



Case Report

AN AYURVEDIC APPROACH IN THE MANAGEMENT OF *TARUNYA PITIKA* W.S.R. TO ACNE VULGARIS: A CASE STUDY

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ABSTRACT

In modern Era, physicians come across so many patients suffering from the disease *Tarunya pitika*. The incidence of *Tarunya pitika* is increasing day by day due to their fast lifestyle. Consumption of junk food, fast food, cold drinks leads to imbalances in *Doshas* which in turns affect body as well as mind. In *Susrut samhita*, *Tarunya pitika* is mentioned under *Kshudra rogas*. As per Modern science the symptoms of *Tarunya pitika* resembles Acne vulgaris. Acne is a chronic inflammatory disease of the pilo sebaceous units. Generally acne lesions appear at the places where sebaceous glands are naturally large and numerous as on Faces, Cheek, Neck, Back, Chest. All the dermatologists have considered Acne as the disease of sebaceous gland and it has cosmetological importance.

Perfect skin is, for most people, a distant dream. Chronic skin conditions typically are not curable in western system of medicine, but they can be manageable using Ayurvedic therapies and by paying close attention to our lifestyle. This case is a example of *Mukhadushika* like skin disease can be managed with Ayurvedic therapy. The combination of certain Ayurvedic drug such as *Arogyavardhini*, *Khadir*, *Daruharidra*, *Manjista* etc is effective for the management of *Tarunya pitika* in the Dose of 2 gms. bid. **Anupan** : Luke warm water. **Kala** : *Adhobhakt*.

KEYWORDS: *Mukhadushika*, *Acne vulgaris*, *Arogyavardhini*, *Khadir*, *Daruharidra*, *Manjista*.

INTRODUCTION

Ayurveda is a prehistoric health science. It covers health maintenance and disease condition. Now a days many people are suffering from *Tarunya pitika*. In this disease there is no pain, uneasiness and body trouble.

Twacha, according to *Ayurveda* is not only the outer covering of body, but it is a *Dnyanendriya* which encompasses the body from within also. In short, it must be emphasized, that a healthy *Twacha* is the reflection of a Healthy body (*Swastha Deha*).

In modern era people became beauty conscious. *Tarunya pitika* word itself says that it is *Pittikotpati* in *Tarunya Awasta* due to some hormonal changes. Up to some limit it is normal but in excess it becomes a reason for depression in a person.

CASE REPORT

The present case study is successful Ayurvedic management of a case of *Tarunya pitika* (*Acne vulgaris*). A 21 year old female patient came to us with chief complaint of -

- 1) *Mukha pradeshi pitikopati* (*Acne vulgaris*)
- 2) *Twakvaivarnaya* (Skin Discoloration)
- 3) *Kandu* (itching) on facial skin.
- 4) *Shotha* (swelling)
- 5) *Rujayuktya pitika* (painful boils)

Patient had above complaints since 1 year.

History of personal illness

The patient was normal one year back. Since then patient has been suffering from *Mukha pradeshi pitikopati* (*Acne vulgaris*), *Twakvaivarnaya* (skin discoloration), *Kandu* (itching) on facial skin, *Shotha* (swelling, *Vedana*

(pain). She had tried all kinds of skin creams and tablets, but nothing provided long-term relief from her problem, then she approached our hospital - Seth Sakharam Nemchand Jain Ayurvedic Rugnalaya in Kaychikitsa department OPD.

Personal History

Occupation: student + farmer

O/E:

Nadi (pulse) = 74/min

Mala (stool) = Malavstamba

Mutra (urine) = Normal

Jeeva (tounge) = Eshatha saam

Agni = Normal

Shabda (speech) = Normal

Druka (eyes) = Normal

Akruti = Madhyama

Bala = Madhyama

Raktadaaba (B.P) = 130/70 mm/Hg

MATERIALS AND METHODS

MATERIALS

Ayurvedic Drug- Internal Churna Form

1. Arogyavardhini : 500mg
2. Khadir : 500mg
3. Daruharidra : 500mg
4. Manjista : 500mg

Mild Virechan- Gandharva Haritaki 2 gm at night with Koshna jal Anupan

Dose: 2gm x Twice a Day

Anupan: Koshna jal

Aushadhi Sevan Kal: Adhobhakt

Route of Administration: Oral

Type of treatment: OPD Basis

Duration: 45 Days

Follow up: After every 7 days

METHODS

Center of Study: Seth Sakharam Nemchand Jain Ayurved Rugnalaya, Solapur.

