



ISSN 2456-3110

Vol 7 · Issue 7

August 2022

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

Indexed

# Vaman Karma in Yauvan Pidika (Mukhdushika) w.s.r. to Acne Vulgaris : A Case Study

Pankaj Kumar<sup>1</sup>, Ragini Kumari<sup>2</sup>, Sumit Kumar<sup>3</sup>, Prabhas Chandra Pathak<sup>4</sup>

<sup>1,2,3</sup>Post Graduate Scholar, Dept. of Kayachikitsa, Govt. Ayurvedic College & Hospital, Patna, Bihar, India.

<sup>4</sup>Assistant Professor, Dept. of Kayachikitsa, Govt. Ayurvedic College & Hospital, Patna, Bihar, India.

## ABSTRACT

Face is considered as an important part of the body as far as beauty and look is concerned. Hence, everyone in general and youngsters in particular are very cautious about beauty of their face. Acne vulgaris (A.V) is a disease of the pilosebaceous origin that causes non-inflammatory lesions (papules, pustules and nodules) and varying degrees of scarring. In *Ayurveda Yauvanapidika* (Acne vulgaris) is such a condition that disfigures the face during adolescent to younger age. If the condition remains untreated, it leaves permanent scars over the face. According to *Ayurveda*, vitiation of *Kapha Dosha*, *Vata Dosha* and *Rakta Dhatu* lead to development of *Mukhadushika* or *Yauvanapidika* which have resemblance with acne vulgaris in modern texts. Both modern and *Ayurvedic* sciences have considered the use of topical as well as oral medicines and their combination for the management of acne vulgaris. No doubt modern medication provides quick relief from acne vulgaris but cause noticeable side effects. Nowadays herbal formulations and *Ayurvedic* therapy are the superior choices for cosmetic purposes among the most of the population. So, the aim and objectives of this article is to minimize the side effects of Allopathic medicine in Acne vulgaris (A.V) as well as to popularized the *Vamana* therapy (one of the procedures of *Panchakarma* therapy) by a case study of 25 yrs old female patient having complaints of recurrent erythematic papules and pustules along with dark spots on her face. She was given *Shodhana* Therapy (*Vamana* therapy) and then *Shaman Chikitsa* (*Panchkol Phanta*, *Chitrakadi Vati*, Liv 52 DS). She got good result in *Yauvanapidika* (Acne vulgaris).

**Key words:** Acne vulgaris, Madanaphala Pippali, Samsarjana Krama, Snehapana, Vasantika Vamana, Yauvanapidika.

## INTRODUCTION

Acne in adult patients may start during adolescent and persist or have an onset in adulthood. Acne has various psychological<sup>[1]</sup> effects that impact patients quality of life.<sup>[2]</sup> Acne is a common skin problem that affects almost 85% of teenagers, mostly occurs on face and some time on chest and upper back too. This condition resembles with *Yauvanapidika*<sup>[3]</sup> or *Mukhadushika*<sup>[4]</sup> described in *Ayurveda* under the caption of

*Kshudraroga*.<sup>[5]</sup> Acne vulgaris is related to the pilosebaceous follicle. It is considered as adolescent disorder which is characterized by formation of open and closed comedones, papules, pustules, nodules and cysts. According to studies, several factors such as disturbed hormonal (androgen) production, excess sebum production, hyper keratinization are involved in pathophysiology of acne. Accumulation of excess sebum, epithelial cells and keratin obstruct the pilosebaceous follicle. This obstruction causes formation of a keratin plug and follicle swelling below skin surface, resulting in acne lesion.<sup>[6,7]</sup> Colonized bacteria of skin such as *Propionibacterium*. acnes may cause severe kind of infection which leads to scarring and unpleasantness of face.<sup>[8,9,10]</sup>

In modern medicine, several treatments are available for acne vulgaris but treatment must comply with type and severity of the lesions. Treatment mainly includes prolonged use of antibiotics, comedolytic and anti-inflammatory agents.<sup>[11]</sup> Though, these medicines are better treatment options for acne management, the

### Address for correspondence:

Dr. Pankaj Kumar

Post Graduate Scholar, Dept. of Kayachikitsa, Govt. Ayurvedic College & Hospital, Patna, Bihar, India.

