

Ayurveda Management of Yuvana Pidika(Acne Vulgaris) -A Case Report

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Abstract—Acne consistently ranks among the top three most prevalent skin conditions in the general population. Acne vulgaris is a common human skin disease characterized by seborrhoea (scaly red skin), comedones (blackheads and whiteheads), papules (pinheads), pustules (larger papules), and potentially scarring. In *Ayurveda* texts, acne corresponds to a condition known as *Yuvana Pidika*. The primary site of manifestation is the face. Individuals affected by acne often express a strong desire for relief, frequently seeking *Ayurveda* treatments after unsuccessful attempts with conventional options such as isotretinoin, antibiotics, or oral contraceptives. A 24-year-old female patient presented to the Outpatient Department of *Dravyaguna Vigyana*, Jaipur, with complaints of facial acne persisting for the past six months. The case was diagnosed as *Yuvana Pidika*. Treatment included a topical application (*lepa*) made of *Arjunatvak*, *madhwasthi*, *keshara*(saffron), *rakta chandana*(red sandalwood), and *haridra*(turmeric) mixed with *godugdha* (cow's milk), applied once daily for 30 days. Additionally, combination of *manjishtha* powder, *haritaki* powder and *guduchi* powder (1 gm each, twice daily orally) was administered for the same duration. A significant therapeutic response was observed at the end of the treatment period.

Index Terms—Acne vulgaris, *lepa*, *Arjunatvak*, *madhwasthi*, *keshara*(saffron), *rakta chandana*(red sandalwood), and *haridra*(turmeric), *manjishtha*, *haritaki*, *guduchi*, *Yuvana Pidika*, *Ayurveda*.

I. INTRODUCTION

Acne is a disease of the pilosebaceous glands, primarily caused by excessive sebum production, hyperkeratinization, proliferation of *Propionibacterium acnes* bacteria, and increased sebaceous gland sensitivity to androgens, leading to the development of acne papules^{1, 2}. A philosopher once remarked, "The face is the index of the mind," emphasizing how facial appearance reflects

personality and mental state. Even minor facial ailments can result in disfigurement or psychological distress, potentially leading to an inferiority complex. One such condition, *Yuvana Pidika*, is described in *Ayurveda* as a significant disorder affecting facial appearance. *Yuvana Pidika* was first described by *Acharya Sushruta* under *Kshudra Roga* in *Nidanasthana*, attributing its pathogenesis to the vitiation of *Kapha dosha*, *Vata dosha*, and *Rakta dhatu*³. *Acharya Charaka* included *Pidika* under *Raktapradoshaja Vikara*⁴, while *Yogaratanakara* also categorizes it under *Kshudra Roga*⁵. Acne vulgaris is an extremely common dermatological condition seen in both developed and developing countries, including India. In recent times, adult-onset acne has become increasingly prevalent, expanding beyond its previously accepted association with adolescent males. This shift is attributed to hormonal imbalances, dietary habits, digestive disturbances, environmental toxins, stress, and nutritional deficiencies⁶. Although conventional treatments, such as topical antibiotics, are commonly recommended, their long-term use may result in adverse effects. Therefore, there is a growing preference for safe, natural alternatives to restore skin health. *Ayurveda* offers several effective, nontoxic remedies. *Acharya Vagbhata* recommends *Lepa* (topical application) as the first line of treatment due to its ease of use, cost-effectiveness, and suitability for modern lifestyles. In the present case, *Arjunatvak*, *madhwasthi*, *keshara*(saffron), *rakta chandana*(red sandalwood), and *haridra*(turmeric) *lepa* was selected for local application, complemented by internal administration of combination of *manjishtha* powder, *haritaki* powder and *guduchi* powder (1 gm each, twice daily orally). Previous studies on *Ayurvedic* management of acne have shown significant results through *Shodhana* and *Shamana Chikitsa*^{7, 8}. Considering the limitations of

conventional therapy and the chronic nature of Acne vulgaris, this integrated *Ayurveda* approach was implemented and found to be effective.

Case Report

A 24-year-old unmarried female patient reported to the Outpatient Department of *Dravyaguna Vigyana*, National Institute of *Ayurveda* (NIA), Jaipur, with chief complaints of pimples and white-reddish spots on the face for the past 6 months. Associated symptoms itching, pain over there.

Personal history revealed that the patient is a vegetarian with regular dietary habits. She reported normal sleep patterns, a clear bowel habit, and a normal menstrual cycle. The frequency of micturition was 6–7 times per day, and there was no history of addiction.

On general examination, patient's vital signs were within normal limits, with a pulse rate of 74 beats per minute, respiratory rate of 18 breaths per minute, blood pressure of 122/66 mmHg, and a body weight of

56 kg. Per-abdominal examination revealed a soft, non-tender abdomen with no palpable abnormalities.

