

MANAGEMENT OF YAUVAN PIDIKA (ACNE VULGARIS) BY VAMAN KARMA-A CASE STUDY

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ABSTRACT

In this modern era, *YauvanPidika* (acne) is the burning problem in the adolescence. The modern measures regarding the treatment of acne are more or less failure. All these facts necessitate searching for a better remedy from the natural resources like herbs and minerals and other measures of *Ayurveda*. In *YauvanPidika* vitiated *Vata* and *Kapha Dosha* along with *RaktaDhatu* are involved. *Vaman* is the best treatment for eradication of vitiated *Kapha*. Here, a single case study of a 18 years old male patient is being presented who came with complaints of Comedones, Red Papules, pustules, Nodules Round chick, Forehead, Back and forearms, with *Vedana. Daha. Kandu, Paka* and *Vaivarnyata*. Considering the signs and symptoms of *YauvanPidika*, *Vamankarma* was selected. Marked improvement in signs and symptoms of *YauvanPidika* were found.

Keywords: *YauvanPidika, Vamanakarma, Acne Vulgaris*

INTRODUCTION

Nature has taught human various dimensions of beauty, with the gradual development of human mind, since the creation of the Universe. Beauty is that quality or combination of qualities which afford keen pleasure to the senses especially that of sight or which charms the intellectual of moral faculties. Face is the most important and beautiful organ. Face reflects the personality of person.

A great philosopher says that human faces express and represent their personality and wisdom. 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.

YauvanPidika (Acne vulgaris) is one of the most common dermatosis, which develops at puberty and young age, which are the wonder

years of an individual's life and when they are more conscious about the beauty. It leads to unattractive look and permanent disfigurement of the face, which may result in inferiority complex and sometimes isolation in the social life.

In *YauvanPidika* vitiation of *Vata* and *Kapha Dosh*a along with *RaktaDhatu* is described. *Acharya Sushruta* mentioned '*YauvanPidika*' under the heading of "*KSHUDRA ROGA*" and described '*VAMAN KARMA*' as its treatment.¹

The signs and symptoms of *YauvanPidika* can be correlated with 'Acne vulgaris' according to modern view. *YauvanPidika*, the disease name itself shows that the disease almost takes place in young age.

Modern science believes that it is due to infection of certain organism, but the disease is no more a simple reaction to bacterial infection. It occurs due to stress, influence of endocrine glands of the body, particularly the ovary & testis. Sometime it occurs in particular race, age, nutritional status, temperature, excessive use of cosmetics.

The modern measures regarding the treatment of acne are more or less failure. Although for prevention of the further infection, dislodging of the black heads and to moisturize the skin, various preparation are in practice like antibiotics, internal use of vitamin-A, hormones and cosmetic lotions for external application. Sometimes Ultraviolet Radiation therapies are also in practice. Corticosteroid has revolutionized the treatment but it's too much side ef-

fects and temporary relief has limited the therapy. All these facts necessitate searching for a better remedy from the natural resources like herbs and minerals and other measures of Ayurveda.

In *YauvanPidika* vitiated *Vata* and *Kapha Dosh*a along with *RaktaDhatu* are involved. *Vaman* is the best treatment for eradication of vitiated *Kapha*. *Rakta* is *Pitta Vargiya Dravya* and *Vamana* purifies the *Pitta* also at some extent and thus it purifies the *Rakta*. In *YauvanPidika*, *Srotorodha* is also seen in *SwedavahaSrotasa*, *Vamana* drug with its *Ushna*, *Tikshana*, and *Sookshma*, *Vyavyi*, & *Vikasi* properties enters the large & small *Srotas* of the body and clears the *Srotavarodha*, which helps in breaking the chain of *Samprapti*.

Selection of *Vamana Karma* was based on repeated recommendations by different *Acharyas* in the management of *YauvanPidika*.² This disease is very stubborn in nature; perhaps this might be the reason that almost all the *Acharyas* have advocated such a difficult procedure for the management of the disease.

Dosha should be eliminated from the nearest path. *YauvanPidika* is *UrdhvaJatrugataVyadhi* and *Vaman* expels the *Dosha* from the *Mukhamarga*. Therefore *Vaman Karma* will give better results than any other *Shodhana Karma*. Considering all these factors it is decided to prove efficacy of *Vaman Karma* in the management of *YauvanPidika*

CASE REPORT:

Name: -DivyaPatel

Age: - 18yrs

Religion: - Hindu

O.P.D. no: - 38483

Address: - Isanpur, Ahmedabad

D.O 1st arrival: - 1 Dec 2016

Table 1: CHIEF COMPLAINTS:

