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Ayurvedic Management of *Yauvana Pidika* (Acne Vulgaris) with a Neem Soap Formulation-A Case Study

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Abstract

Acne vulgaris is a common skin disorder of the pilosebaceous unit that can affect individuals from childhood to adulthood. In *Ayurveda* it can be correlated with *Yauvana Pidika*. The diseases in which the *Pidikas* are developed especially on the face of young persons (adolescents) are known as *Yauvana Pidika* (*Tarunyapitika*). *Yauvana Pidika* is very commonly observed disease, which has been described as *Kshudra Roga* in classics. It is also called as *Mukha Dushika*. Following a diet or life style that is against the season or the *prakriti* (nature) of a person produce disease. In *Ayurvedic* terms *Yauvana pidika* caused by aggravation of *Pitta Dosha* in body. The *Pitta* had further impaired the *Rakta* and *Meda Dhatu* producing toxins that blocked skin's pores, leading to *pidika* (acne) formation. In present case study patients were prescribed with a unique soap formulation of *Nimba* (*Azadirachta Indica*) for local application and advised *Pathya-Apathya* on OPD basis. From the case study it can be concluded that the formulation is effective in the management of *Yauvana Pidika*.

Keywords: *Nimba*, soap, *yauvana pidika*, acne vulgaris, neem, *mukha dushika*

Introduction

“Acne vulgaris” (adolescent acne) is one of the dermatoses which is discussed and interpreted most commonly. It is a chronic inflammatory disease of the pilosebaceous unit and observed equally in both genders [1-3]

In the pathogenesis of acne, four main components have always been mentioned:

1. Increased sebum
2. Keratinization of the middle part of the infundibulum (Infrafundibulum)
3. Bacterial colonization of the follicle
4. Inflammation of the follicle and its surroundings [1, 3-5, 6-8]

In *Ayurvediya Samhitas*, there is a brief description available about *Yauvana pidika*. In all *Samhitas Kapha, Vata, & Rakta dushti* is considered as causative factor of the disease. The *Shaalmani* thorn like hard painful eruption, impregnated with *Meda*, are found on the face of adolescent are called as *Yuvana pidika*. It is also called as *Mukhdushika* as *pidika* destroys the beauty of face [9]. In Other *samhitas* of *Ayurveda* like *Ashtanga Hridaya & Ashtanga Samgraha* there is description about *Mukhdushika* is almost similar [10].

According to the Global Burden of Disease (GBD) study, acne vulgaris affects ~85% of young adults with age group ranging from 12-25 years. Acne consistently represents the

top three most prevalent skin conditions in the general population, as found in large studies within the developed & developing countries. [11]

Aetiology of *Yuvanapidik*

In all *Samhitas*, although there is a brief description about *Yuvanapidika, Kapha, Vata & Rakta* are considered as causative factors for the disease. In other *Samhitas*, like in *Sharangdhar Samhita Vakrasnigdhitā & Pitika* have been mentioned due to *Shukra Dhatu mala*. v In *Bhavaprakasha* acne occurs due to *Swabhaava*. [12]

Neem (*Azadirachta indica*) is a member of the *Meliaceae* family and its role as health-promoting effect is attributed because it is rich source of antioxidant. It has been widely used in Chinese, *Ayurvedic*, and Unani medicines.

Table 1: Medicinal properties of *Nimba*

S. No.	Property	Type
1	<i>Rasa</i>	<i>Tikta, Kashaya</i>
2	<i>Guna</i>	<i>Laghu, Ruksha</i>
3	<i>Veerya</i>	<i>Sheeta</i>
4	<i>Vipaka</i>	<i>Katu</i>
5	Effect on <i>Dosha</i>	<i>Pitta, Kapha Shamaka</i>

Quercetin and β -sitosterol were first polyphenolic flavonoids purified from fresh leaves of *Nimba* and were known to have antifungal and antibacterial activities.^[13] Numerous biological and pharmacological activities have been reported including antibacterial,^[14] antifungal,^[15] and anti-inflammatory. Earlier investigators have confirmed their role as anti-inflammatory, anti-arthritic, antipyretic, hypoglycemic, anti-gastric ulcer, antifungal, antibacterial, and anti-tumor activities^[16-19] and a review summarized the various therapeutics role of *Nimba*^[20].

Ayurvedic Literature^[21-30]

Table 2: Table showing Ayurved samhita

Ayurved Samhita		
S. No.	Samhita	Gana
1	Charak Samhita	Kandughna, Tiktaskandh
2	Susruta Samhita	Aragwadhadi, Guduchyadi, Lakshadi
3	Astanghridaya	Guduchyadi, Aragwadhadi

Table 2: Table showing Nighantu

Nighantu		
S. No.	Nighantu	Varga
1	Bhavaprakasha Nighantu	Guduchyadi Varga
2	Dhanwantari Nighantu	Guduchyadi Varga
3	Shaligram Nighantu	Guduchyadi Varga
4	Madanpal Nighantu	Abhayadi Varga
5	Kaiyadeva Nighantu	Aushadhi Varga
6	Raj Nihantu	Paribhadra Varga

Materials and Methods

Method

Center of Study: SSR Ayurvedic Medical College, Hospital and Post Graduate Research Centre, Inchal, Belgaum Dist. Karnataka

Material

Management involve medicaments:

i). Ayurvedic Neem Soap

Ingredients

Lye: Distillated water and Sodium Hydroxide (NaOH) (3:1)

Fat: *Narikela taila* and *Tala Taila* (1:3) processed in *Nimba Patra Kashaya* and *Nimba Patra Kalka* Glycerin (as a byproduct of saponification)

ii). *Manjishtadi Kashaya (Sahasrayogam)*

Ingredients

Rubia cordifolia, *Terminalia chebula*, *Terminalia bellirica*, *Emblica officinalis*, *Solanum indicum*, *Acorus calamus*, *Cedrus deodara*, *Curcuma longa*, *Tinospora cordifolia*, *Azadirachta indica*.

