

**EFFECT OF KOSTHA-SHUDDHI AND RASAYANA CHIKITSA IN ACNE VULGARIS:
A CASE REPORT**Lalit Mohan Bhatt¹, Lowkesh Chandravanshi², Swati Bhatt³, Akanksha Mishra⁴

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(Published Online: November 2023)

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Article Received: 01/10/2023 - **Peer Reviewed:** 05/11/2023 - **Accepted for Publication:** 17/11/2023.**ABSTRACT**

Introduction: Acne vulgaris is a common dermatological complaint of sebaceous follicles. It mainly affects adolescents and can have a significant negative impact on their psychological functioning. Clinical manifestation is characterised by four types: open comedones, closed comedones, papules, pustules, and nodulocystic lesions. In Ayurvedic classics, it is described under *Kshudra Roga* as *Yuvanpidika* or *Mukh-dusika*, the eruptions like *Salmali* thorn on the face and upper trunk during adulthood, caused by vitiation of *Kapha*, *Vata*, and *Rakta*. **Main clinical findings:** In this case, a 14-year-old male patient came to the outdoor patient department (OPD) of Kaumarabhritya with complaints of pimples, burning sensation and mild pain on both cheeks and forehead. **Diagnosis:** The condition was diagnosed as Acne vulgaris (Ayurvedic diagnosis: *Yuvanpidika* or *Mukh-dusika*). **Intervention:** **The patient** was prescribed *Kostha-shuddhi* with *Avipattikar Churna*, followed by *Shaman* and *Rasayana* drugs in the sequence. **Outcome:** Complete relief was found in patient complaints. Pimples disappeared completely, and burning and pain were absent. Normal skin pigmentation is achieved with an increased glow on the skin. **Conclusion:** This article is an attempt to show the efficacy of *Kostha-shuddhi* and *Rasayana* drugs in the treatment of *Yuvan Pidika*.

Key words: Acne Vulgaris, *Mukh-dusika*, *Yuvanpidika*, *Kostha-shuddhi*, *Rasayana*

INTRODUCTION

Acne vulgaris is a common dermatological complaint of sebaceous follicles on the face, chest, shoulders, and back. It can have a significant negative impact on psychological functioning, and it is more likely to make teenagers and young adults angry, anxious, and depressed.¹ The prevalence rates are estimated to range from 35% to over 90% among adolescents; it is more common in males than females.² In a study, the overall prevalence of acne was found to be 72.3% among Indian school-children, and it significantly reduced their quality of life.³ The pathophysiology includes the overproduction of sebum due to increased levels of androgens at the onset of puberty, abnormal keratinization of hair follicles, and colonization of the hair follicles by a bacteria.⁴ The clinical manifestation is characterised by 4 types: open comedones, closed comedones, papules, pustules, and nodulocystic lesions. The more severe cystic and nodular lesions often produce scarring and may asso-

ciated with emotional stress, poor self-image, depression, stress, and anxiety with exacerbations.⁵ Acne vulgaris is correlated with *Yuvanpidika* or *Mukhdusika* described in Ayurveda under *Kshudra Roga*. It is caused by vitiation of *Kapha*, *Vata*, and *Rakta* and is characterized by the appearance of silk cotton tree thorns.⁶

CASE REPORT

A 14-year-old male patient came to Kaumarabhritya OPD (OPD No. 64291) with the chief complaint of low self-esteem, the presence of pimples with mild pain, and burning sensation over the forehead and cheeks lasting from 1 month. The patient's history does not reveal any significant medical, surgical, or psychiatric illness nor any relevant allergic history. The findings of the patient personal history are mentioned in Table No. 1 below.

Table No. 1 – Personal history

Diet	Mixed diet with regular intake of non veg.
Appetite	Normal
Bowel habit	Irregular (alternate day)
Micturition	Normal (6-7 times /day)
Sleep	Normal (6-8 hours/ day)
Addiction	Tea (2-3 tea/day)

GENERAL AND SYSTEMIC EXAMINATION

General condition of the patient was good, Height – 162 cm, Weight – 51 Kg, Pulse rate – 84 / min, Respiratory rate – 26/ min, Temperature – Afebrile, no sign of pallor, icterus, lymphadenopathy and organomegaly. Patient systemic examination does not show any abnormality in cardiovascular, respiratory

system, nervous system, and gastro-intestinal system at the time of OPD visit.

DIAGNOSTIC ASSESSMENT

The severity of acne was assessed on the basis of lesion counting of papules and pustules per half face (Classification by Hayashi *et al.* in 2008)⁷ along with other findings of skin lesion examination are mentioned in Table no. 2.

