

An integrative approach of shodhan and shaman in the management of Yuvanpidika acne vulgaris - a single case study

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Abstract

Acne is a common chronic inflammatory condition of skin with substantial cutaneous and psychological disease. This disease is characterised by the formation of Comedones [blackheads], erythematous papules, also in a few cases, nodules or cyst and scarring It appears frequently on the cheeks but also involves forehead, chin, and nose, on back, chest and mid arms.

A 25 year old female patient came with complaints of *Pidaka* (glandular and papular swelling) all over the face, *Todavat Pida* (pricking pain) with oiliness of face, *Malabadhata* (constipation), improper sleep pattern since last 2 months.treated with ayurveda medicine and shodhan for the same for 1 month and significant reduction in symptoms were noted and assessment of disease condition done on grade scale & was also advised to follow *Pathya-Apathy*. After completion of treatment patient was got relief of all the complaints and get rid of disease.

Introduction

Acne is a common chronic inflammatory condition of skin with substantial cutaneous and psychological disease.¹ This disease is characterised by the formation of Comedones [blackheads], erythematous papules, also in a few cases, nodules or cyst and scarring ² It appears frequently on the cheeks but also involves forehead, chin, and nose, on back, chest and mid arms ³ It develops earlier in females than males personals. A highest incidence and harshness occurs between the age of 14-17 years in females and 16-19 years in males ⁴

In Ayurveda acne vulgaris is considered as *Mukhadushika* (*Yuvvan pidika*) due to similarities of symptoms. It is described under the *Kshudraroga* ⁵ The clinical features of *Mukhadushika* are *Pidaka*(eruptions), *Saruja* (pain), *Ghana* (thickness of eruption) , *Medogarbha* (comedones) *Kandu* (itching), *Saraktata* (bleeding) *Daha* (burning sensation), *Snigdghata* (greasy skin).⁶ Classical text explains treatment plan for *Mukhadushika* is of two types *Shodhana Chikitsa* and *Shamana Chikitsa* including *Vamana*, *Nasya*, *Siravedha*, *Lepa* and *Pralepa*⁷.

Material and methods

Case report

A 25 year old female patient came with complaints of *Pidaka* (glandular and papular swelling) all over the face, *Todavat Pida* (pricking pain) with oiliness of face, *Malabadhata* (constipation), improper sleep pattern since last 2 months.

She had took various local application creams of modern medicine but got no relief so came to Kayachikitsa OPD for further management. Patient is student of competitive exams and had habit of repeated intake of oily food.

History of past illness - No any h/o of major illness.

History of allergies - No h/o any allergies.

Family H/O - No any significant family history

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Personal history

Bowel - Constipated, 1 time / day, unsatisfactory evacuation

Appetite – Reduced

Diet - Spicy and Sour food along with junk food once in week.

Micturation - Normal 3-4 times/day, 1-2times/night

Sleep - Disturbed sleep due to studies

Occupational history - Seating for long duration, *Ratri Jagaran* and stress

On Examination

Type of swelling - Glandular and pustular swelling, Distribution - Uneven spread all over the Face

Ashthavidh Pariksha

Nadi - 78/Min

Mala - *Asamayak* (constipated)

Mutra - *Samyak*

Jivha - *Saam*

Shabda - *Spashta*

Sparsh - *Anushan Shita, Khar Sparsh*

Druk - *Samyak*

Akriti – *Madhyam*

Dietary advice

Pathya – Home cooked diet without over spices, green leafy vegetables, salad, repeated face washes with face wash, Pranayam and Yoga to reduce stress.

Apathya - Avoid Abhishyandi Ahar, salty and junk food, spicy food, Ratri Jagaran, repeated expose to dirt and dust.

Treatment plan :-

Sr .no.	Name of Medicine	Dose	Anupan	Duration
1.	Gandhak Rasayan	250mg twice a day After meal	Koshna Jal	For 1 month
2.	Aam Pachak Vati	250mg twice a day before meal		
3.	Gandharv haritaki churna	10 gm at bed time		
4	S- Kin powder	Local application	With Gulab Jal	
5.	Jaluka vacharan	-	-	1 day

Assessment⁸

- ✦ **Grade-0:** No any Acne
- ✦ **Grade-1:** Comedones, occasional papules.
- ✦ **Grade-2:** Papules, comedones, few pustules.
- ✦ **Grade-3:** Predominant pustules, nodules, abscesses.
- ✦ **Grade-4:** Mainly cysts, abscesses, widespread scarring.