Case Report

A 20 years old Indian female presented in the OPD of SSRAMC & H-Inchal in 17th of October 2022, with the complaints of papules & pustules on face, itching over lesions, pain, burning sensation also present after itching since 6 months. She had taken treatment of allopathic medicine, but did not get relief. There was no significant past history of any type of systemic illness found. The case was diagnosed as *Yauvana Pidika* based on the signs and symptoms described in classical texts.

Therapeutic Intervention

Patient was prescribed the following medicines on OPD basis: *Ayurvedic* Neem soap for face wash, twice a day with warm water. Internally *Manjishtadi kashaya* 15ml with warm water twice a day before food. The patient was advised to follow *Pathya Apathya* as to avoid oily & spicy food and to avoid *Ratrijagarana*.

Table 3: Advised medicine and posology shown in Table

S. No.	Drug	Dosage & Anupana	Duration
1	<i>Ayurvedic</i> Neem Soap	For face wash, twice a day with warm water	7 days
2	<i>Manjishtadi Kashaya</i>	15ml with warm water twice a day before food	7 days

Follow up and Results

First follow up was taken after 7 days. Papules and pustules are reduced after 7 days. Itching, pain & burning sensation also relieved within 7 days. *Manjishtadi kashaya* 15ml BD was stopped and the *Ayurvedic* neem soap was continued.

Discussion

In this case study the patient was a student of Law for which she has undergone with many *hetu* of *Yauvana pidika* as-
 i). *Ahara*-Intake of oily, spicy, fatty food & fast foods.
 ii). *Vihara-Ratri jagarana*
 iii). *Vaya-Tarunya avastha* (20 year old)
 iv). *Manasika nidana-Chinta, Shoka, Bhaya, Santapa and Udvega*

Samprapti

Hetu sevana → *Dosha prakopa* → *Agni mandya* → *Ama utpatti* → *Prakopita dosha Sthanasamshraya (Mukhashatana)* → *Mukhapradesha Pitikotpatti, Kandu* → *Yauvana pidika*

In Ayurveda two main kinds of *chikitsa* are described for *Yauvana Pidika* i.e. *Shodhana* and *Shamana chikitsa*. *Shodhana* includes *Vamana* and *Nasya*, whereas *Shamana* includes *Lepa*, *Upanaha* and *Application of kshara*.

Samprapti-Bhanga

Table 4: Table showing Dravya & its action

S. No.	Dravya	Action
1	<i>Nimba</i>	<i>Krimihara, Vranahara, Kushtahara</i>
2	<i>Narikela taila</i>	<i>Pittaghna, Vataghna, Sheeta, Asra, Daha shaman, Shosha Shamana</i>
3	<i>Manjishta</i>	<i>Varnakrut, Shothahara, Kushtahara, Asranut, Vranahara</i>
4	<i>Amalaki</i>	<i>Sarvadoshaghna, Rasayana, Daahahara, Raktapittaghna</i>
5	<i>Haritaki</i>	<i>Kushtaghna, Krimihara, Vaivarnya, Kandughna, Vranahara</i>
6	<i>Vibhitaki</i>	<i>Kriminashana, kapha-pitta hara</i>
7	<i>Brihati</i>	<i>Kushtaghna</i>
8	<i>Vacha</i>	<i>Krimihara</i>
9	<i>Devadaru</i>	<i>Dushtavrana Shodhana, Krimihara, Kushtahara, Kandughna, Shophahara, Asrajit, Amahara</i>
10	<i>Haridra</i>	<i>Kanduhara, Vranahara, Dehavarna vidayini, Vishodhini, Krimihara, Apachihara, Vishotajit, Pittarechaka, Tvakdoshajit</i>
11	<i>Guduchi</i>	<i>Rasayana, Dahahara, Amahara, Kushtahara, Krimihara</i>

In this case the patient got relief from symptoms of *Yauvana Pidika* and noticed the glow of the skin was also improved as per the actions of the drugs mentioned above.

Conclusion

In present day scenario cosmetic value holds an important role in day to day life. Some of the industries like airlines, marketing, advertising etc. demands cosmetic perfections not only for women but for men also. Pollution, Faulty diet, Stress, Lack of sleep and use of chemical based cosmetics are the prime cause for many of the skin diseases. The preparation used in this study showed significant results in managing acne vulgaris. As this preparation is herbal oriented and contains very less chemical this can be used on daily bases. Depending on the requirement of the patient and the disease the formulation can be changed with many other herbal extracts.

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