

A CASE STUDY OF YUVANPIDIKA (ACNE VULGARIS) TREATED BY JALAUKAACHARANA (LEECH THERAPY) – A SINGLE-ARM STUDY

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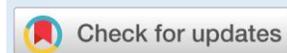
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ABSTRACT

Acne is one of the common diseases faced by teenagers now-a-days. Human personality reflects by the face and the face is the most common site of acne. In *Ayurveda*, fifty-six *Urdwajatrugata Upangas* (above neck region) are mentioned, and face is one of them. *Acharya Sushruta* has mentioned *Yuvanpidika* in the *Sushrutasamhita* which can be correlated with acne. *Yuvanpidika* means one which arises at a young age. The mainly *Rakta Dosha* is vitiated in this disease. So, *Raktamokshana* (bloodletting) is the prime therapy practised for the vitiated *Rakta*. In the following case study, *Raktamokshana* was done using the tool *Jalaukaacharana* (Leech Therapy) for the treatment of acne. A remarkable result was observed in this particular case. Similarly, *Mukhadushika* (Acne Vulgaris) is a common skin disease found in adolescents encountered by general practitioners and dermatologists in day-to-day clinical practices. Current treatment procedures which include surgery, laser treatment, oral antibiotics and topical applications are associated with many side effects, bacterial resistance, irritation of the skin, peeling, scar and recurrence. But in *Ayurveda*, the treatment procedures like *Vamana*, *Lepa*, *Nasya* and *Raktamokshana* are explained. Among these, *Raktamokshana* using *Jalauka* provides a simple, painless, cost-effective treatment for *Mukhadushika*.

Keywords: Acne, Yuvanpidika, Mukhadushika, Leech therapy, Jalauka Avacharana

INTRODUCTION

Everyone has a desire to look good and beautiful. Our health status is mirrored by the skin. Its appearance reflects age, origin, health and even state of mind. *Tvak* (skin) represents outer as well as inner beauty and is counted as one of the *Gyanendriya*. Acne is the most common ailment that is seen among teenagers now-a-days. As the name, 'Yuvanpidika' itself suggests small pustular forms or boils occurring in the youths. In *Sushrutasamhita*, Yuvanpidika is mentioned under *Kshudra Rogas*. It is also called "Tarunyapidika". This disease also affects the face and vitiates the facial appearance; so, it is called 'Mukhadushika' "These are *Shalmali Kantak* like eruption that arises on the face due to vitiation of *Kapha*, *Vata* and *Rakta* which are found in adolescents. As per modern science, the symptoms of Yuvanpidika resembles acne vulgaris. Acne is a chronic inflammatory disease of the pilosebaceous glands present in the skin of the face. This disease is characterized by the formation of comedones [blackheads], erythematous papules, and in a few cases, nodules or cysts and scarring. Four major factors are causing the disease are, increased sebum production, cornification of pilosebaceous ducts, microbial involvement and production of inflammation. This condition is found commonly in puberty. Many synthetic drugs like benzoyl peroxide, antibiotics, anti-androgens are used to treat this disorder, but these drugs also exhibit several side effects like dryness of skin, dermatitis, darkening of the skin, and recurrence after withdrawal. There is no single disease that causes

more psychic trauma, more maladjustment between parents and children's, more general insecurity and feeling of inferiority and greater sums of psychic suffering than that of acne.

2. Aim and Objectives: -

Role of *Jalaukaavacharana* in the management of Yuvanpidika (Acne vulgaris).

3. Materials and Methods: -

CASE REPORT-

The present case study represents successful Ayurvedic management of acne vulgaris. The 25-year-old female patient visited the OPD of PG Department of *Shalya Tantra* NIA, Jaipur (Rajasthan).

With the following complaints: -

Chief Complaints-

Acne over face (*Pidika*)

Burning sensation over face (*Daha*)

Itching over face (*Kandu*)

Discoloration of the skin (*Vaivarnya*)

History of Present Illness-

The patient had the above complaints for the last 6 months. In this period, she experienced small pustules over her both cheeks. Also, had an itching and burning sensation over those areas.

The patient tried various allopathic local as well as systemic drugs, but none could prevent the relapse of acne. So, she came to the OPD for Ayurvedic treatment. **History-** Dengue before 1 year; Typhoid before 2 years.

Personal History

Name- XYZ	<i>Bala- Madhyama</i> (moderate)
<i>Prakriti- Pitta-Vata</i>	Age- 25 years
Sleep- Inadequate	B.P.- 110/70 mm of Hg
Sex- Female	P.R.- 78/min
Marital status- Unmarried	Bowel Habit- Irregular
Height- 160cms	Occupation- Student
Appetite- Normal	Weight- 54 Kgs

Ashtavidh Pariksha

Nadi (Pulse)- 78/min	Shada (Speech)- Clear
Mala (Stool)- Constipation	Sparsh (Touch)- Clear
Mutra (Urine)- Samyak	Druk (Eyes)- Prakrut
Jivha (Tongue)- Saam	Aakruti (Built)- Madhyama

The patient was given 3 sittings of *Jalaukavacharana* of 7 days intervals along with the *Mahamanjishtadi Kwatha* internally 10 ml at the *Pashchatbhakta Kala* continuously for 28 days.