E-mail: drpankaj300389@gmail.com

Submission Date: 13/06/2022 Accepted Date: 20/07/2022

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka  
Ayurveda Organization, Vijayapur,  
Karnataka (Regd) under the license  
CC-by-NC-SA

side effects of these medications such as increase frequency and severity of skin dryness, scaling, erythema, burning, stinging, itching and bacterial resistance limits their use.<sup>[12,13]</sup>

In *Ayurveda*, acne has been elaborated as one of the *Kshudra Rogas* (minor ailments). Acne is called as *Yuvanpidika* and *Tarunypitika* as it manifested in *Yuva* or *Taruna* (adolescence). As the disease has local spread over the face and due to the inflammatory and scarring nature of lesions, acne is also called as *Mukhadushika*.<sup>[14,15]</sup> *Yuvanpidika* or *Tarunypitika* or *Mukhadushikais* characterized by *Saruja* (mildly painful), *Ghan* (firm on touch), *Medogarbha* (filled with oil/sebum) and shape of *Shalmali Kantaka* (thorn of *Salmalia malabarica*).<sup>[16,17]</sup>

The disease *Yauvanapidika* occurs due to vitiation of *Kapha*, *Vata*, and *Rakta*.<sup>[18]</sup> *Swabhava* (natural status) has also been considered as one of the causative factors. Though the *Tarunyaavastha* (adolescent period) is the age for *Shukra Pradurbhava* and the incidence of *Vaktre Snigdghata* (unctuousness on face) and *Pidika* (boil) formation on faeces *Mala* (waste product) of *Shukra Dhatu*.<sup>[19]</sup> So, development of the acne in this age is obvious this indicates a specific phase of life cycle, where *Dhatu* maturation is going on and for the same, secretion of various growth hormones definitely took place. Imbalanced hormonal levels play an important role in the development of various diseases like *Mukhadushika* or *Yauvanapidika*.

To treat, modern medical science suggests hormonal therapy, antibiotics, and some surgical or para-surgical measures. Treatment of acne has its challenges due to the considerations of patient preferences, male, female, onset age, pregnancy and lactation.

As these measures have certain limitations, alternatives are being searched for significant relief. Herbal formulations that purify blood, check the status of *Kapha* and *Pitta* can be used safely in the condition for longer duration. Taking into consideration of the above facts, present study was planned to evaluate the effect of *Vamana* as *Shodhana* therapy.

## CASE STUDY

A 25 yrs. old female patient with R.N. - 1380; C.R.N - A11349 from Patna came in OPD of Govt. Ayurvedic College and Hospital, Patna. She complaints of recurrent erythematic papules and pustules along with dark spots on her face. She doesn't have any other systemic disease nor any report of examination. Her general examination was quite normal. On the basis of signs and symptoms we diagnosed her as *Yauvanapidika*.

### Treatment

- Shaman Chikitsa*
- Shodhana* Therapy

#### A. Shaman Chikitsa

Medicine	Matra	Kaal	Anupan	Duration
<i>Panchkol Churna (Phanta)</i>	5gm	<i>Pratah - Sayankal</i>	<i>Kwatha</i>	7 days
<i>Chitrakadi Vati</i>	1 tab	<i>Pratah - Sayankal</i>	<i>Koshna Jala</i>	7 days
<i>Liv 52 DS</i>	1 tab	<i>Pratah - Sayankal</i>	<i>Koshna Jala</i>	7 days

#### B. Shodhana Therapy<sup>[20]</sup>

##### Poorva Karma

Uses	Drugs	Matra	Anupana
<i>Deepana - Pachana</i>	<i>Panchkola Churna</i>	5 gm BID	<i>Ushnajala</i>
<i>Snehapana</i>	<i>Panchatikta Ghruta</i>	25ml to 200ml <i>Arohana Krama</i>	<i>Ushnajala</i>
<i>Sarvanga Abhyanga</i>	<i>Vishtinduk Tail</i>	Q.S.	

##### Pradhana Karma

SN	Procedure	Drug	Matra
1.	<i>Akantapana</i>	<i>Ksheera</i>	0.5 -1lit.
2.	<i>Vamana Karma</i>	<i>Madanaphala Pippali</i>	3 gm
		<i>Vacha churna</i>	3 gm

		<i>Saindhava lavan</i>	5 gm
		<i>Madhu</i>	20 ml
3.	<i>Vamanaopaga</i>	<i>Yashtimadhu Kashaya</i>	3 lit.
		Cow milk	3 lit.
		<i>Saindhava jala</i>	3 lit.

**Paschat Karma**

Procedure	Drug	Matra
<i>Kavala</i>	<i>Ushnaja</i>	-
<i>Dhoompana</i>	<i>Haridra Ghruta Varthi</i>	-
<i>Samsarjana Karma</i>	<i>Peyaadi Karma</i>	5 days
<i>Pathyaaahara</i>	-	14 days

Fig. 1: *Yauvanapidika* (Acne vulgaris) Before TreatmentFig. 2: *Yauvanapidika* (Acne vulgaris) After Treatment.

