

A Case Study of Yuvanpidika (Acne Vulgaris) Treated by Jalaukavacharan

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Abstract

According to Ayurveda, among the 56 Upangas face is at the top, so everyone and mostly youngsters are most cautions and careful about the beauty of face. In Ayurveda, acne has been elaborated as one of the Kshudra Rogas (minor ailments). According to Ayurveda, vitiation of Kaphadosha, Vata dosha and Rakta dhatu lead to acne development. Acne vulgarish is a chonic inflammatory disease of the pilo sebaceous follicles characterized by comedones, papules pustules and often scars, chiefly on cheeks, chin, nose, forehead, and upper trunk. Hence the present study was conducted to observe the efficacy of jalaukavacharan in the management of yuvanpidika. The diagnostic parameters were assessed on the basic of Ayurveda's well as modern aspects like *pidika* on face including *medogarbhatva*, *ruju*, *daha*, *srava* etc.a special proforma was prepared and patients were examined on the basis of available sign and symptoms. Patients were treated according to principles of yuvanpidika chikitsa with jalaukavacharan. Remarkable results were observed in the form of improvement in the chief complaints of the patient. Acharya Vijayrakshita, commentator of Madhava Nidana had used the term Yuvana Pidika as for Mukh-Dushika for the first time.

Key word: Yuvanpidika , Acne vulgaris , Jalaukavacharan, Kshudra rogas, Mukhadushika.

Introduction

Beauty is a matter for joy forever. Everybody wants to remain not only healthy but beautiful too. Face is index of mind and mirror of the body, it is considered among the top while thinking about look and beauty. According to Ayurveda, among the 56 upangas face is at the top so everyone and mostly youngsters are most cautious and careful about the beauty of face. Unfortunately, skin of the face is affected by certain anomalies in adolescence age which is the golden period of the life. Kushtha is one among the Ashtamahagad explained in Ayurveda as there is structural changes in appearance of skinⁱ. Yuvanpidika is one of the Kshudra-rogas. The diseases which are Kshudra or diminutive in nature, which symptoms and signs are in less quantity and quality compared to other diseases and which are not life threatening are termed as 'Kshudra-roga' in Ayurved context. The main symptom of Yuvanpidika mentioned by Acharya Sushruta is – Pidika (eruption) which looks like Shalmali kantaka (Thorn of the herb named Shalmali malabarica). It is formed over face because of the vitiated Kapha-Vata and Rakta Doshasⁱⁱ

शाल्मलीकण्टकप्रख्याः कफमारुतशोणितैः |

जायन्ते पिडका यूनां वक्त्रे या मुखदूषिकाः||

Acharya Vagbhata added the symptoms – Saruja (having pain) and Ghana (dense) in nature. It also contains Meda (fats) in itⁱⁱⁱ

If we compare all these symptoms of Yuvanpidika in modern context, it can be correlated with Acne Vulgaris. Acne vulgaris is a chronic inflammatory disease of the pilo-sebaceous follicles characterized by comedones, papules, pustules, and often scars, chiefly on cheeks, chin, nose, forehead and upper trunk. This obstruction causes formation of a keratin plug and follicle swelling below skin surface, resulting in acne^{iv}. Colonized bacteria of skin such as P. acnes may cause severe kind of infection which leads to scarring and unpleasantness of face. Acne tends to appear earlier in females, due to later onset of puberty in the males. As previous 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. Many synthetic drugs like benzoperoxides, antibiotics, anti androgens, are used to treat this disorders, but this drugs also exhibit several side effects like dryness of skin, dermatitis, darkening of skin and recurrence after withdrawal. There is no single disease that cause more psychic trauma, more maladjustment between parents and children's , more general insecurities and filling of inferiority and greater sums of psychic suffering than that of acne.

Case Report

A 23 year old male patient reported in the in the OPD of Shalya Tantra Department of Parul Ayurved Hospital, Vadodara, Gujarat, complaining with acne papules and pustules over bilateral cheeks and forehead along with inflammation since last two months. The problem started when patient was 20 year old when reddish comedones started to erupt on both cheeks associated with tenderness and itching. The patient got very anxious and consulted dermatologist. The treatment he received was local retinoid application and oral antibiotics. he continued this treatment for two months. But only during the treatment would he get relief, after discontinuing the treatment the symptoms would exaggerate and worsen. He approached two more dermatologists for allopathic treatment but did not get sustained relief. Then he came to our hospital for seeking Ayurvedic treatment.

