



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Review Of Yauvanpidika With Special Reference To Acne Vulgaris.

Authors: Dr. Rashmi Ramesh Gabhane

Dr. Arshadkhan Pathan

Abstract

Yauvanpidika (also called Tarunyapitika / Mukhadushika in classical Ayurvedic texts) corresponds closely to acne vulgaris of modern dermatology. This review summarizes classical Ayurvedic descriptions, proposed pathogenesis and treatment principles, and compares them with contemporary Science . Two main kinds of chikitsa are described i.e. Shodhana chikitsa and Shamana Chikitsa in Ayurveda treatment for Yauvanpidika. This article aims to emphasize the details of Yauvanpidika with Acne Vulgaris.

Keywords

Yauvanpidika, Acne vulgaris, Ayurveda.

1. Introduction

Skin is the largest organ in human beings. Maharshi Charak Said- Skin is one of the most important sense organs in all the five sense organs. It is called as sparshnendriya which occupies the Sharir (whole body) and mana (mind). The smooth & glowing complexion of the face increases the beauty of a person and gives self confidence. Today's lifestyle, pollution, irregular diet are directly affecting skin .Face is the most important and beautiful organ. It is affected by certain anomalies of the adolescent age . In the 15-30 group specially, prevalence rates tend to be high. It affects 85 % of adolescent .¹

AYURVEDIC PROSPECTIVE –

The eruption like Shalmali thorn, on the face during Adulthood, caused by Kapha, Vata and Rakta are known As Yuvanpidika.²

1.Sushrut Samhita: Acharya sushrut has elaborated lakshanas in Adhyay 13 of Sushrut Nidansthan while it's Chikitsa is mentioned in Adhyay 20 of Sushrut Chikitsa Sthan.

2.Vagbhata (Ashtang Hridaya): Acharya vagbhata has described disease Mukhadushika while discussing kshudrarog vigyaniya adhyay 31 whereas its chikitsa is mentioned in adhyay 32 of Uttarsthan.

3.Sharangdhara: In sharangdhar samhita treatment of Mukhadushika is described in uttarkhand lep vidhi adhyay.

4.Madhavnidan: In Madhavnidan samhita lakshan of Mukhadushika is described in kshudrarog nidan adhyay 55.

5.Charak Samhita: The Charak Sutrasthan of chapter 11 Traishaniya acharya charak has described that pidika rog is set to occur as bahya rog.

MODERN PROSPECTIVE –

Acne usually affects the face and often the trunk. Greasiness of the skin may be obvious (seborrhoea). The hallmark is the comedone . open comedones(blackheads) are dilated keratin-filled follicles, which appear as black papules due to the keratin debris, closed comedones (whiteheads) usually have no visible follicular opening and are caused by accumulation of sebum and keratin deeper in the pilosebaceous ducts.

3

2. Aim

To synthesize Ayurvedic classical descriptions, diagnostic concepts, and management strategies for Yauvanpidika and map them to modern pathophysiology, clinical evidence and treatment approaches; and to identify gaps and priorities for future research.

3. Methods and Materials

Synonyms – Yauvan pidika ,Mukhadushika and Tarunyapitika.

NIDAN PANCHAK

Hetu ⁴ -

- Aharaj - Katu,Guru Madhura, Atisnigdha, Dadhi, Amla, Ushna, Vidahi, Tikсна Lavana, Madya, Masa, Ajirne Bhojanam, Adhyasana.
- Viharaj - Vegavidharana, Jagarana, Nidra Viparyaya , Atapa Sevan
- Manasika - Atishoka, Krodha, Santap
- Kalaja- Sharad kal Svabhava (Avasthik kal)

Purvaroop –

Purvarupa is not specifically mentioned by any Acharyas. It can be understood through modern text Kandu (itching), daha (burning sensation), Shotha (swelling), Vaivarnya (skin discoloration).

Rupa –

Acharya Vagbhata has described the signs and symptoms in more details than Acharya Sushruta.⁵

- Pidika – means eruption. The disease is in the form of eruptions.
- Saruja – The eruptions are painful. The pain may be mild or acute in nature.
- Ghana – means thick, hard or indurate. So, the eruptions of the disease are hard and thick.
- Medogarbha – The eruptions are impregnated with Meda. Meda is known as comedone.

Upashay and Anupashay

Upashaya – Laghu, rooksha, tikta kashay ras ahara

Samyak nidra , yoga , vyayam.

Anupashaya – Snigdha, guru, amla , katu ras ahara

Divaswapa , jagaran.

