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Evaluate the role of ayurveda management in *Yuvana Pidaka* W.S.R. *acne vulgaris*: A case study

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Abstract

Acne Vulgaris has been one of the most common problems of the young population. It has been described as *Shalmali* thorn like eruptions on the face due to vitiation of *Kapha*, *Vata* and *Rakta Dosha* in *Ayurveda*. It can be correlated to *Yuvana Pidaka* described under *Kshudra Roga* in *Ayurveda*. The study was conducted to find out the role of *Ayurveda* management in *Yuvana Pidaka*. The major signs and symptoms were multiple acne with papules and pustule, itching, pain and blackish spots on face. A 16 years old male patient having multiple acne for the past 3 months. He had papules and pustule with itching, pain and blackish spots on face presented at the OPD, Ayurveda Hospital Palkelele, Sri Lanka was enrolled in the study and consent was taken and signs and symptoms were recorded. The investigations were done and data were collected based on available clinical facilities. The treatment regimen includes of followed by the *Lepa* with oil application and *Pariseka Sweda* on the face externally for 28 days along with internal drugs. Reduction of the signs and symptoms were assessed using IGA Scale and Clinical Features Grading System. The patient had relief in all the sign and symptoms after 28 days of treatment with no new eruptions. It was observed that excellent improvement in IGA Scale from grade 5 to 0. This case study demonstrates the effectiveness of *Ayurveda* in the management of *Yuvana Pidaka*. The clinical trial should be planned in the future with a larger sample size to generalize the findings.

Keywords: Acne Vulgaris, *Yuvana Pidaka*, *Lepa*, *Pariseka Sweda*

Introduction

Background

Acne vulgaris is a common skin disorder characterized by chronic or recurrent development of papules, pustules on the face with itching, pain and blackish discoloration ^[1]. The cause of the disease is the increase in sebum production by sebaceous glands ^[2]. Acne in *Ayurveda* has been described as *Yuvana Pidaka* under the heading of *Kshudraroga* ^[3]. *Shalmali* thorn like eruptions on the face due to vitiation of *Kapha*, *Vata*, *Pitta* and *Rakta* are known as *Yuvana Pidaka* ^[4]. Acne Vulgaris itself is not life threatening disease but it causes a severe distress to the person. Those suffering with this skin disorder, which can lead to stress, depression, anger, frustration, social impairment ^[5].

Materials and Methods

A 16 years old male having history of since 3 months who attended the Outdoor Patients Department of the Ayurveda Hospital Palkelele, Sri Lanka. According to the patient he was asymptomatic 3 months ago. He has taken Allopathic treatment and then before 28 days he got registered in the present study for further management. Before the commencement of the treatment, informed consent was taken and signs and symptoms were recorded. Also referred authentic textbooks and used web sites related to study and confidentiality of collected data was maintained alone with period of survey only.

On examining clinically these findings were noted on general examination: body weight, heart rate, respiratory rate, temperature, blood pressure all were within normal limits. Hearing was also normal in both ear. On examining as per the principles of *Chikitsa* described in *Ayurvedic* classics, patient was treated with internal medicines and external treatments.

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Assessment of Criteria

Table 1: Final comparison of clinical examinations according to IGA Scale ^[5]

Before Treatments	1 week follow up	3 week follow up	4 week follow up
Grade - 4 Severe inflammatory acne dominates the area. Several numbers of comedones, pustules, papules, and cystic acne are also present.	Grade - 2 Non inflammatory and inflammatory acne lesions are more visible. There may or may not be a few cystic acne lesions.	Grade -1 Almost clear skin (some non-inflammatory acne is present with some non-inflamed papules. Papules may be developing but are not yet pinkish-red in color)	Grade -0 Clear or normal skin (no evidence of acne)
			

Table 2: Grading for Clinical Features

Sing and symptoms	Grade - Before the treatments	Grade - After the treatments
Acne with pustules	3	0
Pain	3	0
Itching	3	0
Number of black heads	3	0

