



Ayurvedic Management of Acne Vulgaris (~ Yuvan pidika) : A Case Report

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ABSTRACT

In Ayurveda, "*Yuvan Pidika*" is a term that refers to a common skin condition observed during adolescence, characterized by the appearance of small, inflamed lesions on the face, back, and chest. This condition is primarily linked to hormonal changes during puberty, which lead to an imbalance of doshas, particularly *Pitta dosha*. Modern medicine correlates *Yuvan Pidika* with acne vulgaris, a dermatological disorder caused by clogged pores, excessive sebum production, and bacterial activity.

Ayurveda provides a holistic perspective on *Yuvan Pidika*, emphasizing the role of internal and external factors, including dietary habits, lifestyle, and mental well-being. This ancient science offers natural remedies and preventive measures through herbal formulations, detoxification therapies, and a balanced diet to manage and reduce acne. This article explores the Ayurvedic understanding of *Yuvan Pidika*, its correlation with acne in modern dermatology, and the integrative approaches to treatment.

In the present case study, female of age 27yrs visit in Ayurveda OPD had complaint of acne with pain and itching, redness and pus discharge from acne present on face and back since 7 months. She had associated complaint of loss of appetite, dizziness, disturbed sleep and irregular bowel evacuation since 1year. She took allopathic treatment but does'nt get satisfactory treatment, so she decided to switch on Ayurveda management for better cure and preventive care. On the basis of clinical presentation patient was diagnosed with *Yuvan pidika*. After 2 weeks of drug intervention Triphala guggulu tab 2BD, in combination with Arogyavardhini vati tab 1BD, Avipattikar churna 6gm HS, sarivadyasava 10 ml BD, patient get significant relief in symptoms.

INTRODUCTION

Acne vulgaris is one of the most common dermatological conditions, primarily affecting adolescents and young adults. It is a chronic inflammatory disorder of the pilosebaceous unit, characterized by the formation of non-inflammatory lesions (comedones), inflammatory lesions (papules, pustules, and nodules), and, in severe cases, cysts. While it predominantly appears on the face, acne can also affect the back, chest, and shoulders. The condition arises due to increased sebum production, abnormal keratinization, colonization by *Cutibacterium acnes* (formerly *Propionibacterium acnes*), and an inflammatory immune response. Hormonal changes during puberty, particularly an increase in androgens,

play a significant role in its development. Other contributing factors include genetic predisposition, stress, diet, and the use of comedogenic skincare products. Acne vulgaris not only impacts physical appearance but also has significant psychological effects, such as low self-esteem and social anxiety. Understanding its pathophysiology and identifying individualized treatment options are essential for effective management and improving quality of life.

Yuvan: Refers to youth or adolescence and Pidika: Refers to pustules, boils, or inflammatory eruptions. Thus, Yuvan Pidika is described as a condition occurring during adolescence, characterized by the appearance of inflamed, raised pustules or lesions, commonly on the face, chest, and back. In Ayurveda, Yuvan Pidika is the term used for acne or pimples, a common skin condition that affects primarily adolescents and young adults. It is considered a result of an imbalance in the body's doshas, primarily Pitta and Kapha, along with vitiated Rakta dhatu (blood tissue).

In Ayurveda, Yuvan Pidika is a condition caused by an imbalance of doshas, primarily Pitta and Kapha, along with vitiation of Rakta dhatu (blood). The pathogenesis can be described as follows:

1. Doshā Prakopa (Vitiation of Doshas): During adolescence, there is a natural aggravation of Pitta dosha due to hormonal changes and increased metabolic activity. Kapha dosha may also get vitiated due to excessive sebum production and clogging of skin pores.
2. Rakta Dushti (Vitiation of Blood): Vitiated Pitta and Kapha doshas impair the quality of Rakta dhatu, leading to toxin accumulation in the blood. Rakta dushti results in inflammation, heat, and redness, which manifest as pustules or papules.
3. Srotodushti (Obstruction of Channels): The subtle channels (srotas) responsible for sweat and sebaceous gland function (Swedavaha and Raktavaha srotas) become obstructed by aggravated Kapha and Meda (fat tissue). This leads to blockage of pores and the formation of comedones.
4. Manifestation of Yuvan Pidika: The combined effect of Pitta's heat, Kapha's stickiness, and Rakta dushti results in the formation of inflamed pustules, papules, or nodules, which are characteristic features of Yuvan Pidika.
5. Nidana (Causative Factors):
Ayurveda points out following reasons for the manifestation of Yuvan pidika-
 - a. Intake of fried and junk food - vitiates Kapha and Pitta, leads to blood vitiation and acne.
 - b. Night awakening - leads to normal body rhythm imbalance, stress metabolism imbalance, leading to toxins and acne.
 - c. Over usage of cosmetics - direct impact on facial skin.
 - d. Stress and anxiety - leading to metabolism imbalance and toxins.
 - e. Physiological changes taking place during adolescence - attributed to hormonal imbalance.
 - f. Excess intake of non vegetarian food.

