



**YUVANA PIDIKA; AN AYURVEDA PERSPECTIVE TOWARDS ITS CAUSES,  
SYMPTOMS AND MANAGEMENT: A REVIEW**

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**ABSTRACT**

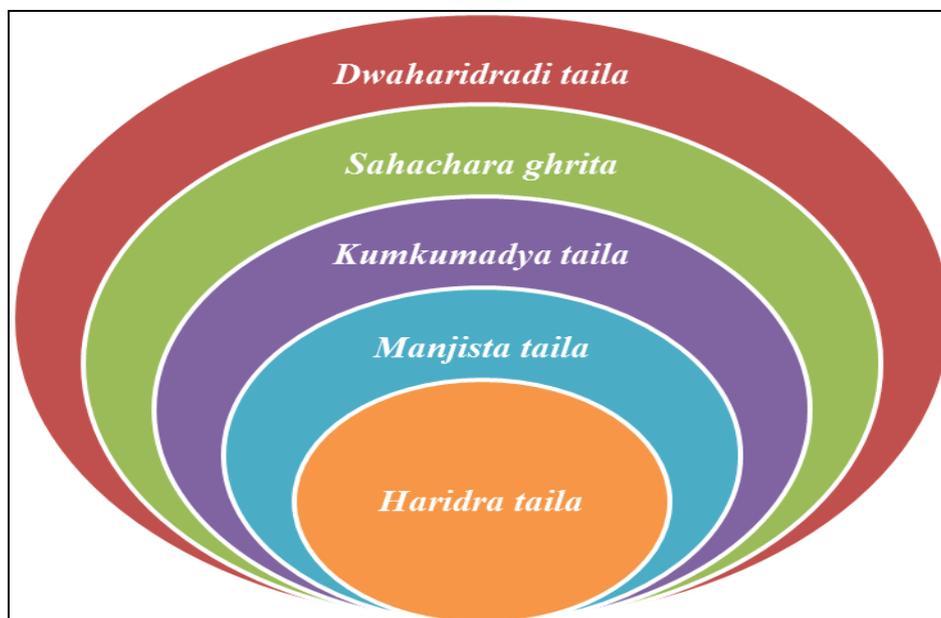
Acne vulgaris is a disease involving pustules, nodules, papules and cysts over skin especially faces and upper trunk area. The disease mainly arises due to the obstruction of hair follicles and sebaceous gland. The disease mainly occurs in adolescent age and described as *Yuvana pidika* under the category of *Kshudra-roga* in ayurveda science. Pollution, consumption of *Guru-ahara*, *Anidra*, *Madhya*, *Krodha*, *Savbhava* and *Santap*, etc. are causative factors of *Yuvana pidika*. The disease mainly involves *Vata*, *Kapha* and *Rakta* vitiation. Ayurveda mentioned *Shodhana-chikitsa* and *Shamana-chikitsa* as therapeutic modality for *Yuvana pidika*. Considering high prevalence of *Yuvana pidika* (Acne vulgaris) in current scenario present article summarizes some ayurveda aspects of this disease.

**KEYWORDS:** *Ayurveda*, *Yuvana pidika*, *Acne vulgaris*, *Kshudra-roga*.

**INTRODUCTION**

*Yauvan Pidika* is skin related pathological problem involving painful eruption of skin especially in young age person. Ayurveda mentioned use of herbs, formulations, minerals and *Shodhna* therapy, etc. for the management of *Yauvan Pidika*. *Yoga* and *Asanas* such as; *Pranayama*, *Matsyasana*, *Trikonasana* and *Balasan*,

etc. helps to imparts calming and soothing effects thus provide relief from disease conditions. **Figure 1** depicted some ayurveda formulations used topically for acne. *Salmali Kantaka akara*, *Vedana & Daha*, *Pidika*, *Ruja* and *Paka*, etc. are clinical manifestations of disease. There are various pathological factors involve in pathogenesis of disease as depicted in **Table 1**.