Methodology for Leech Therapy-

Source of leeches: -All the leeches used in the trial were purchased from a reputed biological product supplier, India.

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 *Haridrajala* (Turmeric water), prepared by adding a few pinches of *Haridra Churna* (turmeric powder) in a kidney tray half-filled with fresh water. When the leech becomes active i.e., move very fast in the vessel then it was taken out and transferred into a vessel containing fresh cold water.

Preparation of patient: The patient was given mild *Abhyanga* followed by *Bashpasvedana* over the face for a few minutes to increase the superficial circulation

and facilitate the *Raktamokshana*. 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: Pricks by lancet were done near the pustules/papules for application of leeches 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, 2-3 leeches of 3-4 inches 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 the bite for 2-4 hours or more. *Haridra* powder was applied over the bite lesions. A few minutes later, cotton gauze pieces were kept over the bleeding sites with firm pressure to absorb the secondary bleeding. When it gets attached to the site forming a clot, the patient was advised not to unplug it before the next day morning to avoid any bleeding. In a few patients, in whom blood was not checked, tight compression bandaging was also done to check the bleeding.

4. Aahara and Vihara advised during treatment: -
Pathya- Green grams, rice, wheat, green vegetables, fruits, mostly red. Adequate sleep at night. Daily minimum 10-15 minutes of *pranayam* in fresh Air. *Paadabhyanga* daily while sleeping. Washing face every time after coming from the outside environment and while sleeping.

Apathya- Oily, fried, spicy eatables, bakery items, curd, junk food, cold drinks etc. *Ratrijagrana*, *Diwaswapa*, squeezing of acne.

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
Discolouration	0	1	2	3

Changes in signs & symptoms during treatment

Signs & symptom	Before treatment	1 st Sitting	2 nd sitting	3 rd sitting	After treatment
Acne	4	3	3	2	1
Burning	3	3	2	2	1
Itching	3	2	1	0	0
Discolouration	3	2	2	1	0

DISCUSSION

Leech is considered to be the *Paramsukumara* and is one of the remedies for *Raktamokshana* in adolescents, older people, fearful, women, soft personality people. As acne vulgaris affects the adolescent age group commonly, *Jalaukavacharana* was taken for the study. Leech takes out vitiated *Rakta* along with *Dosha* especially *Pitta Dosha* from the nearby area, which causes *Srotoshodhana* [cleansing of channels] locally. This *Shodhana* reduces the lesions i.e., *Pidaka* due to *Raktadushti* [unpurified blood]. Also, it lessens the associated symptoms that were occurring due to the vitiated *Pitta* like *Daha*, *Paka* [suppuration] and *Vaivarnyata* [discoloration]. As it reduces *Kapha* symptoms i.e., *Kandu*, *Snigdhata* [unctuous] as well, therefore *Jalaukavacharana* must be removing vitiated *Kapha* too, to some extent. *Srotoshodhana* causes *Anulomana* [removal] of trapped *Vata*, therefore a reduction in *Vedana* [pain] and *Vaivarnyata* were also observed.

Recent studies have reported the presence of analgesic substances in leech saliva. Modern medical science studies have also reported the presence of various biologically active substances in the leech saliva which help reduce inflammation and pain. Leech's biological enzymes 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 *Jalaukavacharana* on acne lesions.

CONCLUSION

The term *Yuvanpidika* indicates the prevalence of the disease in the *Yuva* [young age] stage of the *Madhyama Vaya*. The cardinal feature of the disease, *Shalmalikantakavat Pidaka, Toda* and *Ghana Pidaka* were observed in so many people. *Yuvanpidika* has a clear-cut resemblance with the modern disease. Acne Vulgaris is called to be a physically and psychologically scarring disease. Although *Vata, Kapha* and *Rakta* are mentioned as *Dosha-Dushya* involved in the pathogenesis of the disease, *Pittaja* symptoms were also found in the disease like *Daha* and *Paka, Vataja* symptoms were found to be very less or in specific patients only. The most common *Vataja* symptom found in patients was *Vedana. Snigdhatta/Kleda* over the face was the most common type of associated complaint seen in almost every patient followed by *Paka* and *Daha. Shotha* and *Srava* were the least persisting associated complaint in *Yuvanpidika* patients. The majority of the patients used to have *Vata-Pitta* dominance followed by *Kapha-Pitta* dominance in their *Prakriti*. *Jalauka acharana* alone is very significant in relieving the associated complaints like *Kandu, Daha* and *Vedana* etc due to the elimination of vitiated *Rakta* indirectly correcting *Pitta Dosha*, due to *Srotoshodhana* effect, due to improving local blood circulation, due to various bioactive substances like anti-inflammatory substances released by *Jalauka*. The results were encouraging; hence further studies may be conducted including a large population in this direction.

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