



SHALMALI KANTAK LEPA IN THE MANAGEMENT OF YUVANAPIDIKA (ACNE VULGARIS)- A CASE REPORT

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ABSTRACT:

Yuvanpidika is a type of *KshudraRoga* described in Ayurvedic classics. The classical symptoms of *yuvanpidika* described in *Ayurveda* resemble Acne Vulgaris. The shalmali thorn-like eruptions on the face of adolescents are due to the vitiation of *Kapha, Vata, and Rakta*, called *Yuvanpidika (Mukhadushika)*. The incidence of *Yuvanpidika* is increasing in our society due to changes in diet patterns, lifestyle, hormonal changes, and environmental conditions. It correlates to Acne Vulgaris, which is explained in modern science. It is one of the most common dermatological problems affecting virtually all individuals at least once. The main cause is increased sebum production and colonization of pilosebaceous ducts by *Propionibacterium acnes*. However, various advanced treatments are available in modern medicine for patients with acne vulgaris, these techniques are not affordable for every patient and their family. In Ayurvedic texts, many *mukhlepa*, medicinal preparations, *Pathya Apathya*, and *Dinacharya* procedures have a wonderful preventive and curative effect on *Yuvanpidika* diseases. Furthermore, facial beauty is necessary for everyone, so all sections of *Ayurveda* can work together to prevent *Yuvanpidika* and other diseases. This article explains how *Ayurveda* can help us prevent and manage *Yuvanpidika*.

KEYWORDS: *Yuvanapidika, Acne vulgaris, Shalmali Kantak Lepa, Kshudra rogas, Mukhadushika Mukhalepa.*

INTRODUCTION

The human face is a crucial tool for interpreting emotions, often described as the “organ of emotion.” Not only do we rely on facial expressions to understand the feelings of others, but our face also plays a significant role in our physical attractiveness. However, *Yuvanapidika*, a common issue encountered during adolescence, poses a substantial threat to the health and appearance of our facial skin. The prevalence of *Yuvanapidika* (acne vulgaris) is similar for both sexes. In the 21st century, changes in lifestyle, diet patterns, and environmental factors have increased the incidence of these skin conditions. *Ayurveda* has been known since ancient times for its role in curing and preventing diseases, and this concept applies to the treatment and prevention of *Yuvanapidika*. *Yuvanapidika* is characterized by eruptions on the face during adulthood, resembling Salmali thorns, and is caused by imbalances in *Kapha*, *Vata*, and *Rakta*. The most common site for *Yuvanapidika* is the face, particularly the forehead, cheeks, nose, and chin [1].

In modern science, *Yuvanapidika* can be correlated with acne vulgaris. It is a chronic condition that affects many teenagers, characterized by blockage of pilosebaceous ducts and involving areas of the skin with high numbers of active sebaceous glands, such as the face, chest, and back. Acne significantly impacts self-esteem, often leading to embarrassment and a lack of self-confidence [2].

CASE REPORT

An 18-year-old male patient presented to the OPD of the *Panchakarma* department at the

Government P.G. Ayurvedic College & Hospital in Varanasi with complaints of acne papules and pustules on both cheeks and forehead, along with inflammation for the past six months. The patient has very oily skin. The issue began when the patient was 17 years old, with the emergence of reddish comedones on both cheeks accompanied by tenderness and itching. The patient sought treatment from a dermatologist and received local retinoid application and oral antibiotics for three months. However, the symptoms would worsen upon discontinuation of the treatment. Subsequently, the patient sought allopathic treatment from another dermatologist but did not experience sustained relief. As a result, the patient came to our hospital seeking *Ayurvedic* treatment.

History of past illness

There was no relevant history of illness.

Family history

There is no reported history of similar illnesses among his family members.

Personal History

Bowel – Regular; Appetite – Medium; Micturition – Normal; Sleep – Sound; Diet – Mixed; Nutritional status – Medium; *Koshtha* – *Madhyama*; Agni – Manda, *Mansika Prakriti* – *Rajasika*; Addiction – Tea, Emotional Status – Tensed.

General Examination

Icterus, Clubbing, Oedema, Cyanosis – Absent

Gait, Joints, Built – Normal

Blood Pressure – 120/90 mmHg; Pulse – 80/min;

Respiration 18/min; Temperature – Afebrile; Height

–164cm; Weight - 68 kg.

Ashta Vidha Atura Pariksha

Nadi: Vata-Pittaja, **Shabda:** Prakruta, **Mutra:** Prakruta, **Sparsha:** Khara

Mala: Baddha, **Druk:**Prakruta, **Jihwha:**Nirama, **Akruti:** Madhyama

Systemic examination: CNS, CVS, Respiratory System, GIT- NAD

Lab Investigations

Hb – 13.33gm/dL

TLC – 7500 cells/cu.mm

ESR – 17mm/hr; RBS – 138 mg/DI

Diagnosis. The patient's signs and symptoms were assessed according to *Acharya Sushruta*, with *Vagbhata* providing examples such as *Shalmali* thorn-like *Pidika* (papules and pustules), *Saruja* (pain or tenderness), *Ghana* (dense-inflamed), and *Kandu* (itching)[3].

Samprapti;

Ayurvedic view: There is no separate description regarding the *Samprapti* of *Mukhdushika* in the classics. But being a variety of *Kshudra roga* the common *Samprapti* of *Kushtha* should be considered [4]. According to *Sushruta Samprapti* of *Kshudra* is as follows. The various causative factors are mentioned in *Kshudra Nidana* in which *Vata* and *Kapha Doshas* are mentioned [5].