**Figure 1: Ayurveda formulations used topically for acne.**

Table 1: *Samprapti Ghataka of Yuwan Pidika.*

S. No.	Samprapti Ghataka	Predominance factors
1	Dosha	Kapha & Vata Dushya
2	Adhithana	Twaka Samutthana
3	Twakasneha Srotas	Rasavaha, Rakta Shrotodushti
4	Rasa	Rakta, Meda Dushya
5	Agni	Jatharagni Mandya

**Causes**

- ❖ Consumption of oily, spicy and junk foods.
- ❖ *Atapsevan, Diwaswapna* and late night awakening.
- ❖ Cold environmental condition vitiates *Vata* and *Kapha* and hot condition (*Ushana*) vitiates *Rakta Dhātu* and leads pathogenesis of *Yauvan Pidika*.
- ❖ *Krodh* and *Chinta* can cause *Vata Vridhi* leading to disease pathogenesis.
- ❖ Disturbed functioning of *Antahstravi granthis*.
- ❖ Hormonal disturbances associated with adverse effects of medication.
- ❖ Allergic reactions and Hereditary
- ❖ Skin injury.

**Symptoms**

- ❖ *Vedna, Kandu & Shotha*
- ❖ *Vaivarnya, Salmali Kantaka akara & Daha*
- ❖ *Pidika, Ruja & Strava*

**Ayurveda management of Yuwan Pidika****1. SHODHAN THERAPY**

- ❖ **Vaman Karma:** pacify *Kapha* thus helps in *Yuwanpidika*.
- ❖ **Virechana Karma:** this therapy expels excess *Pitta* and pacifies *Pittaja Yuwanpidika*.
- ❖ **Nasya Karma:** helps in *Mukhdushika* including *Yuwanpidika*.

**2. SHAMAN THERAPY**

Medicine for internal purpose and use of topical formulations helps prescribed in *Shaman* therapy; herbs, herbo minerals compounds, classical ayurveda formulation and *Aushadh Yoga*, etc. offers beneficial effects as follows:

- ❖ **Vati for Yuwan Pidika:** *Khadiradi Vati* and *Arogyavardhini Vati*.
- ❖ **Kwatha for Yuwan Pidika:** *Khadirashak Kashaya* and *Khadira Kwatha*.
- ❖ **Churna for Yuwan Pidika:** *Manjistha churna* and *Triphala churna*.
- ❖ **Rasa Aushdhi for Yuwan Pidika:** *Rasamanikya* and *Gandhak Rasayana*.
- ❖ **Herbs for Yuwan Pidika:** *Manjistha, Padmakha, Haridra* and *Chandana*.

**Effects of Ayurveda Shodhan and Shaman therapy in Yuwan Pidika**

- ❖ Therapeutic approaches reduce skin inflammations.
- ❖ Drugs possess wound healing property.
- ❖ Therapy relief burning sensation and skin rashes.
- ❖ *Shodhan* therapy imparts calming and soothing effects in case of acne.

- ❖ Moisturizing effects of *Shaman* therapy heal dry skin.
- ❖ Drug helps to pacify *Doshas* and nourishes skin.
- ❖ Ayurveda prevent hyperpigmentation and skin discoloration.
- ❖ Ayurveda drug clears channels and pores of skin thus pacify skin patches.
- ❖ Ayurveda drugs control sebum and detoxify body.
- ❖ Ayurveda therapy prevents infections and offers anti-inflammatory actions.

**CONCLUSION**

*Yauvan Pidika* is skin disease can be correlated with acne as per modern science; the disease mainly occurs in adult age and involves vitiation of *Kapha, Vata* and *Rakta*. *Vedana, Kandu, Daha, Skin papules* and *Paka*, etc. are major features of disease. Herbs, Ayurveda formulations, *Shodhna* procedures and good conduction of daily living style can help to treat and prevent pathogenesis of *Yauvan Pidika*. Ayurveda therapies eliminates vitiated *Doshas*, clears *Srotavarodha*, purifies *Rakta*, offers calming and emollient effects therefore can be used in the management of *Yauvan Pidika*.

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