Sr.No	Chief complaints (Present history)	Time duration	Severity of the symptoms
1.	Comedone	2 years	Moderate
2.	Papules	2 years	Mild
3.	Pustules	2 years	Moderate
4.	Nodules	2 years	Mild

Table 2: ASSOCIATED COMPLAINTS:

Sr.No	Associated complaints (Present history)	Time duration	Severity of the symptoms
1.	<i>Vedana</i>	2 years	Moderate
2.	<i>Daha</i>	2 Years	Mild
3.	<i>Kandu</i>	2 years	Moderate
4.	<i>Vaivarnayata</i>	2 years	Moderate
5.	<i>Shrava</i>	2 years	Moderate
6.	<i>Paka</i>	2 years	Moderate

HISTORY OF PRESENT ILLNESS

Patient was asymptomatic before 2 years. Then gradually he developed Comedones, Papules, Pustules and Nodules round forehead, Chicks, Back and Forearms. He felt Itching and also felt burning, Sebum Discharge, Discoloration at site. So for proper treatment he came here in our hospital.

PAST HISTORY: No relevant past history was found.

TREATMENT HISTORY: Patient had taken Allopathic treatment but did not get satisfactory result.

NIDANA FOUND IN THE PATIENT

AaharajNidana

Excessive consumption of *Amla*, *LavanKatu*, *Drava*, *Snigdha* and *GuruAhara*, *Pishtanna*, *Kshir* and occasionally *Viruddhaahara*.

ViharajNidana

Vyayam and *Atisantapsevan* after consumption of food, *Diwaswap*, irregular *Shitaushnasevan*,

Addiction: Addiction of Tea 3 years.

Family History: No relevant family history was found.

Treatment Protocol:

Karma – *Vaman karma* was selected.

Vaman Karma

Shodhana: *Vaman karma* is divided into 3 parts.

(A) *Purva Karma:*

1) Deepana and Pachana

- Drug – TrikatuChurna
- Dose: 6 gm. per day
- Duration: 3 days (As per Aatur Agni)

2) AabhyantarSnehpan:

Pure Goghrita (Ghee):-

- Dose: 30 ml starting dose, in VardhmanaKrama (As per Aatur-Koshtha and Agni).
- Duration: 7 days (Depending upon the Samyak-SnigdhaLakshana)
- Anupan: UshnaJal

3) Abhyanga and Swedana: After obtaining SamyakSnigdhaLakshanas, Abhyanga with Nirgundi-Taila was done followed by SarvangaSwedana (BashpaSweda) in VishramKal (For 1 day) and on the day of Vaman Karma, prior to Vamana procedure.

(B)Pradhana Karma:-

Aakanthpan - By Dugdha

Table 3-VAMAN DRAVYA:-Madanphaladi Yoga (MadanPhala,Vacha,Saindhav).³

NO.	DRUGS	LATIN NAME	PARTS USED	DOSE
1	MadanPhala	Randiadumetorum	Pippali	4 gm.
2	Vacha	Acoruscalamus	Mula	2 gm.
3	Saindhav	Rock salt	Churna	1 gm.
4	Madhu	Mal depuratum	Itself	30 gm.

VamanopagaDravya:YastimadhuPhanta

Time of procedure: early morning

Total Dose of VamanDravya– 37 gms

(C) Paschata Karma:

SAMSARJANA KRAMA:-

As per the observations during the Vamana process 7 Vegas were obtained. PravraShuddhi was found and the SamsarjanaKrama of 7 days was decided according to the Pravara

Shudhhi. The sequence of Peya, Vilepi, AkritaMudgaYusha, KritaMudgaYusha. Peya etc. was served for 2 Aahar Kala.

ASSESSMENT CRITERIA

Assessment was done on the basis of the criterias like Paka, Srava, Kandru, Vedana, Daha, Vaivarnyata and also symptoms of Acne like- Comedone, Papules, Pustules, Nodules,.

SCORING PATTERN:-

Chief complaints:

1) Comedone:

Comedone	Score
No comedone	0
Less spread	1
Moderately spread	2
Widely spread	3

2) Papules:

Papules	Score
No Papule	0
Less spread	1
Moderately spread	2
Widely spread	3

3) Pustules:

Pustules	Score
No Pustule	0
Less spread	1
Moderately spread	2
Widely spread	3

4) Nodules:

Nodules	Score
No Nodule	0
Less spread	1
Moderately spread	2
Widely spread	3

Associated Complaints:

1) Vedana:

Vedana	Score
No Pain	0
Mild pain(Bearable pain)	1
derate pain(moderate and irregular)	2
ere pain(severe and continuous pain)	3

2) Srava:

Srava	Score
No Srava	0
Lasika	1
Puya	2
Pinjar	3

3) Kandu:

