

A SUCCESSFUL CLINICAL CASE STUDY OF ACNE BY DR. AVANIKA SHANDILYA**^{1*}Dr. Avanika Shandilya, ²Dr. O.P. Tiwari and ³Dr. Hitesh Kumar Kaushik**¹P.G. Scholar, ²Professor and H.O.D., ³Associate Professor, ⁴Dr. Ramesh Guguloth, ⁴Assistant Professor
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INTRODUCTION

It is a skin disease. The skin has 7 layers. In the 7th layer of the skin, the sebaceous gland is present. Sebum secretes from this sebaceous gland. It is an oily substance which comes on the surface of the skin & makes it moist and our face glows because of the sebum. According to modern science, skin has 3 layers –

- ❖ Epidermis
- ❖ Dermis
- ❖ Hypodermis

This Sebaceous gland is present in the 'Dermis' layer. It is attached below with the hair follicles & when these follicles come out through skin pores (Rom chidra) then sebum also comes out. But when these pores get blocked from outside due to various reasons or sebum itself becomes thick due to pitta dosha dushti : pitta dosha combines with Kaphadosha and corrupts the rakta dhatu due to which blood gets impurified. And this impurified sebum remains below the skin, it gets oxidized with air & we call it blackhead. And then when in this redness, itching, burning & pain comes then we call it Yuvan Pidika or pimples.

AIM AND OBJECTIVE: To study treatment of Acne through Ayurveda.**Courses- If sebum Remains inside the skin, pores get blocked due to following reasons: -**

1. Pollution
2. Dust, smoke
3. Excessive sweating
4. Use of cosmetics for a long duration
5. If we do not remove the applied cosmetic.
6. Excessive sweating due to exercise, running, or our job profile, fieldwork, the skin pores get blocked & sebum remains inside & cause pimples.
7. Puberty^[12-14]

When Hormonal changes are more, then sebaceous glands secrete more sebum, & excess of sebum blocks the skin pores. & if form outside also due to dust, pollution pores are blocked then a small bump called 'Pimple' is formed.

3. PCOD (Polycystic Ovarian Disease)

In this disease lots of hormonal changes happen in Females which causes activation of sebaceous glands which leads to pimples.

4. Starting or stopping of contraceptive pills can lead to fluctuation in hormones lead to pimples.
5. During pregnancy
6. Stress- due to stress Pitta and Kapha aggravate in

body which causes more sebum, or it combines with kapha dosha & impurifies rakta dhatu & causes pimples.

7. Excess intake of oily and spicy food can also lead to yuvanpidika or pimples.
8. Excess intake of Maida causes dryness in the body due to which pores shrink up due to Vata aggravation which leads to bump over skin, as sebum is not able to come up over the skin.

PREVENTION

1. Avoid taking Pittaj Prakarti Aahar like spicy food, sour food, citric food & very sweet food because it aggravates Kapha which can block Romchidra along with pitta.
2. Junk food containing maida & all can aggravate Vata which due to dryness shrinks Romchidra (pores) and thus not allow sebum to come out naturally from the skin.
3. Avoid going in pollution and if you go in pollution then make sure to wash your face with clean water and dab with a towel softly immediately after coming back.
4. Always remove applied cosmetics nicely with ubdan and all.
5. To avoid pimples I should always take shower after running, working out in the gym, dancing, and any other hardcore sport to wash away Sweat from skin pores.
6. If due to stress pimples are coming then I should

focus on meditation.

MATERIAL AND METHODS

A 16-year-old female was presented in OPD of Kriya Sharira Khurja VYDS Khurja (U.P) with chief complaint of acne and acne marks on face and at the back below heels along with some acne marks on her both arms. Her forehead was red due to acne marks and itching was also there since 1 and a half year. The patient was very tensed due to the marks on her face. The patient consumed lots of sweets, chocolates, and sour things. It was noticed that the patient used to remain angry and tensed. She was also suffering from constipation.