Gradation

Symptoms:

S.No.	Symptoms	Mild (+)	Moderate (++)	Severe (+++)
1	Vedana	+	++	+++
2	Kandu	+	++	+++
3	Shotha	+	++	+++

Skin Discoloration

Blackish	2(++)
Reddish	1(+)
Normal skin	0(-)

Acne (Papules)

Pustules	4(++++)
Papules of big size	3(+++)
Papules of small size	2(++)
Open/closed comedones	1(+)
Normal	0(-)

DISCUSSION

NIDAN PANCHAK

Hetu

1. Ahar - Oily, spicy, sweet, fatty, fast food, cold drinks causes the disturbance of Tridoshas.
2. Vihar- Atapsevan, Diwaswapna, Exertion immediately after meal.
3. Kala- The Vata and Kapha are vitiated by sheet Guna of climate and the Ushana kala vitiates Rakta dhatu.
4. Vaya- Mostly occurs in Tarunya avastha.
5. Manasika nidan- Krodha, Chinta, causes Pitta prakopa, Vata vrudhi.
6. Antastravi Granthis (Endocrinal Factor)- Increased production of sex hormones the sebaceous gland become hyperactive. Androgen and progesterone are responsible for hyperplasia of oil glands.

POORVA ROOPA

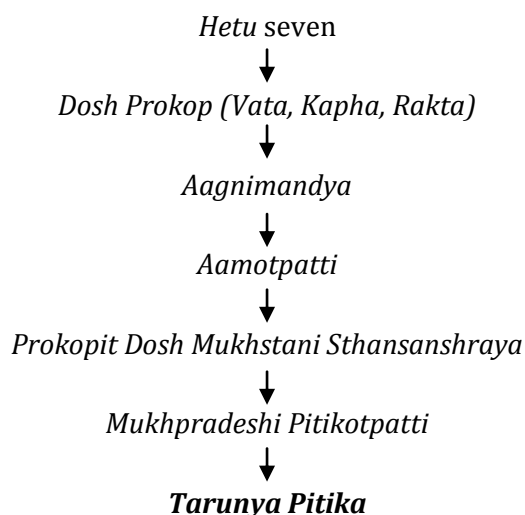
- Tarunya pitika Poorva roopa are not specifically mentioned by any Granthakara, but it may be as follows.
- Kandu
- Todwat vedna
- Shotha
- Vaivarnya

ROOPA^[1-3]

- The following are clinical manifestations of Tarunya pitika.
- Shalmalikantakwat pidika - Pitika looks like Shalmalikantak i.e thorn of Shalmali tree which is slightly reddish brown in colour and hard.
- Kanduyukta pitika - It occurs due to Dushti of Kapha.
- Stravayukta pitika - It occurs due to Dushti of Kapha and Pitta.
- Rujayuktya pitika - It occurs due to Vata prakopa.
- Ghana pitika - It occurs due to accumulation of Kleda.
- Twakvaivarnaya - It occurs due to Vata and Rakta.

SAMPRAPTI

Hetu (Nidan) and Samprapti of Tarunya pitika are not mentioned in detail in Samhitas.



SAMAPRATI GHATAKA

- Dosh – Kapha, Vata
- Dushya – Twacha, Sthanika ras, Rakta
- Agni- Jataragni, Dhatwagani

S.No	Symptoms	1st Day	1st wk	2nd wk	3 rd wk	4th wk	5th wk	6th wk
1	Pain (Vedana)	+	+	+	-	-	-	-
2	Itching (Kandu)	++	++	++	+	+	-	-
3	Swelling	+	+	+	-	-	-	-
4	Skin Discoloration	+	+	+	+	-	-	-
5	Acne	+	+	+	+	-	-	-

CONCLUSION

Hence it is concluded that the combination of above Drugs is highly effective in the management of Tarunya pitika.

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- Strotus – sthanika rasa, Rakata vahini.
- Udbhava sthana – Amashaya
- Rogamarga – Bhaya
- Adhistana- Twacha
- Sanchar sthana- Rasayani- sthanika
- Vyakta Sthana- Mukhagata twacha

DRUG ACTION

- **Arogyavardhini**^[4]
Dipan, Pachan, Kushtaghana, Bhedan, Shothhar, Yakruttejak, Kaphkledaghana.
- **Khadir**^[5]
Pittaghana, Kushtaghana, Krumighana.
- **Daruharidra**^[6]
Pittaghana, Dipan, Yakruttejak, Kandughana.
- **Manjista**^[7]
Varnya, Shothhar, Kushtaghana, Raktaprasadan.

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