ABSTRACT

In today era, everyone wants good look as well as wellness of body and mind. Hence in finding these aspects, if any dilemma in face occurs which cause cosmetic disfigurements put a negative impact on the psychological status of the person along with he or she feels themselves socially inept. Such a common example of facial dilemma is Tarunyapidika, which is widely spread in the society and common among youth. Tarunyapidika is one of such disease described in Ayurveda. Aacharya Sushruta has described this disease as eruption like shalmali thorn on the face of young men or women is called yuva and pidika is yuva pidika. This disease has described has under kshudraroga chapter by many classical texts. Vitiation of kapha, vata and rakta doshas which give rise to symptoms like swelling, pain, redness, itching in Tarunyapidika. As per modern medical science the symptom of Tarunyapidika resembles Acne vulgaris. Acne is chronic inflammatory disease of the pilosebaceous unit. Generally acne lesion appear at the place where sebaceous gland are naturally large and numerous as on face, cheek, neck, back, chest. Both modern and ayurvedic sciences have considered the use of topical as well as oral medication and their combination for the treatment of acne. Modern medications provide relief from acne vulgaris but cause noticeable side effects. In text of Ayurveda, there are a number of mukhlepa, medicinal preparations, Pathya Apathya, Dinachrya procedures which have wonderful preventive and curative effect on Tarunyapidika disease. This article
explains how Ayurveda help us in the prevention and management of Tarunyapidika.

INTRODUCTION

Acne vulgaris is one of the most commonly seen diseases in adolescence. Approximately 95% to 100% of boys and 83% to 85% of girls aged 16 to 17 year are affected with this disease.\[^{1}\]

Acne vulgaris is a disease of the pilosebaceous unit characterized by non-inflammatory (open and closed comedones) and inflammatory lesions (papules, pustules, and nodules). Its pathogenesis is multifactorial the interplay of hormonal, bacterial, and immunological (inflammatory) factors results in the formation of acne lesion.\[^{2}\]

Although, Acne itself is not life threatening, it causes a severe distress to the human psyche. This disease causes a severe psychosocial burden in the patients, displaying the stigma on their skin for the world to see and criticize on a daily basis. Between 30% and 50% of adult experience psychological difficulties associated with acne, including concern about their body image, embarrassment, social impairment, anxiety, frustration, anger, depression, and poor self-esteem.\[^{3}\]

In Ayurveda, acne has been elaborated as one of the Kshudra Rogas (Minor ailments). Acne is called as Yuvanpidika and Tarunyapidika as it manifested in Yuva or Taruna (Adolescence). As the disease has local spread over the face and due to the inflammatory and scarring nature of lesions, acne is also called as Mukhadushika.\[^{4-5}\] Yuvanpidika or Tarunyapidika or Mukhadushikas characterized by Saruja (mildly painful), Ghan (firm on touch), Medogarbha (filled with sebum) and shape of Shalmali Kantaka (thorn of salmaliabarica).\[^{6-7}\]

Many authors elaborated that acne is caused due to vitiation of Kapha and Vata doshas and Rakta dhatu. Vitiated doshas and dhatus cause obstruction of Lomakup (pilosebaceous unit) of skin which causes acne. Further, rupture of acne causes scar formation. Also, vitiation of Vata and Rakta leads to hyperpigmentation of skin.\[^{8-9}\] In Ayurveda, mainly two types of Chikitsa (treatments) have been used to treat acne i.e. Shodhana (purification of body) and Shamana (conservative treatment by oral and topical medicines). Shodhana includes Vaman and Nasya, whereas Shamana includes Lepa, Upanah and Kshara application.\[^{9-10}\] Also, several Ayurvedic proprietary medicines are available in the market for the treatment of acne.

AIM AND OBJECTIVES

1. To elaborate, evaluate and discuss the aetiology, symptoms and ayurvedic method of
Tarunyapidika (Acne Vulgaris).

2. To evaluate, elaborate and discuss the management of Tarunyapidika (Acne vulgaris).

MATERIAL AND METHOD
Material related to Tarunyapidika and Acne vulgaris is collected from ayurvedic text and text book of modern medicine respectively. The available commentaries of ayurvedic sahmitas have also referred to collect relevant matter.

