ABSTRACT

In this era people are very much conscious about their health and beauty. Face is most important and beautiful organ which is mostly affected by certain diseases in adolescents. Yuvanpidika is one of such disease described in Ayurveda. Aacharya Sushruta has described Yuvan Pidika as eruption like Shalmali thorn on the face of a young men or women is called yuva and its pidika is Yuvanpidika. This disease has described under Kshudraroga chapter by many classical texts. Vitiation of Kapha, Vata and Rakta Doshas which give rise to symptoms like swelling, pain, redness, itching in Yuvanpidika. It is also called as Mukhadushika, Tarunyapitika. In modern Medical science Acne can be correlated with Yuvanpidika. Acne is as chronic inflammatory condition of the pilosebaceous follicles on face and sometimes on chest and upper back also mostly affect almost 85% of teenagers.

Keywords: Yuvanpidika, Kshudraroga, Kushtharoga, Mukhadushika, Tarunyapitika.

1. INTRODUCTION

Skin is the largest organ as well as one five sense organ in humans. It covers whole bdpdy. Skin is termed as Sparshendriya. Imbalance in the body may be reflected on skin. Face is most important and beautiful organ which is mostly affected by certain diseases in adolescents. Yuvanpidika is one of such disease described in Ayurveda. Aacharya Sushruta has described Yuvan Pidika as eruption like Shalmali thorn on the face of a young men or women is called yuva and its pidika is Yuvanpidika. This disease has described under Kshudraroga chapter by many classical texts. Vitiation of Kapha, Vata and Rakta Doshas which give rise to symptoms like swelling, pain, redness, itching in Yuvanpidika. It is also called as Mukhadushika, Tarunyapitika. In modern Medical science Acne can be correlated with Yuvanpidika. Acne is as chronic inflammatory condition of the pilosebaceous follicles on face and sometimes on chest and upper back also mostly affect almost 85% of teenagers.

Acne is chronic inflammatory condition of skin with significant cutaneous and psychological disease burden. It is present in both males and females. Males are more prone to it since onset of puberty. Sebaceous glands release increased sebum in adolescents and give rise to Acne. Though, this disease is not a life-threatening or harmful condition, but complications like black heads and permanent scarring hampers the quality of life and personality. Acne vulgaris is adolescent disorder in which formation of comedones, papules, pustules, nodules and cysts take place. Several factors are responsible for acne viz. hormonal disturbance, sebum production in excessive amount, hyperkeratinization etc. Excessive sebum is accumulated in epithelial cells and results in obstruction of pilosebaceous follicle which results in formation of lesion called Acne.

2. METHODS
Only literary methods were adapted to carry out this review. Ayurveda as well Modern literature available in the context of Yuvanpidika (Acne) was used.

3. CONCEPT REVIEW

3.1. Causative factors (Nidana) of Yuvanpidika

Vata, Kapha and Rakta are the prime factors in the pathogenesis of this disease. According to Acharya Sharangdhara, Shukra dhatu mala is responsible to produce Vaktra snigdhata and Pidaka. Hence, vitiated doshas along with vitiated shukra dhatu mala and Swabhava of the age can be considered as main causes of Yuvanpidika. In short, Nidana for disease is Dosha prakopaka, aaharaja, viharaja hetu of Vata, Kapha and Rakta dhatu.

3.2. Vyutpatti and Niruki of Yuvanpidika

The meaning of youvana is tarunya. The word Pidika means round swelling. So, Yuvan pidika is a circular swelling or eruption that develops on the face. Yuvan pidika is resembles like Salmali Kantaka on the face of a young men or women.

Yuvan pidika vigraha: Yuv(n) + An(n) + Pida-ka.

Looking into all the above facts, Yuvan pidika can be taken as a rounded swelling which occurs in the young adults presenting with pain and paka as symptoms.

3.3. Types of Yuvan Pidika

There is no description of Yuvan pidika types found in the ayurvedic classics but on the basis of predominant dosha involvement and the symptoms the disease may be classified.

- **Vataja**: The eruptions which are very full, ruksha on touch, Krishna varna.
- **Kaphaja**: The eruption which are predominantly has kandu, aruna varna, kathina with mild pain.
- **Raktaja**: The eruption which are black or reddish in colour, with radish discharge.
- **Dwandwaja**: Combination symptoms of two doshas.

3.4. Clinical Types of Acne

There are 6 types of acne viz. Acne punctate, Acne papulose, Acne Pustulosa, Acne indurate, Acne cystic and Acne keloida.