Dosha - Vata, Kapha

Dushyas - Twak, Rakta, Mansa

Srotas - Rasavaha, Raktavaha, Mansavaha,

Medovaha

Table No. 2: Observation & Results

SIGN & SYMPTOMS	BEFORE TREATMENT	DURING TRIAL		AFTER TREATMENT
		1st FU(15th day)	2nd FU(30th day)	
<i>Saruja</i> (Pain)	2	1	0	0
<i>Daha</i> (burning sensation)	3	1	0	0

Srotodusti – Sanga

Udhbhavasthana - Twak, Mansa

Purvarupa – Kandu, Shotha, Vedna

Rupa – Pidika (similar to Shalmali Kantaka), Ruja, Kandu, Strava)

Agni - Mandagni

Modern view: Acne is a chronic inflammatory disease of the pilosebaceous glands present in the skin of the face. This disease is characterized by the formation of comedowns [blackheads], erythematous papules, and in a few cases, nodules or cysts and scarring. There are four major factors involved in the disease production viz, increased sebum production, cornification of pilosebaceous ducts, microbial involvement, and production of inflammation [6].

Table No. 1: Treatment timeline

Treatment/medication	Dosage	Time	Duration
<i>Shalmali Kantaka Lepa</i>	5gm with milk	Once a day	4 weeks

A total of 2 Follow-ups were taken on every 15th day.

Enough milk is added to *Shalmali Kantaka Lepa* and made into a paste. *Lepa* is applied over the face and kept till it gets dried [7].

<i>Pidaka</i> (eruption)	3	2	1	1
<i>Ghana</i> (thickness of the <i>Pidaka</i>)	2	1	0	0
<i>Snigdghata</i> (seborrhoea / greasy skin)	3	2	1	1
<i>Saraktata</i> (bleeding)	0	0	0	0

RESULTS

The results observed after treatment – Improvement in signs and symptoms of the patient, 7-8 days after the treatment started. Significant relief was found in *Daha* (burning sensation), and

ghana (thickness of the *Pidaka*), and no new acne formed, up to the second visit (15 days). Satisfactory improvement in *Saruja* (pain), *Daha* (burning sensation), *Snigdghata* (seborrhea/greasy skin), etc.



Image 1: Before Treatment



Image 2: After Treatment

DISCUSSION

Recently, the general population has noticed a noticeable increase in the emphasis on personal grooming and skincare. Despite this growing awareness, modern medical science has yet to offer a permanent and cost-effective solution for skin disorders, particularly acne. According to *Ayurvedic* texts, *Acharya Susruta* describes *Pidika* (acne) as resembling *Salmali-Kantaka* (thorn of the silk cotton tree), with *Vata*, *Kapha*, and *Rakta* being the primary *Doshas* responsible for the condition.

Although *Raktaja* (blood-related) and *Pittaja* (bile-related) symptoms are more commonly observed in patients, *Pidika* is primarily a manifestation of *Rakta Dushti* (impurity of blood) [8].

When comparing this to the modern understanding of acne, *Pidika* can be likened to a closed comedone filled with sebum or a pustule. The *Salmali Kantaka* like *Pidika* suggests a lesion filled with pus (*Puya*) in its unripened state (*Apakvavastha*), indicating the involvement of *Kapha*. *Ayurveda* emphasizes the use of *Yukti* (rational thinking) in conditions not

explicitly described in the texts. The symptoms of acne clearly reflect the vitiation of *Vata*, *Pitta*, and *Kapha*. In all minor skin disorders (*Kṣudra Rogas*), *Rakta Dushti* is identified as the primary pathological factor [9].

Shalmali Kantaka Lepa is an Ayurvedic formulation used in the treatment of *Yuvanapidika* (acne vulgaris) [10]. The probable mode of action of *Shalmali Kantaka Lepa* can be understood through its effects on the *doshas* and the skin:

1. **Dosha Balance:** *Yuvanapidika* is primarily caused by the vitiation of *Kapha*, *Vata*, and *Rakta doshas*. *Shalmali Kantaka (Bombax ceiba)* has properties that help balance these doshas. Its **Sheeta Virya** (cooling potency) helps in pacifying the aggravated *Rakta* and *Pitta doshas*.
2. **Anti-inflammatory Properties:** The *Lepa* has anti-inflammatory properties that help reduce the inflammation associated with acne. This is crucial in preventing the formation of new lesions and reducing the severity of existing ones.
3. **Antimicrobial Action:** *Shalmali Kantaka Lepa* has antimicrobial properties that help reduce the bacterial load on the skin, particularly targeting *Propionibacterium acnes*, a common bacterium involved in acne formation.
4. **Sebum Regulation:** The *Lepa* helps in regulating sebum production, which is often increased in individuals with acne. By controlling sebum production, it helps in preventing the clogging of pores.

5. **Healing and Scarring:** The application of *Shalmali Kantaka Lepa* promotes healing and reduces the chances of scarring, which is a common concern with acne.

CONCLUSION:

This case study demonstrates the successful management of a case of *Yuvanapidika*. The *Lepa* with *Sheet Virya* properties did not show any hazardous effects; instead, it was helpful in addressing other complaints such as oiliness of the face and pigmentation. The results of the case study suggest that the *Shalmali Kantaka Lepa* may be effective in treating *Yuvanapidika* (acne vulgaris) according to *Ayurvedic* principles. This study highlights the potency and effectiveness of *Ayurvedic* treatment.

Declaration of patient consent

The authors confirm that they have acquired a patient consent form, in which the patient or caregiver has granted permission for the publication of the case, including accompanying images and other clinical details, in the journal. The patient or caregiver acknowledges that their name and initials will not be disclosed, and sincere attempts will be undertaken to safeguard their identity. However, complete anonymity cannot be assured.

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Conflicts of interest

There are no conflicts of interest.

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