



Efficacy of *Tarunyāpidikahara lepaguti* in The Management of *Tarunyāpidika* W.S.R. To Acne Vulgaris: A Case Study

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Abstract: *Tarunyāpidika* is one of the common health issues in youngsters. According to Ayurveda, it is under the heading of *Kshudra Rog*. As per modern, it is correlated with Acne vulgaris by resembling the symptoms like itching, pain, discoloration, and inflammation. *Tarunyāpidikahara Lepaguti* is one of the modified herbal formulations that can be used to treat Acne vulgaris. *Tarunyāpidikahara Lepaguti* includes three ingredients: *Symplocos racemoser* oxb, *Coriandrum sativum* Linn, and *Acorus calamus* Linn in equal parts. This *Lepaguti* is given to the 20 years old patient having classical signs and symptoms of Acne vulgaris for up to 21 days for local application on affected sites. In this case study, we have to evaluate the efficacy of *Tarunyāpidikahara Lepaguti* in treating *Tarunyāpidika* (Acne vulgaris). After the treatment, *Tarunyāpidikahara Lepaguti* alleviated the symptoms of Acne vulgaris by reducing itching, pain, discoloration, and inflammation. *Tarunyāpidikahara Lepaguti* is *Katu Tikta Kashaya rasatmaka* and *Ushnaveeryatamaka* reducing the *Vata* and *Kaphadosha* of *Tarunyāpidika* (Acne vulgaris), *Ruksha*, *Laghu* and *Tikshnaguna* remove the obstruction of *swedavahi strotsa*. All drugs possess the *Shothahara* (anti-inflammatory), *Shulaghna* (analgesic), and *Lekhana* property, which helps in reducing the *Medogarbhā Pidika*. The conclusion that may be drawn from this study is *Tarunyāpidikahara Lepaguti* is herbal formulation possesses antimicrobial, anti-inflammatory, and analgesic properties, which help to pacify the manifestation of Acne vulgaris with no side effects and also cost-effective.

Keywords: Lepaguti, Kshudraroga, Tarunyāpidika, Acne Vulgaris, Medogarbhā Pidika.

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I. INTRODUCTION

Tarunyapidika is a common skin disease under the broad heading of *Kshudraroga*, mainly affecting adolescence.¹ According to Ayurved *Tarunyapidika* is mainly caused due to *pitta prakop*. It aggravated *Pitta* and further vitiated the *Rakta* (blood) and *Medadhatu* (fat tissue). It may produce toxins in the body leading to *Pidika* formation, just like *Shalmali* thorn.² The factors affecting *Mukhadushika* are *Katu*, *Tikta*, *Guru*, and *Snigdhaaahar*, and *Vihar* like *ratrijagaran* and *vegavrodha*.³ By contemporary science, the commonest cause of *Acne vulgaris* is hormonal imbalance, prolonged use of anti-inflammatory drugs, antibiotics, and comedolytic agents, and excessive rate of sebum production.⁴ These *pidikas* or small or medium-sized eruptions destroy the individual's facial beauty so that psychological health is also hampered. *Tarunyapidika* is treated by, *Shodhana Chikitsa* and *Shaman Chikitsa*. *Shodhana Chikitsa* (purification treatment) includes *Vamanakarma*, *Virechana karma*, *Nasya Karma*, and *Raktamokhana* by *Leech therapy*, *Siravedha*. *Shamana Chikitsa* (conservative treatment) includes all internal medicine and external application like *Lepas*.⁵ In Ayurveda, many polyherbal compounds manage various skin infections. Ayurveda includes a long list of topical applications under the name *Lepa Kalpana*, which is characterized as *chikitsa* (therapy) for a variety of skin problems as well as for beauty. *Lepas* comes under the external application, whereas *Lepaguti* is a modified form for the sake of ease of use.⁶ Skin (*twacha*) is one of the sense organs (*Inanendriyas*) for the perception of touch sensation (*sparshajyana*), and it is the largest sense organ of the body making for beauty. Also, it is important for an individual's mental, physical, and social well-being. It is the most common disease seen among teenage group people. Various factors can cause skin disorders, the most prominent of which is today's busy and stressful lives, as well as hormonal changes in the body.⁷ *Tarunyapidika* is one of the skin diseases explained under the heading of *Kshudraroga* by Acharya Sushruta. It is produced due to vitiation of *Kapha*, *Vata*, and *Rakta*.⁸ By contemporary science; *Acne vulgaris* is treated by local measures. *Tarunyapidakadihara Lepa* is one of the classical *Lepa* preparations explained in *Bhaishjya Ratnavali* at *Kshudrarogadhikara*.⁹ It is indicated in the management of

