Pidaka* by different *Samhita* can be categorized as follows.

1. *Sushruta – Vamana, Lepana*².
2. *Ashtanga Samgraha – Lepana, Vamana, Siravedha*⁶.
3. *Ashtanga Hridaya – Lepana, Vamana, Nasya, Siravedha*⁷.
4. *Cakradatta – Siravedha, Lepana, Abhyanga*⁸.
5. *Vangasena samhita – Siraveda, Vamana, Lepana, Abhyanga*⁹.

According to these findings treatment method of *Lepana* is common in all texts.

External/Local treatment

As the disease has local spread over the face, the local or external applications have immediate impact upon the characteristic features of *Yuvana Pidaka* such as unctuousness, burning sensation, itching etc.

Rational combination of *Varnya Dravyas*, are used in the form of external application in *Yuvana Pidaka*. It is found very efficacious when used simultaneously with internal administration of *Raktashodhaka, Pittashamaka* drugs².

Different *Ayurveda* preparations are prescribed for the topical use in the form of powder, paste, oil, ghee, gel etc. and the method advised for the application may be as *Prakshalana, Snehana, Svedana, Lepana* and *Gharshana* etc.. They applied over the face, to improve the complexion and cure the *Yuvana Pidaka*.

Prescriptions for cure the disease as the form of *Lepa*:

- *Vaca* (*Acorus calamus*), *Lodhra* (*Symplocos racemosa*), *Saindhava* (rock salt) & *Sarsapa* (*Brassica campestris*) Linn.^{2,6, 10, 11, 12, 13, 14}.
- *Dhanyaka* (*Coriandrum sativum*), *Vaca* (*Acorus calamus*), *Lodhra* (*Symplocos racemosa*) and *Kustha* (*Saussurea lappa*)².

- Lodhra (*Symplocos racemosa*), Tuvaraka (*Hydnocarpus laurifolia*)⁶.
- Vatapattra (tender leaves of *Ficus benghalensis*), Narikela sukti (*Cocos nucifera*)^{6,7}.
- Lodhra (*Symplocos racemosa*), Dhanyaka (*Coriandrum sativum*), Vaca (*Acorus calamus*)^{7, 10, 13, 15, 16, 17, 18, 19}.
- Gorocana and Marica (*Piper nigrum*)^{13, 15, 17, 18, 19, 20}.
- Matulunga jata (Roots of *Citrus medica*), Sarpah (medicated Gee), cow dung juice mixed with Ghrta²¹.
- Yellow leaves of Vata (*Ficus benghalensis*), Malati (*Echites caryophyllata*), Raktacandana (*Pterocarpus santalinus*), Kustha (*Saussurea lappa*), Kaliyaka (*Curcuma xanthorrhiza*), Lodhra (*Symplocos racemosa*)²².
- Barley (*Hordeum vulgare*), Sarja, Lodhra (*Symplocos racemosa*), Usira (*Vetiveria zizanioides*), Candana (*Santalum album*), Honey, Ghrta (Gee), Jaggary, cow urine²³.
- Matulunga jata (Roots of *Citrus medica*), Ghrta (Gee), Manahshila (ruby sulphur) and juice of cow dung^{18, 24}.
- Milk and Salmali (*Salmalia malabarica*) thorn^{10, 12}.
- Jatiphala (*Myristica fragrans*), Candana (*Santalum album*), Marica (*Piper nigrum*)¹².
- Bark of Arjuna (*Terminalia arjuna*), Manjishta (*Rubia cordifolia* L and bee honey)^{13, 17}.
- Manjishta curna (*Rubia cordifolia* L powder) with Madhu (Bee's Honey)¹⁷.
- Vatapattra (tender leaves of *Ficus benghalensis*), Malati (*Echites caryophyllata*), Rakta Candana (*Pterocarpus santalinus*), Kustha (*Saussurea lappa*), Kaliyaka (*Curcuma xanthorrhiza*)²⁵.
- Vatapattra (tender leaves of *Ficus benghalensis*), Malati, Rakta

Candana, Kustha, Lodhra (*Symplocos racemosa*)²⁵.

- Matulunga jata, Ghrta (Gee), Manahsila, Lodhra (*Symplocos racemosa*), Cow dung juice²⁵.
- Lodra (*Symplocos racemosa*), Saindava (rock salt)¹³

Prescriptions for prevention of the disease:

Various therapeutic measures have been introduced for the prevention of Yuvana Pidaka.

Mukhaprakśālana (Face wash)²⁶.