As per modern science, Acne is caused when the hair follicles become plugged with oil and dead skin cells.

It is caused Due to over production of skin oil (sebum, which is produced by a gland at the root of hair follicle). Irregular shedding of dead skin cells resulting in irritation of the hair follicles of your skin, Bacterial infection, Hormone imbalance related to menstrual cycle in females, and puberty in men causes acne. Even corticosteroids and androgen hormones used in treatment in certain conditions, causes acne. Even pregnancy related hormone fluctuation leads to pimples. And Family history.

6. Doshic Contribution: Pitta Dosha: Causes inflammation, redness, and heat. Kapha Dosha: Leads to excessive oiliness and clogging of pores. Vata Dosha (if involved): May contribute to dryness and formation of blackheads.

Thus, the samprapti of Yuvan Pidika is a multi-factorial process, involving the interplay of doshas, dhatus, and srotas. Ayurveda emphasizes balancing these factors to prevent and manage the condition effectively.

Case Report

Patient information:

A female of age 27yrs, student, who has no history of comorbidities came to out patient department of Rachna Sharir on 5-1-2025.

Primary Concerns and symptoms :

Several pus forming acne with pain and itching on face and upper back. Which leaves dark spots.

History of Present Illness:

Patient was asymptomatic 7 months ago, then she experienced first acne on face. Which increased in number in scattered pattern. Pus and blood discharge from acne leads to dark spots. Which lasts for several days. Patient also complaints about irregular bowel and loss of appetite with disturbed sleep since 1year.

History of Past Illness :

Patient had no history of hypertension, diabetes mellitus, thyroid disorders.

Clinical Findings:

General Examination :

Patient was average built but with weight 50kg, height 5'1" and BMI 20.83kg/m². Blood pressure(B.P.) 120/70mmHg, Pulse Rate 78/min, On general examination, no clubbing, cyanosis, icterus, pallor, pigmentation seen.

TREATMENT PLAN :

Diagnostic Protocol : On the basis of symptoms like Shalmali Kantaka Sadrisha Pidika, daha, tod, associated with *Aruchi, Mukhvairasya, Gauravta, Vibandha*, indicates *Rasa, Rakt, Mamsa Dhatu Dusti* reflects through *Twaka dusti* which is clinically assessed by *Ashtavidha Pariksha* (Eight Fold Examination).

NADI PARIKSHA	Vataj-Kaphaj
<i>MALA</i>	<i>Vikrit (hard, non sticky, yellowish in color).</i>
<i>MUTRA</i>	<i>Prakrit</i>
<i>JIVHA</i>	<i>Malavrit (white coated)</i>
<i>SHABDA</i>	<i>prakrit</i>
<i>SPARSHA</i>	<i>Ruksha</i>
<i>DRISHTI</i>	<i>prakrit</i>
<i>AKRITI</i>	<i>Sama</i>

Therapeutic Interventions:

After complete screening of patient and consent taken, on the basis of above findings patient was provisionally diagnose with *Yuvan pidika*. The drugs selected for treatment was *Triphala guggulu* with *Arogyavardhini vati*, *Avipattikar churna* and *Lodhrasav* . In next visit(after 15 days from drug intervention) diet and life style advised to patient to improve quality of life.

Drug Intervention

Time Frame	Drug Intervention	Dose	Frequency	Anupana
5/1/2025	<i>Avipattikar churna</i>	6gm, OD	After meal	Leukwarm water
11/1/2025	<i>Triphala guggulu</i> + <i>Arogyavardhini vati</i> + <i>Sarivadyasava</i>	2tab, BD 1tab, BD 10ml, BD	After meal After meal After meal	Leukwarm water Water Water
18/1/2025	<i>Triphala guggulu</i> + <i>Arogyavardhini vati</i> + <i>Sarivadyasava</i>	10ml, OD 5ml, OD 2 tab OD	After meal After meal After meal	Leukwarm water Water Water

Local application - Aconovin oint BD on acne.