Table 2: Showing day wise progress gradation

Duration	0 day	15 day	30 day
Gradation	Grade3	Grade 2	Grade 0

Discussion

Gandhak Rasayan is explained in classic text as *Kushta Rogahar* and having antibacterial and antifungal properties along with acting on *Rakta Dhatu* and causes *Rakta Shodhan* (purification of blood). It also acts as *Rasayana* and helps in improving skin complexion. It reduces the *Kandu*, *Pidika*, *Raaga* and *Daha* by its *Rakta Shodhak*, *Vranaropak*, *Krumighna* and *Kushthaghna* properties⁹

Aam Pachak Vati before meals improves digestive power by regulating Agni and aiding in Ama digestion by its Tikta Rasa, Ushna Veerya and Deepana Anulomana properties

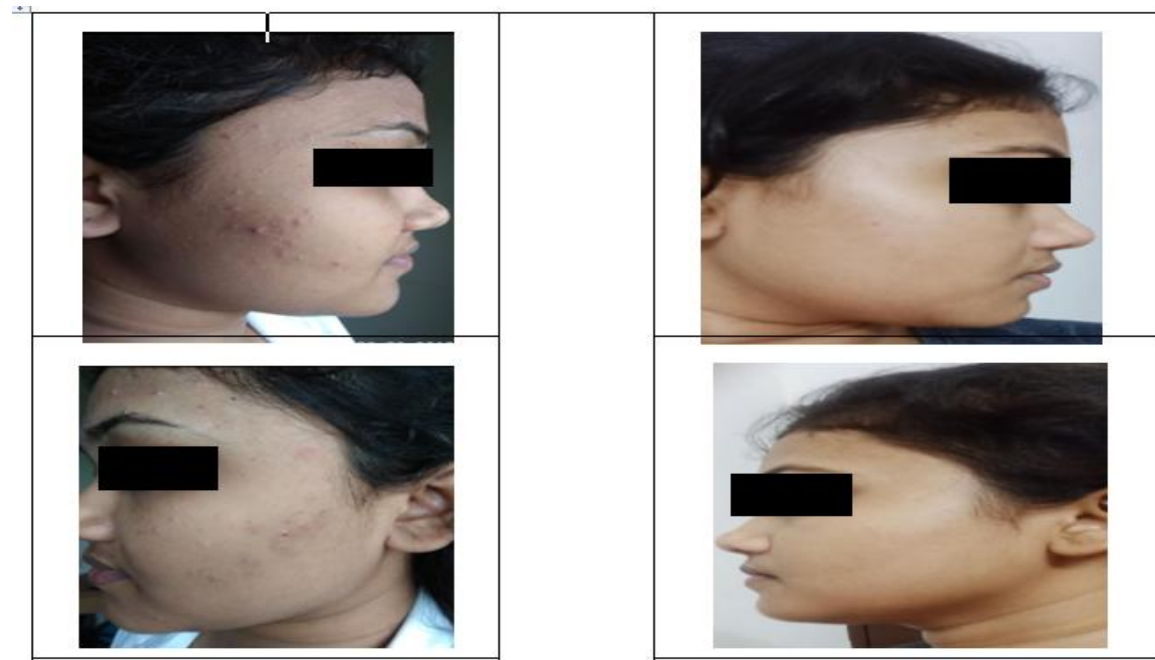
Gandharva Haritaki Churna, which contains Erand Sneha, Sunthi Churna, Sauvarchal Lavan, and Haritaki Churna as Mrudu & Snigdha Anulomaka Guna, causes regular and seamless stool elimination without vitiating Vata.¹⁰

Mode of action of Jalauka Avacharan

Jalauka has Hirudine, inhibitors of kallikrein, hyaluronidase, histamins enzymes which will act as vasodilators, anti-inflammatory and anaesthetic agent. By puncturing the skin in a way that allows these physiologically active substances to enter the deep tissue, leeches draw blood. Intra-articular and peri-articular myofascial structures as well as the inflammatory state of the skin can be significantly impacted by anti-inflammatory components like Bdelins and Eglins. Vasodilators increase blood flow.¹¹

Conclusion

In this case study we can observe that a significant improvement with an regular medicication along with jaluka avacharan which will help to improve skin tone and cures disease condition

PHOTOGRAPH (BEFORE AND AFTER TREATMENT)**REFERENCES**

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