*Vamana* is a procedure in which *Doshas* (waste products or toxins) are eliminated through *Urdhva Marga* i.e., mouth.<sup>[21]</sup> Specially the *Kapha* and *Pitta Dosh*a brought to *Amashaya* (stomach and duodenum) from all over the body by the specific preoperative procedures (*Snehan Swedana Karma*) and then eliminated out by inducing the emesis. curative and rehabilitative therapy. *Ayurveda* believes in strong relationship between macrocosm and microcosm and states that the seasonal changes will influence the biological systems resulting into the accumulation and aggravation of particular *Dosha* in a particular season like accumulation and aggravation of *Kapha* in *Hemant Ritu* (winter season) and *Vasant Ritu* (spring season) respectively, accumulation and aggravation of *Pitta* in *Varsha Ritu* (rainy season) and *Sharad Ritu* (autumn season) respectively. *Vasantika Vamana* is done in spring season approximately in the month of March and April for the elimination of vitiated *Kapha Dosh*a which in turn helps to prevent the forth coming *Kapha* disorders and associated *Pitta* disorders or diseases originating or settled in the place of *Kapha* like bronchial asthma, allergic bronchitis, rhinitis, sinusitis, migraine, hyperacidity, indigestion, anorexia, obesity, overweight, dyslipidemia, diabetes mellitus, acne vulgaris, psoriasis, eczema, urticaria etc.

*Panchakarma* is the most essential part of *Ayurveda* treatments. It is preventive, preservative, promotive, curative and rehabilitative therapy. The umbrella of *Panchakarma* includes five major therapeutic procedures *Vamana* (therapeutic emesis), *Virechana* (therapeutic purgation), *Niruha Basti* (therapeutic decoction enema), *Anuvasan Basti* (therapeutic oily enema) and *Nasya* (therapeutic errhine) and many allied therapies. *Ayurveda* practices *Tridosha* (*Vata*, *Pitta* and *Kapha*) theory. For the correction of abnormalities of *Tridosha* and related body constituents, specific therapy among the *Panchakarma* is practiced like *Vamana* for *Kapha Dosh*a, *Virechana* for *Pitta Dosh*a, and *Basti* for *Vata Dosh*a predominantly.

*Vamana Yoga* which may comprises of *Vacha Churna*,<sup>[22]</sup> *Madanphala Pippali*,<sup>[23]</sup> *Saindhava* and *Madhu* may be used in skin disease, while *Yashtimadhu*



*Phanta* may be used as : *Vamanaopaga Dravya*. Literature study confirm that *Vamana* reduces symptoms of skin disease like; *Bahusrava, Kandu, Pidaka, Shotha, Daha* and *Vedana*. Study confirmed that *Snehana* and *Swedana* as *Poorvakarma* provides *Samshodhana* effect. Ingredients of therapy possess *Kushthaghna*<sup>[24]</sup> *Amapachana, Kaphagna* and *Krimighna*<sup>[25]</sup> qualities which pacify symptoms of diseases. *Vamana Yoga* help to eliminate *Kapha Dosha* thus reduces pathological progression of disease. *Vamana Karma* expels out toxins present in the *Rasadi Dhatu* and purifies *Dushya* of skin disease. *Vamana* cleared channels which improve process of body nourishment, it further cleared *Bahyaroga Marga* and increase *Indriya Bala* of *Twacha* thus reduces severity of skin disease.

## CONCLUSION

On the above discussion and results, we can use *Vamana Karma* for the management of acne like skin problem as well as the elimination of vitiated *Kapha Dosha* which in turn helps to prevent the forth coming *Kapha* disorders and associated *Pitta* disorders or diseases originating or settled in the place of *Kapha* like bronchial asthma, allergic bronchitis, rhinitis, sinusitis, migraine, hyperacidity, indigestion, anorexia, obesity, overweight, dyslipidemia, diabetes mellitus, acne vulgaris, psoriasis, eczema, urticaria etc.

