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

Velhal Amol
Associate Professor and Head of the Department of Swasthavritta, S.G.R.Ayurveda College, Solapur, Maharashtra, India.

Received on: 24/03/2015 Revised on: 15/04/2015 Accepted on: 23/04/2015

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 compliant 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 Ayurvedic Rugnalaya, Solapur.

**Gradation**

**Symptoms:**

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Symptoms</th>
<th>Mild (+)</th>
<th>Moderate (++)</th>
<th>Severe (+++)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vedana</td>
<td>+</td>
<td>++</td>
<td>+++</td>
</tr>
<tr>
<td>2</td>
<td>Kandu</td>
<td>+</td>
<td>++</td>
<td>+++</td>
</tr>
<tr>
<td>3</td>
<td>Shotha</td>
<td>+</td>
<td>++</td>
<td>+++</td>
</tr>
</tbody>
</table>

**Skin Discoloration**

<table>
<thead>
<tr>
<th>Color</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blackish</td>
<td>2(++)</td>
</tr>
<tr>
<td>Reddish</td>
<td>1(+)</td>
</tr>
<tr>
<td>Normal skin</td>
<td>0(-)</td>
</tr>
</tbody>
</table>

**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 _Shalma_ tree which is slightly reddish brown in colour and hard.  
  - _Kandayukta 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_.

**Acne (Papules)**

<table>
<thead>
<tr>
<th>Type</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pustules</td>
<td>4(+++++)</td>
</tr>
<tr>
<td>Papules of big size</td>
<td>3(++)</td>
</tr>
<tr>
<td>Papules of small size</td>
<td>2(++)</td>
</tr>
<tr>
<td>Open/closed comedones</td>
<td>1(+)</td>
</tr>
<tr>
<td>Normal</td>
<td>0(-)</td>
</tr>
</tbody>
</table>
SAMPRAPTI
Hetu (Nidan) and Samprapti of Tarunya pitika are not mentioned in detail in Samhitas.

Hetu seven

Dosh Prokop (Vata, Kapha, Rakta)

Aagnimandya

Aamotpatti

Prokopit Dosh Mukhistani Sthansanshraya

Mukhpredeshi Pitikotpatti

Tarunya Pitika

SAMAPRATI GHATAKA
• Dosha – Kapha, Vata
• Dushya – Twacha, Sthanika ras, Rakta
• Agni- Jataragni, Dhatwagani

DRUG ACTION
• Argyavardhini\(^4\)
  Dipan, Pachan, Kushtaghana, Bhedan, Shothhar, Yakruttejak, Kaphkledaghana.

• Khadir\(^5\)
  Pittaghana, Kushtaghana, Krumighana.

• Daruharidra\(^6\)
  Pittaghana, Dipan, Yakruttejak, Kandughana.

• Manjista\(^7\)
  Varnya, Shothhar, Kushtaghana, Raktaaprasadan.

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

REFERENCES
5. The Ayurvedic pharmacopoeia of india-part-1, vol-1, pg.no-97
6. The Ayurvedic pharmacopoeia of india-part-1, vol-2, pg.no-36

Source of support: Nil, Conflict of interest: None Declared

*Cite this article as:

*Address for correspondence
Dr. Velhal Amol
Associate Professor and Head of the Department of Swasthavritta, S.G.R.Ayurveda College, Solapur, Maharashtra, India.
Email: velhalamol@gmail.com
Mob: +919271207790