Pathya Apathya

Pathya	Apathya
<ul style="list-style-type: none"> • <i>Sadrutta palana</i> 	<ul style="list-style-type: none"> • Junk food
<ul style="list-style-type: none"> • <i>Vyayama, Yoga</i> 	<ul style="list-style-type: none"> • Consuming sour, salty, meat & alcohol
<ul style="list-style-type: none"> • <i>Satvika ahara</i> 	<ul style="list-style-type: none"> • <i>Ati maituna</i>
<ul style="list-style-type: none"> • Meditation 	<ul style="list-style-type: none"> • Excessive sleep
<ul style="list-style-type: none"> • Healthy food habits 	<ul style="list-style-type: none"> • Avoid stress

OBSERVATION

S. No	Symptoms	Before treatment	After treatment	1 st follow up	2 nd follow up
1.	Shalmali Kantaka Sadrisha Pidika	Present	Mild reduced	Moderate reduce	Improvement (+)
2.	Tod	Present	Mild reduced	Reduced	Improvement (+)
3.	Dah	Present	Mild reduced	Reduced	Improvement (+)
4.	Strav	Present	Moderate reduced	Reduced	Improvement (+)

RESULTS :

a) BT



b) AT



c) BT



d) AT

DISCUSSION

Yuvan Pidika, commonly associated with acne vulgaris in modern dermatology, is extensively described in Ayurveda as a condition arising from doshic imbalances, particularly Pitta and Kapha, along with vitiation of Rakta dhatu (blood). The Ayurvedic approach to understanding and managing Yuvan Pidika is holistic, addressing the root cause rather than just symptomatic relief. Doshic Imbalance in yuvan pidika, The primary causative factors in Yuvan Pidika are: Pitta Dosha: Responsible for inflammation, redness, and burning sensation in the lesions. Kapha Dosha: Leads to excessive oiliness and clogging of pores. Rakta Dhatu Dushti: Vitiation of blood contributes to toxin accumulation and inflammatory responses. Ayurveda emphasizes that hormonal changes during adolescence aggravate Pitta and Kapha, leading to the manifestation of Yuvan Pidika. Srotas Involvement: The Swedavaha (sweat channels) and Raktavaha (blood channels) srotas are primarily affected in Yuvan Pidika. Blockage of these channels by doshas and ama (toxins) leads to the formation of pustules and comedones. Treatment Modalities in Ayurveda: The management of Yuvan Pidika involves a combination of: Shodhana Chikitsa (Purification Therapy): Therapies like Virechana (purgation), Vamana (emesis), and Raktamokshana (bloodletting) aim to detoxify the body and purify the blood. Shamana Chikitsa (Palliative Treatment): Herbal formulations like Kaishora Guggulu, Gandhaka Rasayana, and Manjishthadi Kwatha pacify Pitta and Kapha while

detoxifying Rakta dhatu. Pathya (Diet and Lifestyle): A Pitta- and Kapha-pacifying diet, hydration, and avoidance of trigger foods are emphasized. Lifestyle practices like yoga, pranayama, and stress management are also recommended. Holistic Perspective of Ayurveda: Ayurveda views Yuvan Pidika not only as a physical condition but also as one influenced by mental and emotional health. Stress, anger, and irregular sleep patterns are seen as contributing factors, aligning with the modern understanding of acne triggers. The holistic approach addresses both internal and external factors, providing long-term benefits without adverse effects.

Preventive Approach: Ayurveda stresses the importance of prevention through regular detoxification, maintaining digestive health (Agni), and adopting seasonal regimens (Ritucharya). This proactive approach ensures minimal recurrence and promotes overall skin health. The Ayurvedic framework for Yuvan Pidika offers a comprehensive and natural way to manage acne, emphasizing balance, detoxification, and overall well-being. This integrative approach has significant potential for modern dermatological practice, especially in cases where conventional treatments fail or cause side effects.

CONCLUSION

The case study of Yuvan Pidika highlights the effectiveness of Ayurvedic principles in addressing the root cause of acne through a holistic approach. By focusing on dosha balance, blood purification, and lifestyle modifications, Ayurveda provides sustainable and natural solutions to manage and prevent this condition. The integration of Shodhana (purification), Shamana (palliative care), and Pathya (dietary and lifestyle recommendations) demonstrates a comprehensive approach to treatment.

This case study underscores the importance of personalized treatment tailored to an individual's prakriti (constitution) and the specific dosha involvement. The results reaffirm the relevance of Ayurveda in managing modern dermatological conditions like acne, offering both physical and psychological benefits to patients.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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