## REFERENCES

- Knutsen-Larson, S. Dawson AL, Dunnick CA, Dellavalle RP. Acne vulgaris: Pathogenesis treatment and needs assessment. *DERMATOL CLIN* 2012; 30:99- 106.
- Kubba R, Bajaj AK, Thappa DM, Sharma R, Vedamurthy M, Dharma S, et al. Acne and quality of life, *Indian J Dermatol Venerol Leprol* 2009;75(s1):4-5.
- Kaviraj Ambikadatta Shastri editor of *Susruta Samhita* with *Ayurveda Tattva Sandipika*; Reprint Edition: 2012; *Nidana Sthana*; Chapter-13; Page No.365.
- Kaviraj Ambikadatta Shastri editor of *Susruta Samhita* with *Ayurveda Tattva Sandipika*; Reprint Edition, 2012; *Nidana Sthana*; chapter-13; Page No. 372.
- Kaviraj Ambikadatta Shastri editor of *susrutha Samhita* with *Ayurveda Tattva Sandipika* Reprint Edition, 2012; *Nidana Sthana*; chapter-13; Page No. 364.
- Tahir CM. Pathogenesis of acne vulgaris: Simplified. *J Pak Assoc Dermatol*2010;(20):93-7.
- Collier CN, Harper JC, Cantrell WC, Wang W, Foster KW, Elewski BE. The prevalence of acne in adults 20 years and older. *J Am Acad Dermatol*2009;58(1):56-9.
- Hedden SL, Davidson S, Smith CB. Cause and effect: The relationship between acne and self-esteem in adolescent years. *J Nurse Pract* 2008;4(8):595-600.
- Munavalli GS, Weiss RA. Evidence for laser- and light-based treatment of acne vulgaris. *Semin Cutan Med Surg* 2008;27(3):207-11.
- Liao DC. Management of acne. *J Fam Practice* 2003;52(1):43-51.
- Jain A, Basal E. Inhibition of *Propionibacterium acnes*-induced mediators of inflammation by Indian herbs. *Phytomedicine* 2003;10(1):34-8.
- Amrita G, Greeshma N, Deepa M, Poornima EH. A review on anti-acne potential of medicinal plant extracts against *Propionibacterium acnes*. *International Journal Pharma Bio Sci* 2012;3(3):987-9
- Longshore SJ, Hollandsworth K. Acne vulgaris: One treatment does not fit all. *Cleve Clin J Med* 2003;70(8):670-80.
- Kumar S, Palbag S, Maurya SK, Kumar D. Skin care in Ayurveda: A literature review. *International Research Journal of Pharmacy* 2103;4(3):1-3.
- Bedi MK, Shenefelt PD. Herbal therapy in dermatology. *Arch Dermatol* 2002;138(2):232-42.
- Sharma A, Sharma PV. *Sushruta Samhita*. Volume-I. Varanasi: Chaukhambha Surbharati Prakashan; Reprint Edition, 2012; Page No. 559.
- Gupta A, Upadhyaya Y. *Ashtanga Hrudaya* of Vagbhata. Varanasi: Chaukhambha Prakashan; Reprint Edition, 2012; Page No. 765.
- Kaviraj Ambikadatta Shastri editor of *Susruta Samhita* with *Ayurveda Tattva Sandipika* Reprint Edition: 2012; *Nidana Sthana*; Chapter-13; Page No. 372.
- Sharma H. *Bhishgacharya; S. Kashyapa Samhita* of *Vridhijivaka*; Varanasi Chaukhamba Sanskrit sansthan; Reprint Edition: 2012; Page No. 79.
- Vd. Acharya YT, Editor *Charaka Samhita* of *Agnivesha* revised by Charka and *Drdhabela* with *Ayurveda Dipika* commentary of *chakrapanidatta* New Delhi: Chaukhamba publication; Edition: 2016; *Sutra Sthana*; Chapter-16; verse No.20; Page No. 97.
- Vagbhata. *Ashtanga Hridaya* with commentary *Sarvangasundara* and *Ayurveda Rasayana*, Chowkhamba

- Surbharati Prakashana Varanasi; Reprint Edition: 2010; Sutra Sthana; Chapter-18; verse No.3; Page No.260.
22. P.V.Sharma Acharya. Dravya Guna Vijnana vol. 2; Reprint Edition: 2013; Chaukhamba Bharati Academy Varanasi; Page No.28-31.
23. P.V.Sharma Acharya. Dravya Guna Vijnana vol. 2; Reprint Edition: 2013; Chaukhamba Bharati Academy Varanasi; Page No.376- 379.
24. P.V.Sharma Acharya. Dravya Guna Vijnana vol. 2; Reprint Edition: 2013; Chaukhamba Bharati Academy Varanasi; Page No. 28-31.

25. P.V.Sharma Acharya. Dravya Guna Vijnana vol. 2; Reprint Edition: 2013; Chaukhamba Bharati Academy Varanasi; Page No. 376 -379.

**How to cite this article:** Pankaj Kumar, Ragini Kumari, Sumit Kumar, Prabhas Chandra Pathak. Vaman Karma in Yauvan Pidika (Mukhdushika) w.s.r. to Acne Vulgaris : A Case Study. J Ayurveda Integr Med Sci 2022;7:150-154.

**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*