

“Ayurvedic Management of Yuvanpidika (Acne Vulgaris)”: A Case Report

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ABSTRACT

Background:

Yuvanpidika, described in Ayurveda under Kshudra Roga, is commonly correlated with Acne vulgaris in modern medicine. It is a chronic inflammatory disorder of the pilosebaceous follicles, frequently affecting adolescents and young adults. In addition to skin lesions, the condition may negatively affect self-confidence and overall quality of life.

Objective:

To assess the effect of Ayurvedic Shamana Chikitsa in the management of Yuvanpidika associated with systemic complaints.

Case Presentation:

A 21-year-old female patient presented with recurrent acne lesions over the face along with hair fall, generalized weakness, body ache and irregular menstruation. Clinical assessment indicated the involvement of Kapha-Vata Dosha with Rakta Dushti.

Intervention:

The patient was treated with Ayurvedic formulations including Lohasava, Mahamanjisthadi Kwatha, Gandhak Rasayana and Triphala Churna along with local application, dietary advice and lifestyle modifications.

Results:

Noticeable clinical improvement was observed during the treatment period. Reduction in acne lesions, inflammation, pigmentation, and recurrence was observed. Along with improvement in appetite, hair fall and general wellbeing within 60 days of therapy.

Conclusion:

The present case suggests that Ayurvedic management may be beneficial in Yuvanpidika by helping to restore Dosha balance, improve Agni and reduce Rakta Dushti. The combined approach of internal medication, local application and lifestyle regulation contributed to improvement in both cutaneous and associated systemic symptoms.

Keywords: Yuvanpidika, Acne vulgaris, Ayurveda, Mukhadushika, Shamana Chikitsa, Case report

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INTRODUCTION

Acne vulgaris² is one of the most common skin conditions of adolescence and young adults. It is characterised by comedones, papules, pustules, nodules and sometimes scars. It mostly affects areas of the body with numerous sebaceous glands, like the face, chest and back. In

Ayurveda, Yuvanpidika or Mukhadushika¹ is mentioned as one of the Kshudra Roga. Acharyas have described it as pidika, like the thorns of the Shalmali tree that emerge on the face as a result of Kapha, Vata and Rakta imbalance. Considering the recurrent nature of acne vulgaris and

limitations of conventional management, Ayurveda may offer a holistic and individualized treatment approach. Therefore, the present case study was undertaken to evaluate the effect of Ayurvedic Shamana Chikitsa in Yuvanpidika associated with systemic manifestations.

Ayurvedic Samprapti

In Ayurveda, Yuvanpidika is considered under Kshudra Roga and occurs mainly due to vitiation of Kapha, Vata and Rakta. Excessive intake of oily, spicy and junk foods, stress, irregular sleep and impaired digestion lead to Agnimandya and the formation of Ama. This causes vitiation of Rakta and obstruction of Romakupa, leading to pidika formation over the mukha.

Nidana: Ati-snidgha ahara, Viruddhahara, stress, irregular lifestyle

Dosha: Kapha-Vata predominance with Rakta Dushti¹

Dushya: Rasa, Rakta

Agni: Mandagni

Srotas involved: Rasavaha and Raktavaha Srotas

Adhithana: Mukha

Rogamarga: Bahya Rogamarga

Modern management is mainly based on antibiotics, retinoids and hormonal therapy but recurrence and side effects are common. Ayurveda provides a holistic approach through Shodhana, Shamana, Ahara and Vihara.

Case Presentation

Information for Patients

Parameter Details

Name Ms. ABC

Age/Sex :21 years/Female

OPD -Swasthavritta and Yoga OPD

Hospital- Shri Khudadad Dungaji Govt. Ayurved College

Hospital, Raipur

Registration date- 15/02/2026

Marital Status- Unmarried

Socioeconomic status- Working class

Chief Complaints

Recurrent eruptive lesions of facial acne

Hair loss for about 6 months to 1 year

Weakness and body ache for 1-2 months

Abnormal menstrual history

History of Present Illness

The patient was apparently healthy 1 year ago, after which she gradually developed recurrent acne lesions over the face associated with occasional pain and pigmentation. She also complained of generalised weakness, low appetite and excessive hair fall. During the course of the illness the menstrual cycle became irregular.