Table No. 2 – Local examination and Acne severity

Examination parameters	Finding BT	Finding AT
Scars	++	Absent
Hyperpigmentation	++	Normal skin pigmentation
Type of skin	Excessive oily on touch	Normal oily texture on touch
Type of skin lesion	Comedones, papules, pustules	Relieved
Spread area	Over face and Forehead	Relieved
Tenderness	Present over pustular lesions only	Relieved
Acne severity	Moderate (Total no. papules and pustules 10)	Relieved

THERAPEUTIC INTERVENTION AND RESULT

The detail timeline of therapeutic intervention, follow -up and findings are mentioned below-

Table No. 3 – Timeline of therapeutic intervention and result achieved.

S. N.	Timeline	Treatment advised, doses, frequency of intake and result achieved	Route
1.	31-08-2023 to 4-09-2023	1. <i>Avipattikar Churna</i> – 2.5-gram HS with luke-warm water	Oral
2.	5-09-2023	First follow-up findings – <ul style="list-style-type: none"> ➤ Daily clear bowel moments ➤ Burning and pain reduced ➤ Number of pimples not increased 	--
3.	5-09-2023 to 11-09-2023	Powder mix of following drugs twice daily with Honey after meal- 1. <i>Amlaki Churna</i> - 2 gram <i>Ashwagandha Churna</i> – 500mg <i>Shatavari Churna</i> – 250 mg 2. <i>Nishamrita</i> Tablet - 2 Tab with <i>Patol-katurohinyadi Kasayam</i> (10 ml) 3. <i>Avipattikar Churna</i> – 2.5-gram HS with luke-warm water	Oral
4.	11-09-2023	Second follow-up findings – <ul style="list-style-type: none"> ➤ Daily clear bowel moments with feeling of lightness in body. ➤ Burning and pain not present ➤ Papules and Pustules do not present only some comedones remained. 	--
5.	11-09-2023 to 26-09-2023	4. <i>Amlaki Churna</i> - 2gram <i>Ashwagandha Churna</i> – 500mg <i>Shatavari Churna</i> – 250 mg 5. <i>Nishamrita</i> Tablet - 2 Tab with <i>Patol-katurohinyadi Kasayam</i> (10 ml)	Oral
6.	26-09-2023	Third follow up findings- <ul style="list-style-type: none"> ➤ Pimples disappeared completely. ➤ No burning and pain present. ➤ Normal skin pigmentation achieved with increased glow on skin. ➤ Patient felt complete relief. ➤ Therapeutic intervention stopped after the third follow up. 	--

DISCUSSION

This case was diagnosed as *Acne vulgaris* (Ayurvedic diagnosis- *Mukh-dusika* or *Yuvanpidika*). In general, *Pidikas* are described by Acharya Charaka under *Rakt-pradosaj Vikara*, considering this fact we adopted general line of treatment as *Kostha-shuddhi* and *Raktapitta-nashak Chikitsa*.⁸ The purification of vitiated *Pitta* and *Rakta Dosh*a was done by *Kostha-shuddhi* with *Avipattikar churna*.⁹ It also helps in relieving constipation. After the *Sodhana* (cleansing of excessive vitiated and accumulated *Doshas*) the use of *Nishamrita* tablet with *Patol-katurohinyadi Ka-*

*sayam*¹⁰ was advised, which helps to pacify remaining *Dosha* and purify the *Rakta Dhatu*. After process of *Shodhana*, the combination of *Amlaki*, *Ashwagandha* and *Shatavari Churna* as a *Rasayana* was advised. This combination along with its main action on *Pitta*, *Kapha* pacifies all three *Doshas*. *Rasayana Dravyas* provide nourishment to *Dhatu*s and improves skin colour complexion,¹¹ thus help to reduce hyperpigmentation. All these treatment modalities provided complete relief to the patient in this case as shown in Fig. 1 (Before treatment), 2 (First Follow-up) and 3, 4 (After Treatment).



Fig. 1 – Before treatment



Fig. 2 – First Follow-up



Fig. 3 and 4 – After treatment

CONCLUSION

Acne vulgaris is the one of common dermatological issues faced by Adolescents can be clinically correlated with *Yuvanpidika* described in Ayurveda. The moderate cases of Acne can be treated well with treatment principles like *Kostha-shuddhi*, *Shaman* and *Rasayan* drugs in Ayurveda.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL:Lalit Mohan Bhatt et al: Effect of kostha-shuddhi and rasayana chikitsa in acne vulgaris: a case report. International Ayurvedic Medical Journal {online} 2023 {cited November 2023} Available from: http://www.iamj.in/posts/images/upload/70_74.pdf