Personal History -

Name – xyz	Bala - Madhyam
Prakruti – Pitta Vata	Age – 23 YR
Sleep – Inadequate	BP – 126/86 mm of Hg
Sex - Male	PR- 86/min

Marital status - Unmarried	Bowel habit - Regular
Height – 170 cm	Occupation -Student
Appetite - normal	Weight – 60 kg

Asthvidha Pariksha -

Nadi – 86/min	Shada (speech) - Clear
Mala – Regular	Sparsha - Anushna
Mutra - Samyak	Druk- Prakrut
Jivha – Sama	Aakruti - Madhyama

Local Examination-

The skin of the face of the patient was very greasy. The eruptions were located at checks and forehead with multiple reddish inflamed papules and pustules. The eruptions were dense and associated with pain and severe itching.

Nidana Panchaka –

Nidan	Ati-amla and lavana rasapradhana, Atisnigdha, Paryushita ahara, and stressful Vihara
Poorvarupa-	Reddish comedones and greasy skin.
Rupa	Shalmali kantaka Pidika (Shalmali thorn like Reddish papules and pustules), Ghana (inflammation), Saruja (pain and tenderness), Kandu (itching)
Samprapti-	Due to habitual eating of Ati-amla, lavan rasapradhana, Atisnigdha, Paryushita ahara and Manasika Chinta (stress,) Kapha and Maruta vitiated and impurified Rasa and Rakta dhatu and Twacha of face resulting in Yuvanpidika.
Dosha	Kapha –Vata
Dushya	Rasa, Rakta, Twak
Srotasa	Rasa-Raktavaha.
Avastha	Jeerna (chronic)

Sadhyasadyata	Kashtasadya
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Materials And Methods

First of all, Nidana parivarjana (avoidance of cause) was advised. The patient was asked to stop eating of curd, pickles, groundnuts, sesame, salty-fried food stuffs and junk foods. Also he was advised to follow regular Dinacharya (regular diet and sleep pattern). The patient was mainly subjected to Shamana chikitsa (pacification therapy) and Shodhana Chikitsa (Purification therapy).

Table no. 1 Showing Shamana Chikitsa

Sr. No	Medicines	Dose	Anupana
1	Gandhaka Rasayana- 125 mg	2 tablets twice a day Morning - evening. After meals	With milk
2	Triphala Guggula- 250 mg	2 tablets twice a day Morning - evening. After meals	With lukewarm water
3	Aarogyavardhani vati -250 mg	2 tablets twice a day Morning - evening. After meals	With lukewarm water
4	Swadisth virechan vati 250 mg	2 tablets twice a day Morning - evening. After meals	With lukewarm water

Shodhana Chikitsa- The patient was given 2 sitting of Jalaukavacharan with the gap of 15 days. All the leeches used in the trial were purchased from a reputed biological product supplier, India. While each Leech application sitting, both the cheeks were applied with – 1 leech (considering the severity of pustules and papules) and this application continued until the Shuddha Rakta comes out. The Jalaukavacharana Vidhi and Leech care procedure was adopted from the Sushrut Samhita^v.

Methodology For Leech Therapy

The procedure of leech therapy

Preparation of the leeches: On every sitting new leeches were used for the procedure. Leeches were first prepared by keeping in haridra jala prepared by adding a few pinches of haridra churna In a kidney tray half filled with fresh water. When the leech becomes active i.e, move very fast in the vessel than it was taken out and transferred into vessel containing fresh cold water.

Preparation of patient: the patient was given mild Abhyanga followed by Bashpa swedana over the face for a few minutes to increase the superficial circulation and facilitate the Raktmokshana. The face was then cleaned with dry cotton to remove all the greasiness over the area. After that, the patient was made to lie in a comfortable position.

Leech Application:

Jalauka application near the pustules/papules at the particular site. prepared active leeches were then kept over the oozing blood. When a leech was attached to a site, a wet cotton pad was placed over it. In most of the patients, 1 leeches were used on an average that used to suck 50-80 ml of blood.