No history of diabetes mellitus, hypertension, tuberculosis, thyroid disorder, or chronic systemic illness was present.

Personal History

Parameter Results

Appetite -Poor

Bowel -Normal

Micturition- Normal

Diet- Mixed

Sleep- Regular

Addiction- No

Pulse -76/min.

Blood Pressure - 110/70 mmHg

Pallor - Moderate

Icterus- Not present

Cyanosis -Not present

Investigations

Investigation	Before Treatment	After Treatment
Hemoglobin	10.2 g/dl	11.1 g/dl
ESR	24 mm/hr	17 mm/hr
TLC	Within normal limits	Within normal limits

Skin Examination

Site involved Face

Type of lesion -Pustules and papules

Inflammation: Present

Pigmentation- Mild post-inflammatory pigmentation

Scarring - Minimal scarring

Itching -Moderate

Tenderness - present in a few lesions

Prakriti - Pitta-kapha

Vikriti -Kapha Vata

Sara- Madhyama

Samhanana -Madhyama

Satmya- Madhyama

Satva -Madhyama

Ahara Shakti -Avara

Vyayama Shakti -Madhyama

Vaya -Madhyama

Modern Diagnosis - Common Acne

Ayurvedic diagnosis- Yuvanpidika (Mukhadushika)

Ayurvedic Evaluation

Dashavidha Pariksha -

Examination Results

Treatment Plan Internal Medicine

S.No.	Medicine Dose Period Purpose
1.	Lohasava ¹⁰⁻¹¹ 20 ml with equal water after meals for 30 days. Improves Rakta Dhatu and weakness due to anaemia

2.	Mahamanjsthadi Kwatha ⁹ 20 ml BD 30 days Rakta Shodhana and anti-inflammatory action
3.	Gandhak Rasayana ⁸ Supportive medicine administered as directed for 30 days. Decreases skin inflammation
4.	Triphala Churna ¹² 5 g HS 30 days Supports bowel cleansing and detoxification

Topical Application

Herbs, Shalmali¹ Kantaka, churna Lepa. Apply to the affected area once or twice daily
 Pathya-Apathya Pathya- Green leafy vegetables, Amlas, Mung, beans, Fresh fruit, adequate water intake, Light, easily digestible food. Adequate sneen Anathva- excessively spicy and oily food, , sleeping, stress, Fast

Results and Follow-up

15 Days: Decrease in new eruptions & inflammation
 30 Days: Decrease in acne lesions and pigmentation
 45 Days: Improvement in appetite, hair fall and skin texture
 60 Days: Significant overall improvement with reduced