Conceptual study
1. Definition
The painful eruptions enclosed with meda, similar to the thorns of shalmali on the face during adulthood known as Tarunyapidika.

It correlates to acne vulgaris explained in modern science, According to modern medical science, Acne is an inflammation of the pilosebaceous unit of certain body area (face, cheek, back, chest) due to obstructed with plugs of sebum and desquamated keratinocytes that occurs most frequently in adolescence.

2. Nirukati
Tarun + Pidika = Tarunyapidika
Where, Tarun refers to the incidence of the condition typically during adulthood. Pidika refers to the formation of eruptions.
Combinedly, it can be taken as the condition which typically observed during adulthood in the form of eruptions over the face.

3. Vyutapatti
It is a feminine gender and derived as TarunVyutpati: Tarunam Pidika Vyutpati: or circular swelling.
From the above two it is clear that the circular swelling like Pinda (Papule, pustule, nodule, etc) occurring on the face in youth is Tarunya pidika

4. Synonyms
The synonyms were used to describe the nature of the Condition and Highlight various facts of tarunya pidika.
Mukhadooshik, Tarunya Pidaka, Yuvana Pidaka, Varandaka, Ananadooshika, Vayasphoda.
Meanings of the above mentioned synonyms are as follows –
Mukhadooshika – The condition which spoils the face of an individual.
Tarunya Pidaka – The condition which disrupts in adulthood.
Youvana Pidaka – The condition which disrupts in early adulthood.
Varandaka – The condition which appears along with the growing age.
Ananadooshika – The condition which disturbs the face.
Vayaspodha – The eruption of the follicles or papule with the growing age.

5. Nidana (causes)
The diet and regimen responsible for vitiation of Rakta and medovahasrotsas are the main culprits behind yuvanpidika.\(^{19}\)
i) Ahara- Oily, Spicy, Fatty, Fast Food, Cold Drinks causes the disturbance of Tridoshas.
ii) Vihara- Atapsevan, Diwaswapna, exertion immediately after meal.
iii) Kala-The Vata and Kapha are vitiated by sheet Guna of climate and Ushana Kala vitiated Rakta Dhatu.
iv) Vaya- Mostly occurs in Tarunya or Yuva Avastha.
v) Mansik Nidan- Krodh, Chinta causes Pitta Prkopa, Vata Vridhi.
vi) Antahstravi granthis - Endocrinal factor increased production of sex hormones. The sebaceous gland hyperactive androgen and progesterone are responsible for hyperplasia of oil glands.

The causes as per modern science include excess androgen secretion. There are four major factors which are responsible for the development of acne vulgaris:-
- Increased and altered sebum production.
- Follicular hyperkeratinisation (lead to formation of comedones).
- Proliferation and colonization by propionibacterium acnes (P.acnes) and staphylococcus epidermidis.
- Release of inflammatory mediators including cytokines.

6. Purva-Roopa (Premonitory symptoms/signs)
Tarunypidika Poorva– Roopa are not specifically mentioned by any Granthakara. it may be as followed Kandu (itching), Todwat vedna (pain), Shotha (swelling), Vaivarnya (skin discoloration).

7. Roopa (Signs and Symptoms)
The following are clinically manifestations of Tarunyapidika:- Pidika (acne) with Ruja
(pain), Kandu (itching), Ghan (dense), and morphologically similar to Shalmali Kantaka (thorn of pigmentation).

**The symptoms of acne vulgaris are as follows**

- Blackheads
- Whiteheads
- Pustules
- Redness and inflammation around eruptions,
- If acne is severe, cysts, abscesses.

**8. Types of tarunyapidika**

There is no description of Tarunyapidika types found in the ayurvedic classics but on the basis of predominant dosha involvement and the symptoms of disease may be classified.