Kandu	Score
No Kandu	0
Mild(Bearable)	1
Moderate(moderate and irregular)	2
Severe(severe and continuous)	3

4) Vaivarnya-

Vaivarnya	Score
No vaivarnya	0
Mild	1
Moderate	2
Severe	3

5) Daha-

Daha	Score
No Daha	0
Mild(Bearable)	1
Moderate(moderate and irregular)	2
Severe(severe and continuous)	3

6) Paka-

Paka	Score
No Paka	0
Mild paka	1
Moderate paka	2
Severe paka	3

Table -4: ASSESSMENTCHIEF COMPLAINTS:

Sr.No	Chief complaints (Present history)	B.T.Score	A.T.Score
1.	Comedone	2	1
2.	Papules	1	0
3.	Pustules	2	1
4.	Nodules	1	1

Table – 5: EFFECT ON CARDINAL SYMPTOMS

Symptoms	Mean score		X	%	S.D.	S.E.	T	P
	B.T.	A.T.						
Comedones	2.47	0.73	1.73	71.11%	0.457	0.089	14.66	<0.001
Pustules	2.27	0.67	1.60	71.11%	0.507	0.103	12.22	<0.001
Papules	1.33	0.40	0.93	70.37%	0.883	0.236	4.090	0.001
Nodules	0.33	0.13	0.20	60%	0.414	0.836	1.871	0.082

Table – 6: ASSOCIATED COMPLAINTS:

Sr.No	Associated complaints (Present history)	B.T.Score	A.T.Score
1.	Vedana	2	0
2.	Daha	1	0
3.	Kandu	2	0
4.	Vaivarnayata	2	1
5.	Shrava	2	0
6.	Paka	2	0

Table – 7: EFFECT ON ASSOCIATED SYMPTOMS

Symptoms	Mean score		X	%	S.D.	S.E.	T	P
	B.T.	A.T.						
Vedana	1.20	0.13	1.07	92.86%	0.457	0.114	9.025	<0.001
Srava	1.13	0.20	0.93	80.77%	0.703	0.188	5.137	<0.001
Kandu	0.93	0.07	0.87	96.15%	0.351	0.097	9.539	<0.001
Vaivarnayata	0.93	0.20	0.73	79.17%	0.593	0.178	4.785	<0.001
Daha	0.67	0.20	0.47	72.22%	0.516	0.195	3.500	0.004
Paka	0.93	0.27	0.67	69.23	0.617	0.195	4.183	<0.001

DISCUSSION

- *Vamanais* said as the best treatment for the *Kapha dosha* elimination. In *YauvanPidika*, the mainly vitiated *dosha isKapha*. Other *dosha* which are involved in this disease are *Vata andRakta*. *Rakta is Pittavargiyad-ravya and Vamana* Purifies the *Pitta* also at some extent and thus it purifies the *Rakta*.
- In *YauvanPidika*, *Srotorodha* is seen in *Swedavahasrotasa*, *Vamana* drug with its *Ushna, Tikshana, and Sookshma, Vyavyi, & Vikasi* properties enters the large & small *Srotas* of the body and clears the *Srotava-rodha*, which helps in breaking the chain of *Samprapti*.
- *Dosha* should be eliminated from the nearest path. *YauvanPidika* is *Urdhvajatrugatavyadhi* and *Vamana* expels the *dosha* from the *Mukhamarga*. Therefore *Vamana karma* will give better results than any other *Shodhanakarma*.

- In *YauvanPidika*, *Rasa, Rakta, Mamsa* and *Medadhatus* are vitiated, especially *Meda*.⁴⁻¹¹ *Vamana karma* possesses the property of purifying vitiated *dhatu* and increases the *Dhatvagni*, which corrects the disturbed *dhatupakavyapar*.
- *Acharyas* have described this disease as *YauvanPidika*, which shows the age of occurrence of the disease. *AcharyaCharaka* has described the age of 16-30 as *VivardhamanaDhatukala*, which is the starting period of functional state of *ShukraDhatu*. Modern medical science considered hormonal imbalance, specifically of androgens as one of the important causative factors, which in turn stimulates the sebaceous glands to produced excess sebum. This may be the cause that maximum patients were found in the age group of 16-20 years because hormones and *Shukradhatu* are more active during this period.

- Proper *Akanthapana* is an essential measure, which has its definite impact over the duration of *Vamana* and amount of the medicine to be ingested.
- On repeated recommendations by different *Acharyas* and considering the pathology of disease *Vamana Karma* was selected in the management of *Yauvan-Pidika* and marked improvement was obtained.

CONCLUSION

- In this case *KaphaDushti* was predominant in comparison to other *Doshas*.
- Hence *Vaman Karma* was preferred and Marked Improvement was obtained.

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