Tarunyapidika or *Yuvanpidika* for external application. *Tarunyapidakahara Lepa* is one of the polyherbal compounds which contain a mixture of three indigenous drugs. Ingredients of *Tarunyapidakahara Lepa* are *Lodhra twak* (*Symplocos racemose roxb.*), *Dhanyaka beej* (*Coriandrum sativum*) and *Vacha* (*Acorus calamus Linn.*) *churna* of all in equal quantity. Classical texts of Ayurveda have well emphasized the significance of topical applications in therapeutics. *Lepa*, *Upanaha*, *Pralepa*, and *Pradehaare* the few forms of topical applications explained in the classics of Ayurveda. Here we prepared *Lepaguti* for the purpose of handling and storage. By the Drug and Cosmetic Rule 161 B in 1945, the shelf life of *Lepachurna* is one year, *Malahara* has 2 years, and *Lepaguti* has a maximum 3 year.¹⁰ The drugs included in this *Lepaguti* have *Shothahara* (anti-inflammatory), *Krimighna* (anti-helminthic), *Shulaghna* (analgesic), *Kandughna* (anti-itching) properties so it may help to reduce the symptoms of *Acne vulgaris*. To evaluate the efficacy of *Tarunyapidakahara Lepaguti* in the treatment of *Acne vulgaris*.

2. METHODOLOGY

2.1 Case Report

A 20-year-old female patient visited the O.P.D. of Mahatma Gandhi Ayurveda College Hospital and Research Centre, Salod (H), Wardha on dated 19/04/2022. She was a student in MGACH & RC; Wardha having complaints of multiple papules on the forehead and right cheek, along with itching, pain, and discharge. She had frequent acne outbreaks, oily skin with few dry patches over her cheeks, and old acne scars with blackish discoloration; she had no menstrual anomalies or any such history of any major illness. (Table I) The acne outbreak was around the premenstrual period, but she had no complaints of menstrual history. The Patient used oil control face washes, which did not give her desired results. These complaints were raised 6 years back from menarche, i.e., from 14 years of age. Primarily she has chosen allopathic treatment for around a year and got symptomatic relief for the time being, along with side effects. Now, she opts for permanent relief with the help of Ayurvedic herbal formulation.

2.2 Personal History

Table no I: shows the details of personal history	
Name: ABC	Pulse: 84/min
Age: 20	BP: 110/70
Gender: Female	Temp.: 37.1° C
Occupation: Student	RR: 14/ min
Marital Status: Unmarried	Weight: 50 kg

2.3 Past History

Same complaints were present before 1 year.
H/o Chickenpox in childhood
No H/O any major illness/surgery.
No H/O any drug allergy.

2.4 Local examination

Severe multiple papules on the face, along with itching, discharge with pain all along the face, mostly on the right cheek and forehead.

2.5 Diagnosis

Acne Vulgaris (Tarunyapidika)

2.6 Assessment Criteria

Table no. 2: shows assessment criteria of Acne Vulgaris¹¹

Symptoms	Parameters rade
Pain (Ruja)	No pain
	Pain on deep pressure on <i>Pidika</i>
	Pain on touch
	Pain without touch
Itching (Kandu)	No itching
	Mild itching
	Moderate itching
	Severe itching
Discharge (Srava)	No discharge
	Serous discharge
	Pus discharge
	Blood discharge
Pigmentation (Vivarnata)	No <i>pidika</i> becomes pigmented
	1-5 <i>pidika</i> becomes pigmented
	6 - 10 <i>pidika</i> becomes pigmented
	More than <i>pidika</i> becomes pigmented
Papules (size of <i>pidika</i>)	No <i>Pidika</i>
	Less than 5mm
	In between 5 to 10 mm
	More than 10 mm
Number of papules (<i>pidika</i>)	No <i>Pidika</i>
	Less than 5 on one side
	In between 6 -10 on one side
	More than 10 on one side