Treatment protocol

The following medicines were administrated for 30 days.

Lepa: *Arjunatvak*, *madhwasthi*, *rakta chandana* (red sandalwood), and *haridra* (turmeric)

(1 gm each),

keshara (Saffron) (2 stigmas)

application once in morning daily with godugdha (cow milk) as per requirement for making paste like consistency and suggested normal water for cleaning the face after drying.

Oral medicines:

manjishtha powder, *haritaki* powder and *guduchi* powder

(1 gm each, twice daily orally with plain water)

Clinical images



Before treatment



After treatment (30 days)

Pathogenesis of Acne (*Yuvan Pidika*) in Ayurveda –
Flowchart:

1. *Ahara-Vihara* (Unwholesome Diet & Lifestyle)
↓
2. *Agnimandya* (Weak Digestive Fire)
↓
3. *Ama* Formation (Toxins)
↓
4. Vitiation of *Doshas* (Mainly *Kapha* + *Vata* + *Rakta Dushti*)
↓
5. *Dushti* of *Rasa*, *Rakta*, and *Meda Dhatu*
↓
6. *Mukhamandala* (Face) becomes *Sthana* (Site) of *Dosha* accumulation
↓
7. *Shonita-Meda-Kapha-Sanchaya* leads to:
 - **Sopha** (Inflammation)
 - **Pidika** (Pustule Formation)
- ↓
8. *Yuvan Pidika* (Acne) – Symptoms:
 - Small, red, inflamed pustules

- Painful or itchy bumps
- Scarring in chronic cases

Mechanism of Action in Acne (*Lepa*) breaks down the *Samprapti* (pathogenesis) of the disease *Yuvanpidika*:
Antimicrobial (*Haridra*, *Arjuna*, *Keshara*), Anti-inflammatory (*Rakta Chandana*, *Haridra*), *Raktashodhana* & *Twachya* (*Keshara*, *Arjuna*, *Rakta Chandana*), *Varnya* (enhances skin glow), *Raktaprasadana* (improves blood quality) *Shothahara* (anti-inflammatory) of (*Madhwasthi*) ensures better skin absorption and protection.

Mechanism of Action in Acne (Oral Therapy) breaks down the *Samprapti* (pathogenesis) of the disease *Yuvanpidika*:

Raktashodhana (Blood purification): *Manjishtha* & *Guduchi*

Ama Pachana (Toxin digestion): *Haritaki* & *Guduchi*
Tridosha Shamaka (especially *Kapha-Pitta*): All three
Rasayana (Tissue rejuvenation): *Guduchi*, *Haritaki*
Antimicrobial & anti-inflammatory effects: *Manjishtha*, *Guduchi*^{9, 10}

II. RESULT AND DISCUSSION

The *Ayurvedic* profile of each ingredient in the *Lepa* (herbal paste) formulation for acne management, including *Rasa Panchaka* (*Rasa*, *Guna*, *Virya*, *Vipaka*, and *Prabhava*) and relevant actions:

1. *Arjuna Tvak*¹¹ (*Terminalia arjuna* – Bark)

Rasa (Taste): *Kashaya* (Astringent)

Guna (Qualities): *Laghu* (Light), *Ruksha* (Dry)

Virya (Potency): *Shita* (Cold)

Vipaka (post-digestive effect): *Katu* (Pungent)

Prabhava (Specific action): *Hrudya* (Cardiotonic)

Relevant Actions in Acne (when used as *Lepa*):

Raktashodhana (blood purifier), *Vrana Ropaka* (wound healing), *Twachya* (beneficial for skin), Anti-inflammatory and antioxidant properties.^{12, 13}

2. *Madhwasthi* (*Yashtimadhu* / *Glycyrrhiza glabra*)¹⁴

Rasa (Taste): *Madhura* (Sweet)

Guna (Qualities): *Guru* (Heavy), *Snigdha* (Unctuous)

Virya (Potency): *Shita* (Cold)

Vipaka (post-digestive effect): *Madhura* (Sweet)

Prabhava (Specific action): *Varnya* (enhances complexion), *Raktaprasadana* (purifies blood), *Twachya* (beneficial for skin)

Soothing & cooling: Counters *Pitta* dominance in inflamed, red acne.

Moisturizing & healing: Its *Snigdha* and *Shita* nature supports recovery and reduces post-acne hyperpigmentation.

Antimicrobial (as shown in modern studies): Helps prevent bacterial aggravation in pustular acne.

Enhances skin complexion and reduces scars.

