

CASE STUDY OF EFFECT OF VARNYA DRAVYA ON YUVAN PIDIKA JANAYA VAIVARNYA WITH SPECIAL REFERENCE TO ACNE SCARS

*Dr. Avani M Kamble, **Dr Shivani O Gupta

*Ind YR PG Scholar, **Associate Professor YMTAC, Kharghar (Guide)

Department – Rognidana Evum Vikriti Vigyan

ABSTRACT

BACK GROUND - A female of 25 years old had chief complaints of acne prone skin with old acne scars and discoloration (yuvan pidika janya vaivarnya).

MATERIALS AND METHODS:

Bahya chikitsa –

Lodhra, dhanyak, vacha churna in rose water for lepan on scars and new acne outbreak- once a day (refkayachikitsaby Vd Nitin Madhav Kamat, Bhav prakash)

Kumkumadi tail for local application on face.

Proper cleaning of face with regular soap in use.

Aabhyantar chikitsa –

Sukshma triphala 300mg

Aarogya vardhini 600 mg

Mahamanjishtha di kwath 15 ml

All medications thrice a day

Avoiding pitta vitiating ahara and vihara before, during and after commencement of treatment. (pickle, papad, tea, coffee, spicy and oily food)

Proper hygiene and night sleep as per daily activity.

RESULTS - Use of drugs showed skin lightening in the scars and arrested the outbreak of new acne. Evening the skin color than previous stage.

CONCLUSION - Use of drugs locally and internally minimized the symptoms and regulated the pitta and thus dushti of rakt dhatu was arrested. More over the kapha and vata were balanced and hence excessive sebum secretion minimized. Outbreak of new acne in premenstrual days was not observed.

KEY WORDS - yuvan pidika janya vaivarnya, acne scars, discoloration.

INTRODUCTION

Kshudra kushtha is widely used term for skin ailments in ayurvedic texts. *Mookhdushika* or *yuvan pidka* is also one of the skin ailment prevailing since

ancient time. Skin or *twak* is one of the *vyakti sthan* of *rasa dhatu*. Thus

rasa sarata is one of way to assess *agni*, *ahar parinaman* and digestion as whole. *Mookhdooshika* or *yuvaan pidka* are very much common problems in youth, as per ayurvedic texts it has been described as

pittaj vyadhi with *rakta dushti, kapha and vata as anubandhya*.^{(1) (2)} In modern medicine contexts, acne are nearest ailment to same. But the underlying causes of acne are infections also. Excessive sebum secretion, dandruff and staphylococcus, streptococcus and propioni bacterium are main causative agents. Hormonal imbalance, use of oral contraceptive pills also lies as longstanding causes of same. Acne being a superficial expression of same even on healing, leaves the scars over skin. Thus making it an aesthetic problem. *Varna includes* different parameters of skin. They are color, texture, luster, appearance, nourishment and also dermatological parameters such as skin hydration (dryness-oiliness), skin pigmentation (pigmented-none pigmented), skin sensitivity (sensitive-resistant) and skin wrinkling (wrinkle tight). Hence, disturbance in any of the above components of the skin is considered as *Vaivarnya* (skin discoloration).⁽³⁾

MATERIALS AND METHODS

A female of 25 years age, came with complaints of frequent acne outbreak, oily skin with few dry patches over cheeks, old acne scars with blackish discoloration. She had no menstrual anomalies or any such history of any major illness. The acne outbreak was around premenstrual period. The patient had used oil control face washes but it did not give her desired results. She also had dandruff on and off. Her menstrual history had no complaints. She was given *lodhra, dhanyak, vacha churna* in rose water for *lepan* on scars and new acne outbreak- once a day and internally *Sukshma triphala 300mg, Aarogya vardhini 600 mg, Mahamanjishthadi kwath 15 ml*

Observations and Results

The result of 35 days treatment showed following results.

| Parameter | Grade before treatment | Grade after treatment |
|-------------------------|------------------------|-----------------------|
| <i>Pidika</i> | 2 | 1 |
| <i>Rukshata</i> | 3 | 0 |
| <i>Vaivarnya</i> | 3 | 1 |
| Pre menstrual eruptions | 1 | 0 |

thrice a day and *kumkumadi tailam* for facial massage twice a day for around 35 days. In diet the patient was advised to have balanced diet with limited pickles and fermented food items. Addition of citrus fruits like lime and oranges one per day. Along with this proper hygiene habits were explained and made to follow. The facial skin was examined daily to observe the following parameters of assessment.

Criteria for assessment of results

Vaivarnya (discoloration) over skin and comedones.⁽⁴⁾

- 0 – Nearly normal skin color
- 1 – Brownish-red discoloration
- 2 – Blackish-red discoloration
- 3 – Blackish discoloration.

Rukshata (dryness)

- 0 – No line on scrubbing with nail dryness
- 1 – Faint line on scrubbing by nails
- 2 – Lining and even words can be written by nail
- 3 – Excessive *Rukshata* leading to *Kandu*
- 4 – *Rukshata* leading to crack formation.

Pidika (eruption)

- 0 – No eruption in the lesion
- 1 – Scanty eruptions in few lesions
- 2 – Scanty eruptions in at least half of the lesion
- 3 – All the lesions full of eruption.

Pre menstrual eruptions

- 0- No eruptions
- 1- 2- 3 eruptions
- 2 -More than 3 eruptions

DISCUSSION

Mahamanjishthadi kwath⁽⁵⁾ has contents showing colon cleansing and skin purifying properties. Thus the *pittaand rakta dushti* in *mukhdushika* and skin is corrected. The vitiated *bhrajak pitta* which lies at skin is responsible for skin color. Any vitiation in *utpatti* or formation process of *bhrajak pitta* cause *twak vaivarnya*. By facial massage (*abhyanga*^{(6) (7)}) with *kumkumadi tail*^{(8), (9)} raises the skin temperature locally, due to which vasoconstriction is relieved and necessary nutrients, oxygen, etc. are carried to dermis as whole, thereby improving the anoxic condition of new and old skin cells. Application of *lodhra*⁽¹⁰⁾, *vacha*⁽¹¹⁾ and *dhanyak*⁽¹²⁾ *churna*, topically cause prevention of oil retention. Oil patches on skin are due to sebum secreted from sebaceous glands. Overnight due to its activity the sebum accumulates on skin surface and thus paves way to dust and bacteria through the ducts of gland in to dermis. This causes minute inflammation thus forming pimples. Patients tend to toggle these pimples and break it on and off. Thus the pores undergo injury and in healing process leave discoloration behind. In order to prevent the excessive oil cause of this pathology, *varnyakar lepa* of *Acharya Bhavprakash* was used. This not only prevented excessive oiling but also the individual anti-inflammatory action of these drugs caused undeveloped skin infections. *Aarogya vardhini* provides total health and makes the body free from all types of diseases and brings a balance between the three *dosha*. It is beneficial for leprosy, oedema, obesity, jaundice and various types of hepatic disorder. *Arogyavardhini vati* does the *Shoshan* (~assimilation) of different excess *Snigdha dravyas* (~unctuous substances) present in the body. It also does the *Pachan* (~digestion) of *Drava* (~liquid) and *Kleda* (~clumpy) and does the *Raktavardhana* (~purifies blood). It reduces *Dravatva*, *Snigdhata* in *Meda dhatu*⁽¹³⁾.

CONCLUSION

Use of drugs locally and internally minimized the symptoms and regulated the *pitta* and thus *dushti* of *rakt dhatu* was arrested. More over the *kapha* and *vata* were balanced and hence excessive sebum secretion minimized. Outbreak of new acne in premenstrual days was not observed.

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