2.7 Treatment schedule

Table no. 3: shows the treatment given to the patient

Medicine	Tarunyapidikahara Lepaguti
Dose	Applied on the affected area only
Frequency	Morning and evening
Total Duration	21 days
Follow-up during treatment	After 7 th days, 14 th days and 21 st days
Follow-up after treatment	On 35 th day
Precaution	Washed by Luke's warm water

2.8 Method of Preparation of Tarunyapidikahara Lepaguti 12

Table no. 4: shows the preparation method of Tarunyapidikahara Lepaguti

Drug Name	Raw form	Churna form	Quantit y
Lodhra (<i>Symplocos racemosa roxb.</i>)			50 gms

Dhanyaka (<i>Coriandrum sativum</i> Linn)			50 gms
Vacha (<i>Acorus calamus</i> Linn.)			50 gms
Decoction of raw drugs			Decoction added in powdered form of raw drugs
Semisolid paste			Lepaguti

2.9 The procedure of *Lepa* Application ¹³

The patient was instructed to apply *Lepaguti* twice a day.

1. *Poorva karma*: Before applying *Lepaguti*, the Patient was asked to wash the face with normal water.
2. *Pradhana karma*: The patient was advised to apply *Lepaguti* in *pratilomagati* all over the face after taking the required amount of *Tarunyapidikahara Lepaguti* in sufficient water.

The *Lepaguti* was applied with a uniform thickness of one-fourth of the Patient's thumb width (about 1/4th of an inch). *Lepa* was administered twice a day and left on at least 30min or until it dried.

3. *Pashchat karma*: After the *Lepa* had dried, patient was instructed to wash her face with plain water. During the course of treatment, the patient was told not to expose herself to the sun.

2.10 *Tarunyapidikahara Lepaguti*

Table 5: shows the pharmacodynamics of *Tarunyapidikahara Lepaguti*

Sr. No.	Dravya	Guna	Rasa	Veerya	Vipaka	Prabhava
1.	<i>Lodhra</i> ¹⁴	Ruksha	Kashaya	Sita	Katu	<i>Shonitasthapana, sandhaniya, Kapha pitta hara</i>
2.	<i>Dhanyaka</i> ¹⁵	<i>Laghu, Snigdha</i>	<i>Kashaya, Tikta</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Lekhana, vatakaphahara, sanjyasthapana</i>
3.	<i>Vacha</i> ¹⁶	<i>Laghu, Tikshna</i>	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Trishnanigrahana, mutrala, tridosahara</i>

Table 5: shows the pharmacodynamics of TarunyapidikaharaLepaguti

Drug Name	Latin Name/ Family	Part use	Karma	Therapeutic uses	Properties
Lodha ¹⁷	<i>Symplocos racemosa Roxb.</i> / <i>Symplocaceae</i>	Dried Twak (bark)	Pittakaphashamaka Sitagrahi, Sothahara, Chaksusa	Yuvanpidika, Raktapitta, Shotha, Jwara, Kushta	Anti-inflammatory, wound healing, Antimicrobial ²⁰
Dhanyaka ¹⁸	<i>Coriandrum sativam Linn.</i> / <i>Apiaceae</i>	Dried Beej (seed)	Tridosahahara, Deepaniya, Krumighna	Daha, Krimi, Jwara, Kasa- Shwasa,	Anti-bacterial Anti-inflammatory Analgesic ²¹
Vacha ¹⁹	<i>Acorus calamus Linn.</i> / <i>Araceae</i>	Dried Rhizome	Kaphavatasamak, Medhya, Jantughna	Kustha, Mukharoga, Shotha, Amlapitta	Antibacterial Antiinflammatory ²²