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

Table 3: External therapeutic procedures

Recommended external treatments	Used medicines	Site	Time	Duration
<i>Lepa</i> with oil application	<i>Pinda</i> oil -10 ml with R-Kash 5 g	face	45 minutes	01 - 07 Days
<i>Pariseka Sweda</i>	<i>Pancha Walkala</i> powder-50g boiled water	face	5 minutes	01 - 28 Day
<i>Lepa</i>	Lodhradi Lepa <i>Lodhra</i> bark powder-20 g <i>Dhanyaka</i> powder-20 g <i>Wacha</i> powder-20 g Mix all and grind with cold water	face	45 minutes	07 - 21Day
	Raktha Chandanadhi Lepa <i>Raktha Chandana</i> powder- 20 g <i>Manjista</i> powder – 20 g <i>Lodhra</i> bark powder-20 g <i>Suwandakottan</i> powder – 20 g <i>Nuga karati</i> - 10 <i>Dhal</i> -20 g Mix all and grind with cold water	face	45 minutes	21-28 Day

Table 4: Oral drug intervention

Name	Dose	Route of administration	Anupana	Duration
<i>Vasa Guduchi Kashaya</i>	120 ml BD Before diet	Oral	-	01 - 14 Day
<i>Kaishoora Guggulu</i>	2 BD After diet	Oral	Hot water 30 ml	01 - 14 Day
<i>Pancha Thikta Guggulu</i>	2 BD After diet	Oral	Hot water 30 ml	14- 28 Day

Patient was advice to attend clinic after two weeks for follow up of the treatment protocol.

Results and Discussion

After 28 days of therapy 100% relief was found and on overall assessment it was found that IGA score was Grade 0 after completing the treatment which was Grade 4 before starting the treatment also clinical features become normal after the treatments.

In this case study, there was a history of regular consumption of *Vidahi* (foods with sour and pungent),

Abhishyandi (Foods causing obstruction in channels) food such as fast food, salty and oily substances with the *Ratri Jagaran* (Less sleep) and *Mano Vibrama* (Stress). These etiological factors are cause for vitiation of *Kapha-Pitta* and *Rakta*, resulting in the formation of *Pidika* (Eruptions) on the face with clinical presentation as acne with papules and pustules, pain, itching and blackish discoloration of face. *Kapha-Pitta-Rakta* pacifying treatment protocol was planned according to the principles of the management. This *Kashaya* has *Pittaghna* (Pacifying *Pitta Dosha*), *Rakthashodaka* (Purifying blood), *Kaphaghna* (pacifying

Kapaha Dosha), *Shothaghna* (Anti-inflammatory) properties. *Parisheka Sweda Karma* dilate the blood vessels and increasing blood flow to the peripheral arterioles which accelerates the drug absorption and improvement and *Shoola nasaka* (Analgesic) property. *Kaishoora guggulu* and *Panchathikta Guggulu* have properties like pacifying *Kapha-Pitta-Rakta Dosha* and *Srotas Shodana* actions. Patient was advised for local application of *Lodradhi Lepa*

and *Raktha Chandhanadhi Lepa* once a day at area of lesion. *Lepa* is a local application which is contain *Vata-kapha Shamaka* action which relieves in *Vedana* and *Kapha* dominant symptoms like *Kandu* and *Shotha*. The main property of this *Lepas* are reduce acne and *Lepa*, *Abhyanga*, *Parisheka* are carried through *Srotas* and which help to fast removal of the *Dosha* from body.

Images of the patient-before and after the treatments



Fig 1: Before the treatments



Fig 2: Weekly wise improvement of the patient



Fig 3: After the treatments



Fig 4: Final comparison of before and after the treatments

Conclusion

Yuwana Pidaka (Acne vulgaris) is a very common skin disorder which affects all young individuals at least once during life. This case study clearly demonstrates that *Ayurvedic* treatment regimens and drugs are very effective in the management of *Yuwana Pidaka* (Acne vulgaris). Severity of the disease, signs and symptoms were reduced during 28 days. It was observed that, excellent improvement in IGA Scale from grade 4 to 0 also clinical features become normal after the treatments. Hence, it can be concluded that

the *Ayurveda* treatment modality has managed *Yuwana Pidaka* successfully without side effects.

It could be recommended, the clinical trial should be planned in future with a larger sample size. All therapies like *Pariseka Sweda*, *Lepa* as a combined treatment, pacify the vitiated *Kapha-Pitta-Rakta Dosha* in the body and thus provide nourishment to the skin. Also the drugs used orally are having additional effect in relieving the all signs and symptoms.

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