

A CRITICAL REVIEW ON TARUNYAPIDAKA W.S.R. TO ACNE VULGARIS

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ABSTRACT:

Ayurveda is deep sea of knowledge in which not only systemic diseases but also local diseases either small or large are described in detail along with its management also. *Tarunypidaka* (Acne) is among these. This is a type of skin disorder described under the concept of *Kshudraroga*. *Kshudra* means *Alpha* or *laghu*, these disease explained briefly by the *Acharyas* and said to be *Laghurupa*. The diseases which are not suitable for any other classification or category are grouped under this heading and named as *Kshudraroga*. *Kshudra* means little which causes no more distress in body. *Tarunypidaka* may cause anxiety in beauty concern persons and people are very much cautious about their health as well as beauty. Thus health and beauty are two faces on single coin. As *Kashyapa* says that "***Yatha Vakram tatha vruttam yathach chakshustatha manah; yatha swarastatha saro yatha rupam tatha guna***" which means internal characteristics relates with the external expression of an individual. Thus face reflects the personality of person. In present era, it is understood as *Acne vulgaris* or pimples. This condition is most common among young people, so it is called as *Tarunypidaka* or *Youvanapidaka* and also called as *Mukhadushika*.

KEY WORDS- *Tarunypidaka, Kshudraroga, Acne, Youvanapidaka.*

INTRODUCTION:

Ayurveda name for the disease of Acne is *Youvanapidaka* or *Tarunypidaka*. *Shalmali kantaka samana* that to because of *Kapha*,

Vata and *rakta* vitiation manifests *pidaka* on the face also called as *Tarunypidaka*.¹ *Tarunya* means *Taruna avastha* and *Pidaka* means small pustules, Thus Acne is regarded

as an ailment where the small pustules tends to emerge at a young age. In *Ayurveda*, acne is categorized as a skin ailment which identifies with being a blood disorder. *Tarunyapidaka* is the result of distortion or imbalance in the *Vata* and *Pitta* doshas (air and fire body humours) which further cause deformation of the blood or '*Rakta*' *dhatu*.²

In our today's life acne is a common skin disease characterized by pimples on the face, chest and back. It occurs when the pores of the skin become clogged with oil, dead skin cells, and bacteria. According to *Ayurveda* Acne is a message from your body telling you that something is wrong inside with your body dosha system like your stomach is upset, having acidity, changes in dietary habits.³

CAUSES⁴

- **Age-** Teenagers more prone to develop Acne.
- **Cosmetics-** Make-up and any other chemical treatment can make Acne worse.
- **Disease-** If a person is having history of long term chronic illness or regular gastro-intestinal problem or hormonal disorders can increase the severity of Acne problems.

- **Drugs-** Acne can develop as a result of using certain drugs such as Tranquilizers, Antibiotics, oral contraceptives and steroids.
- **Personal hygiene-** Strong soaps, hard scrubbing, and pricking at pimples can make Acne worse.
- **Stress-** Emotions can contribute the Acne.
- **Environment-** Exposure to polluted environment and Sweating can also make the condition worse.
- **Gender-** Boys are more likely to develop Acne and tend to have more serious cases than girls.
- **Diet-** Fatty and oily foods can affect Acne.
- **Allergic manifestation** -Allergy also plays a role in the formation of acne lesions up to some extent.

Youngsters working in fast food restaurants cooking oils and greases develop 'Mc Donald's Acne' during summer months

TYPE AND SYMPTOMS⁵

In modern medicine according to its structure shape and constituents, Acne is divided into six different types:

1. Mild acne vulgaris
2. Acne papulosa
3. Acne indurate
4. Acne cystic

5. Acne atrophica and
6. Acne keloidalis.

Although *Pitta* and *Rakta* vitiation is common in all, *Vata* is predominant in Acne Atrophica and *Kapha* is predominant in Acne Cystica and Acne keloidalis.

Acne has also been classified as premenstrual acne, adolescent acne and Acne Vulgaris. As the name suggests, premenstrual Acne appears before the menstrual cycle and disappear after the cycle is over.

MATERIAL METHODS

Ayurveda Samhita literature, Modern medicine literature and journals are studied for this review work.

DISCUSSION

Basically Acne is a disorder due to vitiation of all doshas is due to disturbed state of *Kapha*, *Vata* and vitiation of *Raktadhatu*, and also involvement of *Pitta* due to its *Ashrayashrayibhava*. *Acharya Charaka* mentioned *Tarunyapidaka* while explaining *Bahya Rogamarga*,⁶ which implies that its *Adhithana* is *Twak*. There we find the vitiation of *Rasadhatu* also. *Acharya Bhavamishra* has quoted *Swabhava* (the natural cause) as one of the causative factors. *Acharya Sharangadhara* has

mentioned *Tarunyapidaka* as the *mala* of *Shukra Dhatu* along with *Vaktra Snigdghata*(unctuousness of face).⁷

Another theory we can say i.e. *Pitta* vitiation is the predominant factor. *Pitta* vitiates the blood and the skin to form Acne. Hormonal disturbances may cause this disease in adolescents. It is common inflammation condition of the pilo-sebaceous follicles characterized by Comedones, which are secondarily infected resulting in papules, pustules, cyst, nodule and scars. It is also related to the disturbances in menstrual cycle and digestive problems.⁸ Acne which is also known as Acne vulgaris is mainly the *maladya* of adolescent where there are excessive secretions of oil glands. Acne generally tends to disappear with age.

