



Full Length Research Article

AN AYURVEDIC DRUG THERAPY IN THE MANAGEMENT OF TARUNYA PITIKA W.S.R. TO ACNE VULGARIS

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ABSTRACT

Now a day's eating habits have changed. Consumption of junk food, Ready to cook fast food, Carbonated drinks is increasing day by day which contains preservatives and colouring agents. Due to prolonged use they gets accumulated in our body and leads to imbalances in *doshas* which in turns affect body as well as mind. *Tarunya pitika* is one of the disease mentioned under *kshudra rogas*. As per modern science the symptoms of *Tarunya pitika* are resembles with Acne vulgaris. Acne is a chronic inflammatory disease of the pilo sebaceous units. It is characterized by the formation of comedones, erythematous pappules and pustules, less frequency nodules or cysts and in some cases scarring. All the dermatologists have considered Acne as the disease of sebaceous gland and it has cosmetological importance. Generally acne lesions appears at the places where sebaceous glands are naturally large and numerous as on Face, Cheek, Neck, Back, Chest. A short list of certain Ayurvedic drug has been categorically presented for the study to treat *Tarunya pitika* symptomatically, such as *Arogyavardhini*, *Khadir*, *Daruharidra*, *Manjista* etc. The combination of these Drugs is effective for the management of *Tarunya pitika* in the Dose of 2 gms.bid. *Anupan*-Luke warm water. *Kala: Adhobhakt*.

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INTRODUCTION

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 spite of this, *Sushruta* and *Charaka* both have described about various aspects of *Twacha* as well as the types of *Twacha* along with the diseases caused due to its vitiation. In addition to this, *Twacha* has intimate relationship from various aspects with many components of body like *Dosha*, *Dhatu*, *Mala* and also *Kala*, and certain components like *agni*. In short, it must be emphasized, that a healthy *Twacha* is the reflection of a Healthy body (*Swastha Deha*).

Aim and Objectives

- Clinical study on *Tarunya pitika* with *Ayurvedic Drug Therapy*.
- To study etiological factor of "*Tarunya pitika*".
- To study the exact role of Ayurvedic Drug in the Management of *Tarunya Pitika*

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 Kala** : Adhobhakt
- **Route of Administration** : Oral
- **Type of treatment** : OPD Basis
- **Duration** : 45 Days
- **Follow up** : After every 7 days

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METHODS

Center of Study

Seth Sakham Nemchand Jain Ayurved Rugnalaya, Solapur

Method of sampling & study design: Simple Randomized

SOURCE OF DATA

A total 10 patients will be selected from OPD of S.S.N.J. Ayurved Rugnalaya, Solapur.

CRITERIA FOR SELECTION OF PATIENTS

- Age group 13 to 30 yrs. of both sexes.
- Patients representing sing & symptoms of *Tarunya pitika*.

CRITERIA FOR REJECTION OF PATIENTS

- Age group below 13 and above 30 yrs.
- The patients who suffer from more than 3 yrs.
- Patients having severe burning sensation.
- Patients having any associated disease.

CRITERIA OF DIAGNOSIS

SUBJECTIVE PARAMETERS

- Patient will be diagnosed on the basis of signs and symptoms of *Tarunya pitika*.
- 1. Pitikotpatti
- 2. Twakvaivarnya
- 3. Kandu
- 4. Vedana
- 5. Shotha

CRITERIA FOR ASSESSMENT OF RESULT

- It is based on efficacy of therapy will be assessed on the basis of Subjective parameters before & after treatment.
- Total Efficacy of therapy**
- Excellent Results : Relief in Symptoms more than 70%
- Moderate Results : Relief in Symptoms between 30-70%
- Poor Results : Relief in Symptoms below 30%

Gradation

Symptoms:-

Sr.No.	Symptoms	Mild(+)	Moderate(++)	Severe(+++)
	Vedana			
	Kandu			
	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(-)

NIDAN PANCHAK

Hetu

- Ahar- Oily, spicy, sweet, fatty, fast food, cold drinks causes the disturbance of tridoshas.
- Vihar- Diwaswapna, Ratri jagarana, Exertion immediately after meal.
- Kala- The vata and kapha are vitiated by sheet guna of climate and the ushana kala vitiates rakta dhatu.
- Vaya- Mostly occurs in tarunya avastha.
- Manasika nidan-Krodha, chinta, shoka, bhaya, santapa and udveg causes pitta prakopa, vata vrudhi.
- Antastravi Granthis (Endocrinal Factor)- Increased production of sex hormones the sebaceous gland become hyperactive. Androgen and progesterone are responsible for hyperplasia of oilglands.

POORVA ROOPA

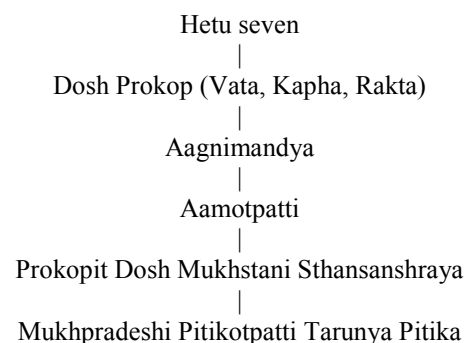
- Tarunya pitika* poorva roopa are not specifically mentioned by any Granthakara, but it must be as follows-
- Kandu*
- Todwat vedna*
- Shotha*
- Vaivarnya*.

ROOPA

- 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.
- Twakvaivarnya – It occurs due to vata and rakta.