Samprati Ghatak –

- Dosha – Kapha, Vata, Rakta
- Dushya – Rasa, Rakta, Meda, Shukra
- Srotas – Svedavaha, Rasavaha, Raktavaha
- Mala – Sweda, Tvaka
- Srotodusti – Sanga, Atipravritti
- Agni – Jatharagimandya
- Udbhavasthana – Amashayasamuttha
- Roga Marga – Bahya

Chikitsa –

Treatment according to Ayurvedic text

1. Nidan parivarjan :

Nidana parivarjan means to eliminate the causative factors which help in manifestation of Yauvanpidika .

2. Shodhan Chikitsa

A. Vamana Karma

Vamana Karma to cure the disease has been mentioned by Acharya Sushruta and Vagbhata.

B. Virechan Karma

There are many studies have been done where Virechana shows significant effect on management of different skin diseases.

C. Nasya Karma

Nasya for the treatment of Mukhadushika has been indicated by Vagbhata.

D. Raktamokṣana

Acharya Vagbhata and Chakrapāṇi have mentioned Raktamokṣana as a treatment for Mukhaduṣhika.

3. Shaman Chikitsa

a) Internal medication

According to Doṣha and Lakshana of Mukhadushika drugs having Kapha Vatahara properties and raktashodhak can be used internally.

b) External medication

Mentioned lepas for the treatment of Mukhadushika are Yavadi Lepa, Yashtimadhvadi Lepa, Lodhradi Lepa, Shalmalikantakadi Lepa, Arjunadi Lepa, Jatiphaladi Lepa, Siddharthadi Lepa, Marichyadi Lepa etc.

Treatment according modern text ⁶

1. Local measures:

Regular washing with soap to remove Excess grease. Topical application with antibiotic agents (tetracycline, Clindamycin) benzoyl peroxide and comedolytic drugs- Tretinoin acid.

2. Isotretinoin:

It has revolutionized the management of Severe and intractable acne. It reduces sebum Aromatically and is given a 4- month course in a dose of 1mg/kg of body weight.

3. Hormonal treatment:

Oestrogen plus cyproterone Acetate given in sufficient amount in the form of oral Combined contraceptive pill with some antiandrogen Effect decreases the sebum production and may help Persistent acne resistant to antibiotics.

2. Discussion

While not life-threatening, Yauvanpidika greatly affects the appearance, often leading to decreased self-esteem, psychological stress, anxiety, and social withdrawal. These psycho-social impacts highlight the need for effective and holistic treatment. There is an increasing global interest in herbal and natural treatments. Ayurvedic therapies align with this trend and can provide a safe, economical, and eco-friendly approach to managing acne.

3. Conclusion

Yauvanpidika, commonly known as acne vulgaris, predominantly affects adolescents and young adults. Due to change in lifestyle habits, dietary patterns, and environmental factors, the incidence of this condition is steadily rising, making it a significant concern for youth today. Contemporary treatments like antibiotics, retinoids, and hormonal therapy often offer temporary relief and are associated with side effects such as skin irritation, drug resistance, and recurrence after discontinuation. This necessitates a safer and more sustainable alternative. Ayurveda describes Yauvanpidika in detail and attributes its pathogenesis to the vitiation of Kapha, Vata, and Rakta. Classical formulations and therapies mentioned

in Ayurveda hold potential to provide effective, long-term, and holistic management with minimal side effects.

References

1. Zhu Z, Zhong X, Luo Z, Liu M, Zhang H, Zheng H, Li J. Global, regional and national burdens of acne vulgaris in adolescents and young adults aged 10–24 years from 1990 to 2021: a trend analysis. *Br J Dermatol.* 2025 Jan 24;192(2):228–37. Doi:10.1093/bjd/ljae352. PMID:39271178.
<https://pubmed.ncbi.nlm.nih.gov/39271178/>
2. Sushruta Samhita of Maharsi- Susruta, hindi
Commentary by Kaviraja Ambikadatta Shastri,
Part-1, Chaukambha Sanskrit Sansthan Varanasi,
Reprint edition 2012, Nidana sthana 13; 38, page
No-372.
3. Joseph Loscalzo. Anthony S. Fauci. Dennis L. Kasper. Stephen L. Hauser. Dan L. Longo. J. Larry Jameson. *Harrison's Principles of Internal Medicine*, 21st Edition, Eczema, Psoriasis, Cutaneous infection, Acne and other Common Skin Disorder, page no. 381.
4. Kaviraja Ambika Dutt Shastri, *Sushruta samhita*, Nidansthan, Chapter no. 13, Shlok no. 39, Edition 2023, Chaukhamba Sanskrit Sansthan Varanasi, Page no. 372
5. Pandit Hari Sadashiva Shastri Para Dakar, *Ashtanga Hridaya of Vagbhata*, Uttara Tantra Adhyaya 31/6, Chaukhambha Orientalia; Varanasi; 2002. 15. Vd. Anantram Sharma.
6. *Test book of medicine*, S.N Chugh, Arya Publications, New Delhi, Reprint edition-2013; p-1237-1238.