**Vataja:** The eruptions which are very full, ruksha, on touch, Krishna varna.

**Kaphaja:** The eruption which are predominantly has kandu, aruna varna, kathina with mild pain.

**Raktaja:** The eruption which are black or reddish in colour, with reddish discharge.

**Dwandwaja:** Combination symptoms of two dosha.

Clinical types of Acne—There are 6 types of Acne viz. Acne Punctate, Acne Papulosa, Acne Pustulosa, Acne Indurata, Acne cystic and Acne Keloida.

**9. Pathophysiology of tarunyapidika vis-a-vis Acne vulgaris**

**According to ayurveda:** Samprapti (Pathophysiology) of acne is complex process. Initially, causative factors vitiate Kapha dosha, Vata dosha and Rakta dhatu. These vitiated elements go in the skin and obstruct the skin pores i.e. Lomakup (Pilosebaceous unit). Obstruction of Lomakup (pilosebaceous unit) leads local swelling and microcomedones formation. Paka (metabolism) of these elements in microcomedones cause pustule, papule and cyst formation. Rupture of these microcomedones leads to Vrana Vastu (scar) formation.\[^{11-12}\] Also, Vata dosha and Rakta dhatu cause hyperpigmentation of skin which leads twak vaivarnya formation.\[^{13-14}\]

**As per modern medicine:** Though the pathophysiology of acne is a multifactorial process; the initial stage of acne formation is obstruction of sebaceous gland.\[^{15}\] Pathophysiology of acne vulgaris starts at adolescence when hormonal changes (Androgens) are on peak in the body. Locally on the skin, androgens are involved in the regulation of cell proliferation and
lipogenesis.\textsuperscript{16} Hormones may also play a role in the follicular hyperkeratinization. The skin surface in acne prone areas is colonized with Staphylococcus epidermidis and Propionibacterium acnes.\textsuperscript{17} It is widely accepted that acne vulgaris is induced mainly by inflammatory reaction however, it is by no means clear that either bacteria or bacterial products initiate follicular inflammation.\textsuperscript{16} Despite this, some experimental studies have suggested that P. acnes are the main organism which plays an important role in pathogenesis of acne vulgaris. The overgrowth of P. acnes hydrolyses sebum triglycerides, producing free fatty acids and release inflammatory mediators (cytokines) which may lead to inflammatory lesions including papules, pustules, cysts and nodules.\textsuperscript{18-15}

10. Samprapti ghatak
i) Dosha- Kapha, Vata, Rakta.
ii) Dushya- Twacha, Sthanika Ras, Rakta.
iii) Agni- Jataragni, Dhatwagni.

Management of Acne vulgaris (Tarunya pidika) as per Ayurveda
In ayurvedic text mainly two types of chikitsa are described so following therapies are to be advised for the disease mukhdushika as-
(i) Shodhan therapy- Vaman, Virechan, Nasya, Raka Mokshna etc.
(ii) Shaman therapy- Internal medicine and external applications of drugs.

1. Shodhan therapy
1) Vaman- (Emesis): It is the best procedure to subside the Kaphaja abnormalities and in Yauvana Pidika.
2) Nasya (Errhine): The medicines are to be taken through nasal route in Urdhvajatrugata Rogas and also in disease of Yauvana Pidika.
3) Virechana: This therapy is specific for Pitta Dosha, or Pitta samsarga Doshas. The purgative drugs remove the excess Pitta from the Guda Marga. Thus helps in the sampraptivighatana of yauvana pidika.
4) Shiravedha- Raktamokhsana by Shirovedha is described in Mukhdushika.

2. Shaman therapy
For Shaman therapy many herbo minerals compounds are being advocated either as internal or external medication. Single or in compound.
Line of treatment as described by various Acharyas may be summarised as follows-
i) Sushrut Samhita- Lepa and Vaman Karma.
ii) Astang Hridaya- Lepa, Nasya, Vaman.
iii) Bhavprakash- Lepa, Vaman, Abhyanga.
iv) Yogaratnakara- Shiravedha, Pralepa.
v) Astang Samgraha- Lepa, Vaman, Shiravedha.