SAMPRAPTI

- Hetu (Nidan) and samprapti of *Tarunya pitika* are not mentioned in detail in samhitas.



Statistical Data

Sr.No	Reg.No	Age/Sex	Occupation	Dietary Habits	Family History	duration of Illness
1	8567	24/M	Student	Veg	Absent	4 Mon
2	8674	23/M	Student	Veg	Absent	1 Mon
3	555	28/M	Off.Worker	Veg	Absent	10 Days
4	10619	18/M	Student	Non-Veg	Absent	3 Mon
5	12534	21/F	Student	Non-Veg	Absent	1 Mon
6	12712	25/F	Student	Non-Veg	Absent	15 Days
7	12789	19/M	Student	Veg	Absent	20 Days
8	13523	23/F	Student	Non-Veg	Absent	3 Mon
9	13735	27/F	Off.Worker	Non-Veg	Absent	10 Days
10	14846	24/F	Student	Non-Veg	Absent	2 Mon

Chart 2

SR.NO	Symptoms	1st Day	1st wk	2nd wk	3 rd wk	4th wk	5th wk	6th wk	Result	Remark
1	Pain (Vedana)	+	+	+	+	-	-	-	60%	Moderate
	Itching (Kandu)	++	++	+	+	-	-	-		
	Swelling	+	+	+	+	+	-	-		
	Skin Discoloration	+	+	+	+	+	-	-		
	Acne	++	++	++	+	+	-	-		
2	Pain (Vedana)	-	-	-	-	-	-	-	75%	Excellent
	Itching (Kandu)	++	++	++	+	+	-	-		
	Swelling	-	-	-	-	-	-	-		
	Skin Discoloration	+	+	+	+	-	-	-		
	Acne	++	++	++	+	+	-	-		
3	Pain(Vedana)	-	-	-	-	-	-	-	80%	Excellent
	Itching(Kandu)	+	+	+	+	-	-	-		
	Swelling	+	+	+	+	-	-	-		
	Skin Discoloration	+	+	+	+	-	-	-		
	Acne	+	+	+	+	-	-	-		
4	Pain(Vedana)	+	+	+	-	-	-	-	75%	Excellent
	Itching(Kandu)	++	++	++	+	+	-	-		
	Swelling	-	-	-	-	-	-	-		
	Skin Discoloration	++	++	++	+	+	-	-		
	Acne	+	+	+	+	-	-	-		
5	Pain(Vedana)	+	+	+	-	-	-	-	80%	Excellent
	Itching(Kandu)	++	++	++	+	+	-	-		
	Swelling	+	+	+	-	-	-	-		
	Skin Discoloration	+	+	+	+	-	-	-		
	Acne	+	+	+	+	-	-	-		
6	Pain(Vedana)	+	+	+	-	-	-	-	40%	Moderate
	Itching(Kandu)	+	+	+	+	-	-	-		
	Swelling	-	-	-	-	-	-	-		
	Skin Discoloration	+	+	+	+	-	-	-		
	Acne	+++	+++	++	++	+	+	+		
7	Pain(Vedana)	+	+	+	-	-	-	-	50%	Moderate
	Itching(Kandu)	++	++	++	+	+	-	-		
	Swelling	+	+	+	+	-	-	-		
	Skin Discoloration	+	+	+	+	-	-	-		
	Acne	++	++	++	+	+	+	-		
8	Pain(Vedana)	-	-	-	-	-	-	-	80%	Excellent
	Itching(Kandu)	-	-	-	-	-	-	-		
	Swelling	+	+	+	+	-	-	-		
	Skin Discoloration	+	+	+	+	-	-	-		
	Acne	++	++	++	+	+	-	-		
9	Pain(Vedana)	+	+	+	-	-	-	-	70%	Moderate
	Itching(Kandu)	+	+	+	+	-	-	-		
	Swelling	+	+	+	+	+	-	-		
	Skin Discoloration	+	+	+	+	-	-	-		
	Acne	+	+	+	+	-	-	-		
10	Pain(Vedana)	+	+	+	+	-	-	-	75%	Excellent
	Itching(Kandu)	++	++	++	+	+	-	-		
	Swelling	+	+	+	-	-	-	-		
	Skin Discoloration	+	+	+	+	-	-	-		
	Acne	++	++	++	+	+	-	-		

SAMAPRATI GHATAKA

- *Dosha – Kapha, Vata*
- *Dushya – Twacha, Sthanika ras, rakta*
- *Agni- Jataragni, Dhatwagani*
- *Strotus – sthanika rasa, Rakata vahini.*
- *Udbhava sthana – Amashaya*
- *Rogamarga – Bhaya*
- *Adhistana- Twacha*
- *Sanchar sthana- Rasayani- sthanika*
- *Vyakta Sthana- Mukhagata twacha*

DRUG ACTION

- *Arogyavardhini –Dipan, Pachan, Kushtaghana, Bhedan, Shothhar, Yakruttejak, Kaphkledaghana.*
- *Khadir- Pittaghana, Kushtaghana, Krumighana.*
- *Daruharidra-Pittaghana, Dipan, Yakruttejak, Kandughana.*
- *Manjista-Varnya, Shothhar, Kushtaghana, Raktaprasadan.*

CONCLUSION AND RESULTS

- The following conclusions were drawn on the basis of data collected-
- Good results (above 80%) - in 03 patients (30%)
- Moderate results (50-80%) - in 06 patients (60%)
- Poor results (less than 50%) - 01 patients (10%)
- Hence it is concluded that the combination of above Drugs is highly effective in the management of *Tarunya pitika*.

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