TREATMENT

Ayurveda therapy for acne is relevantly holistic in approach which helps both in curing as well as keeping the *maladya* away. When *Ayurveda* therapy is rendered to a patient with Acne, primary focus of a physician would be to ascertain the cause of the ailment. This may require proper analysis of the *dosha* which is imbalanced and resulting into

formation of acne. This would follow by presenting medicines both internal as well as external use.⁹

(i) *Shodhan* therapy- *Vaman, Virechan, Nasya, Rakta Mokshna* etc.¹⁰

(ii) *Shaman* therapy- Internal medicine and external applications of drugs.

1. *Shodhan* therapy-

(a) *Vaman Karma*⁷ [Emesis]- It is the best procedure to subside the *Kaphaja* abnormalities as told by both *Acharya Shushruta* and *Vagbhata*. It helps in *Samprapti Vighatana* of *Mukhdushika*. Almost in all texts *Vaman* is the prime treatment of *Youvanapidika*.

(b) *Virechana Karma*- This therapy is indicated specially to subside *Pitta Dosh* or *Pitta Samsargaja Dosh*. The purgative drugs expel the excess *Pitta* from the *Guda Marga*. Property of *Rakta* is analogous to *Pitta Dosh*, there for *Virechana* is also effective in *Raktaja Vikara*. In *Ayurvedic* texts *Acharya Charaka* has explained *Upavasa, Virechana,* and *Raktamokshana* as treatment modalities in *Raktaja* and *Pittaja Vikara*.

(c) *Nasya Karma*- *Acharya Vagbhata* has also described this process in *Tarunyapidaka*.

(d) *Shiravedha*- *Raktamokshana* by *Siravyadha* is described in *Tarunyapidika*.

2. *Shamana Chikitsa*- For *Shamana* therapy many herbo-mineral compounds are being advocated either as internal or external medication, single or in compound. As it said that "*Dosha evam hi sarvesham rogaanam eka karanam*" without involvement of *Dosha*, disease can't manifest. As mentioned earlier all the three *Doshas* as well as *Rasa, Rakta, Meda* and *Shukra Dhatu* are involved directly and indirectly in the formation of *Samprapti* of the *Tarunyapidaka*. Formulations which contains drugs having properties like *Raktashodaka, Varnya, Kushtagna, Kandugna, Pittashamaka* and *Kapha-Vatahara* would be beneficial to bring back the balanced state of affected *Dosha-Dushya*.

***Pitta alleviation*¹¹**

- The best herbs to alleviate pitta are durva,shatavari,amalaki and sandalwood.
- If infection is present, Tab Guduchi
- For blood purification, alterative herbs should be used like Manjista,Raktachandana,lodra and haridra

- Bowel should be careful.
Vata-kapha type¹²
- Arogyavardhini vati 125mg thrice a day
- Take care of Agni
Other medicine
- *Mahamanjistadhi kashaya*
- *Manjistadhi Ghana vati*
- *Sarivadhyasava*
- *Maha tikta kashaya*
- *Madhu shnuhi tiktaka kashaya*
- *Nimbadi guggulu*

EXTRANAL APPICATION - *Local application directly acts on skin lesions, so along with Antha Parimarjana Chikitsa, Bahiparimarjana Chikitsa also plays a important role in Tarunyapidaka, Lepa¹³ which acts as Raktaprasadaka, Kaphagna, Varnya, Kusthagna and Tvachya should select such as:*

- *Sveta sarshapa, vacha, lodhra, and Saindhava lavana*, should taken in equal parts should be processed into a *lepham*.
- *Arjuna* bark powder duly mixed with cow milk
- *Salmali kantaka* rubbed to a pasty from in milk
- *Kumkumadhi lepa*.

GENERAL MANEGEMENT

- Don't squeeze the Acne

- **For Stress reducing -Yoga and Meditation-** *Yoga* Therapy suggest *Pranayama, Asana, Shatkarma*, and Meditation. Stress, Increased toxin content, Disruption in bowel movements is some of the reasons for acne.

(i) **Asanas-** *Bhujangasana, Matsyasana, Halasana, Sarvangasana, Trikonasana, and Balasan* help increase blood circulation to the head and face area.

(ii) **Yoga Mudras-** *Varun Mudra|Jal-Vardhak Mudra, Prithvi Mudra*

(iii)**Pranayama:** *Kapalabhat Pranayama* on empty stomach. *Antaranga* and *Bahiranga Kumbhaka* and *Mahabandha (Jalandhara, Uddiyana and Moola)* may be integrated into the *Pranayama* practice. For persons who usually get more problematic in summer, especially with oily skin cooling *Pranayamas*, such as *Sheetali* and *Sheetkari*, can help proving effect to the skin and retain its glow.

(iv) **Meditation-** Meditate twice a day, every day.

PATHYAPATHYA

- Eat a well-balanced diet high in Fibres, Zinc.

- Eat raw fruits and vegetables.
- Avoid foods and food high in iodine, such as salt etc.
- *Ayurveda* strictly disallows spicy, fried and oily food so as rid of the acne.

CONCLUSION-

Tarunypidaka is one of the *Kshudraroga* and is famous by the name "Acne" in the modern science, as the explanation of *Tarunypidaka* is analogous with description of "Acne Vulgaris". It is also known as pimple, nowadays it became a burning problem among youngsters, so it is called as *Youvanapidaka*. By the well known *Ayurveda* principle i.e "Swasthasya swasthya rakshanam Aturasya vikara prashamanam", one can treat the *Tarunypidaka* with treatment modality mentioned by the *Ayurvedic Acharyas*.

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