Leech Management:

Generally, after 30-45 minutes, leech automatically detaches from the site, Haridra churna was then sprinkled over the leech's anterior sucker for inducing vomiting. Sometimes gentle squeezing of the leech was required to

expel out the sucked blood. After expelling all the blood from its gut, the leech becomes active again and stored in fresh water.

Patient Management:

When the leech detaches itself from the site, there occurs secondary bleeding from the site of bite for 2-4 hours or more. Haridra powder was applied over the bite lesion. A few minutes later, cotton gauze pieces were kept over the bleeding sites with firm pressure to the site forming a clot, the patient was advised not unplug it before the next day morning to avoid any bleeding.

Grading: Criteria for assessment of symptoms

Signs & symptoms	Normal	Mild	Moderate	Severe
Acne	No acne	1-3	3-9	More than 9
Burning	0	1	2	3
Itching	0	1	2	3
Discoloration	0	1	2	3

Changes in signs and symptoms during treatment

Signs and symptoms	Before treatment	1 st sitting	2 nd sitting	After treatment
Acne	8	5	3	2
Burning	3	3	1	0
Itching	3	2	1	0
Discoloration	3	2	2	1

Discussion

In the current era, Acne vulgaris is one of the most common disorders affecting adolescents and may persist into adulthood. Modern remedies are quick, but they are not always successful and leave the individual with more side effects than necessary. Additionally, once the treatment is stopped, the reoccurrence is high. As such, Ayurveda offers safe and effective treatment in balancing the imbalanced doshas (Bio-physical energy) so the body can heal itself which may help eliminate the occurrence of Acne vulgaris and similar skin issues. Ayurveda is a safe and effective way to bring balance, heal and repair skin issues by identifying the cause of imbalance. The Triphala Guggula mentioned in Vrana-Shotha adhikara^{vi} is useful to reduce all types of Shotha which is a characteristic feature of Yuvanpidika. The main impact of Gandhaka Rasayana^{vii} is found to be on Rakta dhatu and Twacha which are main Dushya in Yuvanpidika. Leech is considered to be the param-sukumara and is one of the remedies for *Raktamokshana* in adolescents, older people, fearful, woman, and soft personality people. As acne vulgaris affects the adolescent's age group commonly, jalaukavacharan was taken for the study. Leech takes out vitiated rakta along with dosha especially pitta dosha from nearby area, which cause strotoshodhana in particular area. This *shodhana* reduce the lesions i.e, pidika due to raktadushthi . Also, it lessens the associated symptoms that were occurring due to the vitiated pitta like daha, paka, and vaivarnyata. As it reduce *kapha* symptoms i.e, *kandu*, *snigdhatata*, as well, there for jalaukavacharana must be removing vitiated kapha too, to some extent. Strotoshodhana causes anuloma of trapped vata, therefore a reduction in *vedana* and *vaivarnyata* were also observed. Recent studies have reported the presence of analgesic substance

in leech saliva. Modern medical science studies have also reported the presence of various biologically active substance in the leech saliva which help reduce inflammation and pain. Leech's biological enzyme also possess anti phlogistic action which removes local obstruction of blood. These substances relieve venous congestion by increasing venous drainage as well as increasing oxygenated blood supply near the applied area. A change in the composition of the blood also occurs after leech application. The proportion of serum increases after bleeding. It facilitates more production of fresh blood. All these facts support the rationality behind the effect obtained by jalaukavacharan on acne lesions.

Conclusion

The term Yuvanpidika indicates the prevalence of the disease in the Yuva stage of the middle age. The role of Ayurvedic management given here is to balance the vitiated Doshas and eliminate the toxins. Yuvanpidika has a clear cut resemblance with the modern disease. Acne vulgaris is called to be a physically and psychologically scaring disease. Although vata, kapha, and rakta are mentioned as Dosha- Dushya involed in the pathogenesis of the disease. Leech therapy has also been found to be a simple and effective method for symptomatic and instantaneous relief for complaints like pain and itching, due to Srotoshodhana effect, due to improving local blood circulation, due to hirudin substances like anti-inflammatory released by *jalauka*. *Jalaukavacharan* offers such great relief in this disorder.

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Conflict of interest: There are no conflicts of interest.

BEFORE TREATMENT



DURING TREATMENT



AFTER TREATMENT



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