3.5. Synonyms of the Yuvan padika

Yuvan Padika, Mukhadushika, Anana dushika, Vayasphoda, Tarunya Pidika, Yuvaganda, Youvan Kantaka, kshudra Sphotaka

3.6. Lakshanas

- **Shalmali kantakakara**: The eruption which are found on the face these are conical shape, resembling the kantaka of shalmali tree and having its base on the face called as yuvan pidika.
- **Pidika**: The lesions which appears in the form of eruption is known as Pidika.
- **Saruja**: The eruptions are painful and the
pain may be severe or mild.

- **Ghana**: The *pidaka* which is Ghana on touch is due to vitiated *kapha*.
- **Yuna Mukhe**: This word shows the site of origin of *pidika* and time of occurrence of the disease. Disease occurs in young age and affects the *mukha* or face.

3.7. **Samprapti of Yuvana PIDika**

According to Acharya Shushruta and Vagabhata, the vitiated *kapha, vata, rakta* and *meda* causes the development of *pidakas* on the *mukha* which resembles the *Shalmalikantaka*. As per opinion to Charaka in the vitiated *Pitta* is located in the *Twak* and *Rakta dhatu*. The *rakta varni shotha* caused by them is known as *Pidaka*. Thus, *Pitta* should also be considered as main factor in *Samprapti* of *Yunana Pidika*. These causative factors and symptoms have been accepted by other Acharyas like Vangase-na, Madhavakara, Bhavaparaksha, but Acharya Sharangadhara narrated that *Vaktra snigdhata* and *pidaka* are produced due to mala of *Shukra dhatu*.

3.8. **Chikitsa**

Shodhana chikitsa and Shamana chikitsa are the two basic types of treatments are mentioned in Ayurveda classics in treatment of almost every disease. Treatment of *Yuvan pidika* can be explained on the basis of these two.

3.8.1. **Shodhan Chikitsa**

**Vaman Karma**

*Vaman* is the best *Shodhana karma* for *Kaphaja* dominance as per Acharya Shushruta and Vagabhata. It helps in *Samprapti bhanga* of *Yuvanpidika* by shodhana of vitiated *Kapha*. Almost in all texts *Vaman* is stressed as the prime treatment.

**Virechana Karma**

*Virechana* is indicated specially for *Shodhana* of *Pitta Dosha*. The purgative drugs are used in *Virechana*. They help to expel out excessive amount of vitiated *Pitta*. *Rakta* and *Pitta* are analogous to each other and therefore *Virechana* is also effective in conditions where Rakta dushti is dominant.

**Nasya Karma**

Acharya has described this process in *Yuvanpidika* with *Tila taila* as pratimarsha nasya.

**Raktamokhsana**

By Shiroyedha and Jaluka is described in *Yuvanpidika*.

3.8.2. **Shaman Chikitsa**

It is done by using many herbal or herbo-minerals compounds internally or externally. The *Shamana chikitsa* includes various type of *Lepa* and *Pralepaas* which are used externally.

**External applications (Lepa)**

- Dhanyaka, Vacha, Lodhra, Kushtha
- Saindhava, Vacha, Lodhra, Sidhartaka, Adhaki
- Lodhra, Vacha, Dhanyaka, Gorochana, Marich
- Vacha, Lodhra, Saindhava, Sarsapa
- Matulunga moola, Ghrita, Manashila, Gorasa
- Jayaphala, Chandana, Maricha
- Wweta Sarsapa, Vacha, Lodhra, Saindhava Lavana
- Gorochana, Maricha
- Shalmali kantaka, Kshira
- Vata pakwa patra, Malati, Rakta Chandana, Kushtha, Kaliyaka, Lodhra
- Haridra taila, Manjista taila, Kumkumadya taila

**Internal medicines (Kalpa)**

Kaishora Guggulu, Triphala Guggulu, Arogya Vardhini Vati, Mahamanjishtadi Kashaya, Panchanimba choorna, Triphaladi kashaya, Avipathikar choorna, Khadirarishta, Usheerasava, Chandanasava etc.

4. **CONCLUSION**

*Yuvan pidika* is the one of the most burning problem in youngsters. *Yuvan pidika* is a one of the *ksudra rogas*. *Pidika* resembling thorn of *Shalmali* tree with the predominance of *Kapha, Vata* and *Rakta* occurring in young age is known as *Yuvan pidika*. It is *Ghan* and *Saruja*.
Acne is caused by Cutibacterium acnes. It is a chronic inflammatory disorder of sebaceous follicles characterized by the formation of comedone, papules and pustules, nodules or cyst. Yuvan pidika has a strong resemblance with Acne.

REFERENCES


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