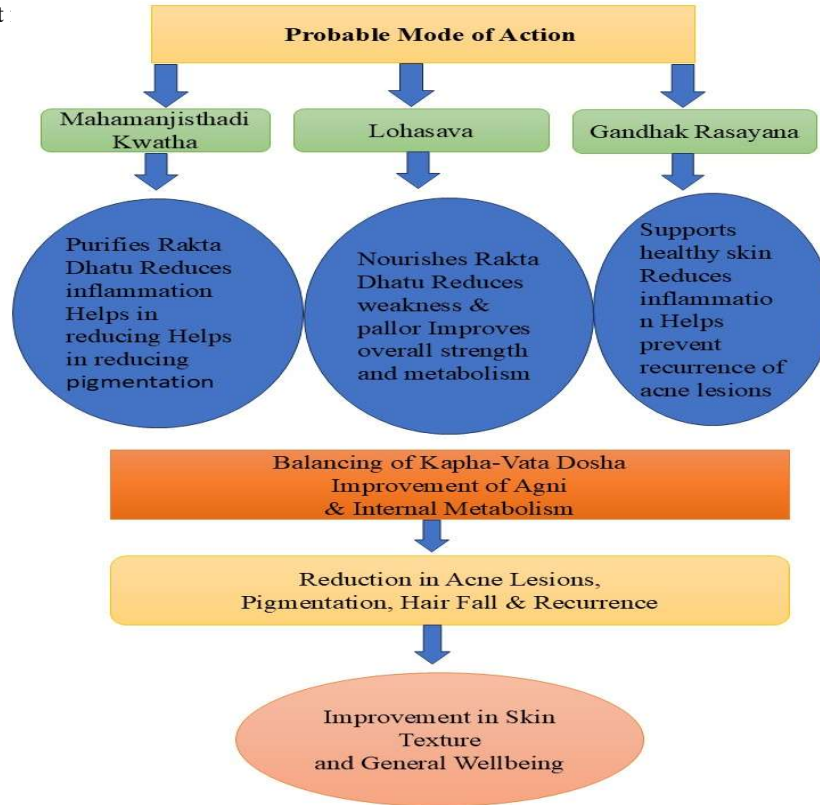


Figure No.1: Probable Mode of Action of Drugs

Timeline of Clinical Improvement

Timeline	Clinical Observation
Day 1	Acne lesions with pigmentation and hair fall
Day 15	Reduction in inflammation and new eruptions
Day 30	Reduction in acne lesions and pigmentation
Day 45	Improvement in appetite and hair fall
Day 60	Significant overall improvement

Discussion

Acne vulgaris is a multifactorial disease in which hormonal imbalance, dietary factors, stress and altered sebaceous gland activity are important factors. In Ayurveda these manifestations are explained by the concept of Yuvanpidika, where impaired digestion, Rakta Dushti and vitiation of Kapha and Vata are responsible for the pathogenesis.

In the present case there were associated complaints of low appetite, weakness and irregular menstruation, which indicated systemic involvement rather than a purely local skin disorder. Hence a holistic treatment was planned with the objective of correction of Agni, Rakta purification and balancing of Doshas.

The selected formulations were aimed at reducing acne lesions and improving the functioning of the internal metabolism. Mahamanjisthadi Kwatha is traditionally

indicated in Rakta Dushti and inflammatory skin diseases. Lohasava was beneficial in reducing weakness and improving Rakta Dhatu. Triphala Churna helped in keeping the bowel regular and detoxifying.

During the treatment period, dietary regulation and avoidance of oily, spicy and junk foods were advised, which may also have contributed to reduction in recurrence.

Shalmali Kantak Churna Lep was applied locally to reduce inflammation and acne eruptions. Its Kashaya and Sheeta properties may have helped in soothing the affected skin, reducing redness and improving skin texture.

Mahamanjisthadi Kwatha helped in purification of Rakta, reducing inflammation. Lohasava helped with weakness and likely iron deficiency. Triphala helped to cleanse bowel and correct metabolism. Dietary restrictions were also important in preventing recurrence.

Clinical Photographs:

Figure 2: before treatment



Figure 3: After 60 days of treatment



Conclusion

The present case report highlights the potential role of Ayurvedic management in Yuvanpidika (Acne vulgaris). Administration of Ayurvedic medicines along with dietary regulation and lifestyle modifications showed significant clinical improvement in acne lesions, pigmentation, hair fall, appetite and overall well-being of the patient.

The treatment approach appeared to be effective in correcting Dosha imbalance, improving Agni and reducing Rakta Dushti. The findings of this case suggest that individualized Ayurvedic management may be beneficial in patients suffering from Yuvanpidika associated with systemic complaints. However, larger clinical studies are required to further validate these observations.

Limitation of the Study

The present study is limited to a single case and long-term follow-up could not be assessed. Therefore, further clinical studies involving larger sample sizes and extended follow-up periods are necessary to establish the effectiveness of Ayurvedic management in Yuvanpidika.

Consent of Patient

Written informed consent was obtained from the patient for publication of this case report and accompanying clinical photographs.

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