The healthy person should wash the face and eyes with the decoction of *Kshiriya vrksha* (lactiferous trees) mixed with milk or that of *Amalaka* or with simple water. It prevents blue spots, dryness of face, boils, freckles and other diseases caused by *Rakta* and *Pitta*. It also makes the vision strong, light and easy. e.g. *Varunadi kvata*²⁵.

Abhyanga²⁷

It relieves *Kapha* and *Vata*. Restores the proper colour and complexion and acts as a nutrient to *Dhatu*. It prevents the ageing, tiredness and eyes become clear, increases the life span of the person, person will get the proper sleep and skin becomes healthy wrinkle free.

Udvartana²⁸

It relieves *Kapha* and *Medas*. It stabilizes *Tvak* and gives complexion to the skin.

Taila (Medicated Oil)

Kumkumadi taila^{29,30, 31}.

Manjishtadi taila^{13, 30, 31}.

Haridradya oil^{30, 31}.

DISCUSSION : Ayurveda considers that the whole process of the treatment is governed by *Cikitsa Catuspada* i.e. four basic pillars of treatment and their required qualities lead to the fastest recovery of the disease. The Physician, the Drug, the Attendant and the Patient are the constituents of the *Cikitsa Catuspada*^{32,33,34}. Among these four basic factors of treatment, Drug has been designated the second place. The qualities of the Drug are

Abundance, Suitability, Multiple form and Potency³⁴. Therefore the consideration of formulation during the line of treatment for a particular ailment has a great importance. In the modern ages WHO also stresses importance of drug and defines it as a substance or product that is used or intended to be used, to modify or explore physiological system or pathological status for the benefit of the recipient³⁵.

The drug can be used singly or in combination to achieve the prescribed objective. It is often the total effect of all the ingredients in case of a formulation rather than the action of individual drugs that plays a vital role in therapeutics. Drug combinations are envisaged to serve synergistic action, combined action, toxicity neutralizing and specific action.

The drug having maximum qualities and also having perfect relation with the particular disease is to be selected. There are many compounds as well as single drugs mentioned in *Ayurveda* classics for the treatment of *Yuvana Pidaka*.

The *Sampraptighataka*, signs and symptoms produced in particular disease and the line of treatment laid down is to be considered for the selection of the drug or drug combination. This approach has been accepted for this study. The main clinical features of *Yuvana Pidaka* are appearance of *Ghana Pidaka* (hard Papules) with painful and most of them end up with temporary or permanent black spots/scars which lead to the discoloration of the face. Though there are specific line of treatments for *Yuvana Pidaka* has mentioned in *Ayurveda* texts, one can prescribe the drugs by considering the involvement of *Dosh*. In *Yuvana Pidaka*; *Kapha*, *Pitta* and *Vata* are the main *Dosh*; *Rakta* is the main *Dushya* and *Vaivarnyata/Mukhaduṣaṇa* is the main complication.

As per the findings among the various treatment procedures of the *Yuvana Pidaka*, the maximum prescriptions were found as the external treatment. There

were 18 prescriptions which were prescribed as *Lepa* form and among them *Lodhra* (*Symplocos racemosa*) was the maximum occurrence herb. It was about 50% (9) and 10 *Ayurveda* texts mentioned it as an ingredient of the *Lepa*.

The morphology, properties, indications, and contraindications of the *Lodhra* have been extensively discussed in most of the *Ayurveda* texts and also in *Nighantus*. In modern scientific research works also proved the medicinal effects of *Lodhra*. As per the authentic texts the pharmacological properties of the *Lodhra* shows that, it has *Tikta* and *Kashaya Rasa*; *Laghu*, *Ruksha Guna*; *Sheeta Virya*; *Katu Vipaka* and *Tridoshaghna* effect³⁶. The Major chemical constituents are; Symposide, (-) epifzelechin; loturine, loturidine, colloturine etc. The bark of the tree yields colloturine, Harman and loturidine. The stem bark contains proanthocyanidin-3-monoglucosides of 7-O- methyl and 4-O- methyl- leucopelargonidin. The whole plant of *Lodhra* contains glycosides⁽³⁷⁾.

The actions of *Lodhra* includes; *Kapha-Pittagna*, *Vishaghna*, *Kushthagna*, *Kandugna*, *Sothahara*, *Sravahara* and *Rakta Stambhana*³⁶. These actions also directly help for alleviation of the clinical signs and symptoms also the complications of the *Yuvana Pidaka*.

CONCLUSION

Authentic *Ayurveda* texts has mentioned external treatment procedures for prevention as well as the management of *Yuvanapidaka* among them *Lepana* is most dominant. The *Lodra* (*Symplocos racemosa*) is the most prevalence herb in these prescriptions.

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