Formulations (Aushad yoga)
2) Kwatha (Decoction)- Maha Manjisthadi Kwatha, Khadirashtak Kashaya, Patoladi Kwatha, Khadira Kwatha,Gudduchyadi Kwatha Asava, patolkaturopini kwath.
3) Arista- Sarivadhyasava, Khadiraristha, Madhvasav, Manjisthadhyaristha.
4) Churna (Powder)- Aamalki churna, Manjistha churna, Panchnimbi churn, Triphla churna, Giloya churna.
5) Ghrut (Medicated ghee)- Mahatikkta Ghruta, Panchatiktaka Ghruta, Tiktashatpala Ghruta,Triphla Ghruta.
6) Rasa Aushdhi- Rasamanikya, Gandhak Rasayana,
7) Bhasma- Praval Bhasma, Swarna Makshik Bhasma.
8) Lepa: Mixture of varnya dravyas used in the form of external application.
   1. In Tarunyapidika lepa prepared out of drugs like vacha, lodhra, saindhava and nsarshapa
   2. Dhanyaka, Vacha, Lodhra and Kusta applied over the face is also useful.
   3. Application of the lepa prepared out of lodhra, tuvaraka.
   4. Vatapatra, narikelapushpa, and shukti are useful.
   5. Lepa of lodhra, dhanyaka, vacha over mukha is useful.
   7. Bark of Arjuna tree and milk.
   8. Manjistachurna with Madhu.
   9. Kumkumadi Taila Abyanga can also be done
10. Sahacharaghrita.
11. Haridradilepa can be applied for face.
12. Manjistaditaaila to be over the face.
9) In ayurvedic classics many health promotive procedures are explained in form of
Dinacharya like- Mukh prakshalan which help in many face skin problems such as Tarunyapidika.

**Apthaya** - Avoid Hot [Ushna], Spicy, Oily, Fried and Pungent Food, Junk Food, Fast Food, and Out Side Food.

**Virudha ahara**- Food that is incompatible to each other such as Milk with Fish Etc. Pathya– Food items with Tikta Rasa like Patola, Giloya, Methika etc. Fresh green and leafy vegetables, enough water intake (Specially Luke warm water), mental relaxation techniques like meditation and Yoga.

**General management of acne vulgaris**

For blackheads apply tretino in 0.025% at bedtime, benzoyl peroxide gel, salicylic acid for pustule erythromycin cream, clindamycin or tetracycline cream cap doxycycline, azithromycin orally; wash the face 4-5 times in a day. Severe nodulocytic acne not responsive to oral antibiotics, hormonal therapy or topical therapy may be treated with the synthetic retinoid isotretinoin.

**DISCUSSION**

Tarunyapidika is a disease which spoil the beauty of face. The incidence of Tarunyapidika is increasing all over the world due to unhealthy diet pattern, excessive use of chemical face products, hormonal changes. Balance diet plan and follow the Dinacharya can play a good role in the prevention and cure of Tarunyapidika. In the text of Ayurveda Pathya Aahar-Vihara, various types of Yoga, lepa, Dincharya, Ritucharya are described which have good role in the prevention and managements of Tarunyapidika. If someone follow the diet pattern, Dinacharya, (life style) according to the Ayurveda it can be helpful in the decrease the incidence of Tarunyapidika. In text of Ayurveda there are number of drugs, formulation like mukhllepa, vati, chirana etc are described which have very effective result on the Tarunyapidika as mentioned above in details.

**CONCLUSION**

In current era, Tarunyapidika is one of the most burning problem in youngsters. Modern text described acne vulgaris as a chronic inflammatory of sebaceous follicles characterised by the formation of comedone, papules and pustules, less frequently nodule or cysts. All the sahmita have pointed out kapha, vata and rakta as a causative factor of disease.
In ayurveda number of remedies are available with marked success and benefit over conventional modern drugs. The lepa and pralepa are described as shaman chikitsa in previous stages of Tarunyapidika while in severe cases shodhana chikitsa should be applied more over, the ayurvedic therapies have long lasting affect with nil side effects.

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