Treatment plan

Treatment plan included Pittashamak chikitsa and Shodhna (Virechna)

- | | | |
|---|---|------------------------------------|
| <ol style="list-style-type: none"> 1. Avipatthikar churn Kamadudha Ras Muktashukti Sootshekhar Ras | } | <p>Before food for 15 Days</p> |
| <ol style="list-style-type: none"> 2. Triphla Tablet BD | | |

1st Follow up

After 15 days, started Raktashodak Chikitsa

1. Purodil Tablet (AIMIL)
2. Raktashodak Vati (Baidyanath)
3. Syph. Unienzyme (Oonzha)
4. Triphla Tablet

Do's and Don'ts -

- ❖ No spicy, oily, or sweet things
- ❖ Regular Pranayama practice
- ❖ Drinking plenty of water
- ❖ Touching the face, a lot

2nd Follow up

1. Cap Marvin- 2 BD
2. Tab Purodil- 1BD
3. Triphla Tablet- 1 at night
4. Amlapittantak Yog- (2BD before food)
5. Dano Oil for head

3rd Follow up

- | | | |
|--|---|-----------------------------------|
| <ol style="list-style-type: none"> 1. Tab Purodil- 2BD 2. Tab Neemol -1BD 3. Amlapittontak-2 4. Clarina Antiacne Face Wash 5. Triphala Tablet | } | <p>After Food Before Food</p> |
|--|---|-----------------------------------|

4th Followup

1. Panchnimbadi Vati-1 BD
2. Raktshodak Vati 1BD
3. Purodil Tablet 1BD
4. Antiacne Face Wash (SriSri)
5. Herbolax Cap. At night
6. Continue Pranayama

5th Follow up

1. Purodil Tab- 1BD
2. Abhayagrisht- 30ml BD
3. Sushanta T. [X 7 days at night-time]

Criteria

1. Gradation of pimple on face

| S. No. | Symptoms | Gradation |
|--------|----------|-----------|
| 1. | Absent | 0 |
| 2. | Mild | 1 |
| 3. | Moderate | 2 |
| 4. | Severe | 3 |

2. Itching

| S. no | Symptoms | Gradation |
|-------|----------|-----------|
| 1. | absent | 0 |
| 2. | Mild | 1 |
| 3. | Moderate | 2 |
| 4. | Severe | 3 |

3. Dandruff

| S. no | Symptoms | Gradation |
|-------|----------|-----------|
| 1. | Absent | 0 |
| 2. | Mild | 1 |
| 3. | Moderate | 2 |
| 4. | Severe | 3 |

4. Pain

| S. no | Symptoms | Gradation |
|-------|----------|-----------|
| 1. | Absent | 0 |
| 2. | Mild | 1 |
| 3. | Moderate | 2 |
| 4. | Severe | 3 |

5. Redness on face neck and back

| S. no | Symptoms | Gradation |
|-------|----------|-----------|
| 1. | Absent | 0 |
| 2. | Mild | 1 |
| 3. | Moderate | 2 |
| 4. | Severe | 3 |

6. Constipation

| S. no | Symptoms | Gradation |
|-------|-----------------------|-----------|
| 1. | Absent | 0 |
| 2. | Mild Constipation | 1 |
| 3. | Moderate Constipation | 2 |
| 4. | Chronic Constipation | 3 |

7. Sleep

| S. no | Symptoms | Gradation |
|-------|---------------|-----------|
| 1. | 8 years | 0 |
| 2. | 6 Hours Sleep | 1 |
| 3. | 4 Hours Sleep | 2 |
| 4. | Insomnia | 3 |

8. Hyperacidity

| S. no | Symptoms | Gradation |
|-------|----------|-----------|
| 1. | Absent | 0 |
| 2. | Mild | 1 |
| 3. | Moderate | 2 |
| 4. | Severe | 3 |

Observation

| Assessment Criteria | Therapeutic Period | | | | | | | |
|----------------------|-----------------------------|------------------|-------|--------|--------|--------|--------|--------|
| | <i>In Course assessment</i> | Follow up period | | | | | | |
| | | BT | Day 1 | Day 15 | Day 30 | Day 45 | Day 60 | Day 75 |
| Gradation of pimples | 4 | 4 | 4 | 3 | 2 | 2 | 1 | 0 |
| Itching | 3 | 3 | 3 | 2 | 1 | 1 | 0 | 0 |
| Dandruff- full | 3 | 3 | 3 | 3 | 2 | 1 | 0 | 0 |
| Pain | 3 | 2 | 2 | 1 | 1 | 0 | 0 | 0 |
| Redness | 3 | 3 | 3 | 2 | 1 | 0 | 0 | 0 |
| Constipation | 4 | 3 | 3 | 3 | 2 | 1 | 0 | 0 |
| Sleep | 3 | 2 | 1 | 1 | 1 | 0 | 0 | 0 |
| Hyperacidity | 3 | 3 | 2 | 1 | 1 | 1 | 0 | 0 |