3. *Rakta Chandana* (*Pterocarpus santalinus* – Red Sandalwood)¹⁵

Rasa: *Tikta* (Bitter), *Kashaya* (Astringent)

Guna: *Laghu* (Light), *Ruksha* (Dry)

Virya: *Shita* (Cold)

Vipaka: *Katu* (Pungent)

Prabhava: *Twachya* (beneficial for skin)

Relevant Actions:

Raktaprasadana (purifies blood), *Shothahara* (anti-inflammatory),

Tvakdosahara (clears skin disorders), Useful in *Pitta*-related skin issues like acne

4. *Haridra* (*Curcuma longa* – Turmeric)¹⁶

Rasa: *Tikta* (Bitter), *Katu* (Pungent)

Guna: *Laghu* (Light), *Ruksha* (Dry)

Virya: *Ushna* (Hot)

Vipaka: *Katu* (Pungent)

Prabhava: *Krimighna* (anti-microbial), *Vishaghna* (detoxifier)

Relevant Actions:

Kandughna, *Shothahara* (anti-itching, anti-inflammatory), *Krimighna* (anti-bacterial/anti-acne), *Varnya* (improves complexion), *Raktashodhaka* (blood purifier)

5. *Keshara* (*Crocus sativus* – Saffron)¹⁷

Rasa: *Tikta* (Bitter), *Kashaya* (Astringent), *Madhura* (Sweet)

Guna: *Laghu* (Light), *Snigdha* (Unctuous)

Virya: *Ushna* (Hot)

Vipaka: *Madhura* (Sweet)

Prabhava: *Varnya* (improves complexion), *Twachya*

Relevant Actions:

Varnya (enhances skin glow), *Raktaprasadana* (improves blood quality)

Shothahara (anti-inflammatory), Ideal for post-acne blemishes and dark spots

Milk: cow's milk¹⁷ is also beneficial for skin

The *Ayurvedic* profile of the oral herbs used in acne management: *Manjishtha*, *Haritaki*, and *Guduchi*, including their *Rasa Panchaka*, *Guna*, and relevant therapeutic actions for acne (primarily a *Rakta Dushti* / *Pitta-Kapha* predominance disorder).

1. *Manjishtha* (*Rubia cordifolia*)^{18, 19}

Rasa (Taste): *Tikta* (Bitter), *Kashaya* (Astringent), *Madhura* (Slight)

Guna (Quality): *Guru* (Heavy), *Ruksha* (Dry)

Virya (Potency): *Ushna* (Hot)

Vipaka (post-digestive effect): *Katu* (Pungent)

Prabhava: *Raktashodhaka* (blood purifier), *Varnya* (complexion enhancer)

Relevant Actions in Acne:

Raktashodhaka: Purifies blood, clears toxins (*ama*) from *Rakta dhatu*

Varnya: Improves skin tone, reduces pigmentation

Shothahara: Reduces inflammation in pustular acne

Twachya: Supports healthy skin

Kapha-Pitta Shamana: Balances acne-related *doshic* vitiation

2. *Haritaki* (*Terminalia chebula*)²⁰

Rasa: All except *Lavana*; primarily *Kashaya*, *Amla*, and *Katu*

Guna: *Laghu* (Light), *Ruksha* (Dry), *Sara* (Mobile)

Virya: *Ushna* (Hot)

Vipaka: *Madhura* (Sweet)

Prabhava: *Tridoshaghna*, *Rasayana* (rejuvenative)

Relevant Actions in Acne:

Mild Laxative & *Deepana-Pachana*: Clears *Ama* (toxins), supports gut-skin axis

Raktadosha Hara: Clears morbid *doshas* from blood (especially *Pitta-Kapha*)

Rasayana: Rejuvenates skin and enhances immunity

Krimighna: Useful in infectious/acne with secondary bacterial component

3. *Guduchi (Tinospora cordifolia)*²¹

Rasa: Tikta (Bitter), *Kashaya* (Astringent)

Guna: Laghu (Light), *Snigdha* (Unctuous)

Virya: Ushna (Hot)

Vipaka: Madhura (Sweet)

Prabhava: Rasayana, Tridoshaghna

Relevant Actions in Acne:

Raktashodhaka: Potent blood purifier, reduces *Rakta-Pitta dushti*

Jvaraghna & Vishaghna: Detoxifying and anti-inflammatory

Rasayana: Promotes skin regeneration and immunity

Pachana: Digests *ama* without aggravating *Pitta*

Balances *Pitta & Kapha*: Ideal for acne with inflammation and pustules

So, it can be considered that this *Lepa* and oral medicines by the above-mentioned properties, breaks down the *Samprapti* (pathogenesis) of the disease *Yuvanpidika* and improves the diseased condition

III. CONCLUSION

By above case report it can conclude that topical application (*lepa*) made of *Arjunatvak*, *madhwasthi*, *keshara* (saffron), *rakta chandana* (red sandalwood), and *haridra* (turmeric) mixed with *godugdha* (cow's milk), and combination of *manjishtha powder*, *haritaki powder* and *guduchi powder* (orally) found therapeutically effective in management of *Yuvan Pidika* (Acne vulgaris)

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