3. Observations

Table 6: shows symptomatic – relief of patient

Sr. No.	Variables	B.T.	During treatment		After treatment.
			7 th day	14 th day	21 st day
1	Pain (Ruja)	3	2	1	0
2	Itching (Kandu)	3	2	1	0
3	Discharge (Srava)	2	1	1	0
4	Discoloration (Vivarnata)	2	2	1	0
5	Size of Pidika	3	2	1	0
6	Number of Pidika	3	2	1	0

Before treatment (forehead)**After treatment(forehead)****Before treatment (right cheek)****After treatment (right cheek)****Fig 1: shows photographs of patient**

Pathyapathy:

Table no.7: shows Pathaya-apathy

Pathya	Apathya
• Aahar may be Laghu, supachya, and satvik.	• Avoid Viruddha Aahar (incompatible, fast, and junk food), Vidahi Anna, ushna, and tikshnaaahar.
• Maintaining the sleep pattern, regularly washing the face,	• Avoid sun exposure, ratrijagaran (late night sleep),
• Daily exercise should be done	• Avoid atichintana, krodha,

4. DISCUSSION

Acne vulgaris is one of the most pressing issues in today's era. It is the commonest skin disorder occurred mainly in youngsters or teenagers and can primarily affect the face, sometimes the neck, and back region.²³ In today's era, everybody wants to look perfect for the excessive use of cosmetic products and follow the modern lifestyle, like heavy consumption of incompatible foods, night parties, and high exposure to environmental pollution.²⁴ These are the causative factors of Acne vulgaris which resemble *Ayaharaj*(Diet), *Viharaj* (Physical activity), *Manasik* (psychological), and *Kalaj* (season and age) according to Ayurveda.²⁵ *Tarunyapidika* or *Mukhadushika* or *Yuvanpidika* (Acne vulgaris) was first introduced by Acharya Sushruta under the heading of *Kshudraroga* occurred due to vitiation to *Kapha*, *Vata*, and *Raktadhatu* having the symptoms like *Shalmalikantak* (thorns).²⁶ According to Acharya Charaka, *pidika* is formed due to the vitiation of *Pitta* and *Raktadhatu*.²⁷ Acharya Vaghbhat had described the vitiation of *Medodhatu* in the formation of *Yuvanpidika*.²⁸ Acharya Sharangdhara had described the involvement of *Mala* of *Shukra Dhatu* in *Tarunyapidika*.²⁹ Acharya Bhavprakasha had explained in the text that *Tarunyapidika* is formed due to *Swabhava*.³⁰ *Tarunyapidika* is treated by *Shodhan* (purification therapy), *Shaman* (internal medicine), and *Bahirparimarjan chikitsa*. The application of *Lepa* or *Lepaguti* is under the *Bahirparimarjana Chikitsa* (external application). The incidence rate of Acne Vulgaris is more at 12-25 years old. Acne Vulgaris affects approximately 85% of the total population by Global Burden of Disease.³¹ Herbal remedies are a more effective and safer alternative in managing Acne vulgaris. *Tarunyapidikahara lepaguti* is one of the herbal formulations which is used in the treatment of Acne Vulgaris. It includes *Lodhratwaka*, *Vacha*, and *Dhanyaka*. In this case, the study patient had multiple papules along with itching, pain, and discharge; after applying *Tarunyapidikahara Lepaguti*, the Patient got significant relief in her symptoms. (Figure 1).

4.1 Probable Mode of Action of *Tarunyapidikahara Lepaguti*

Lodhra

The Sanskrit term, *lodhra* means, "that which firms the flesh." It nourishes the skin and aids in treating Acne, wrinkles, and other ailments relating to the skin. It lightens skin tone, soothes inflammation, and has the advantage of Acne, wrinkles, and other skin problems. *Lodhra* is beneficial for a skin condition that necessitates purification of the skin.

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4. Rathod S et al. A randomized comparative clinical study on LodhradhiLepa and Arjun TwakLepa with *Lodhra* is shavaro (which strengthens the body and makes skin appealing) and *galavasthatha* (which aids in the body's overall health and form). *Lodhra* has a *varnya* property, and it stimulates skin for regeneration. It is *Kashaya rasatmak*, *Ruksha gunatmak*, and *Katu Vipaki*, so it helps to reduce *Kapha* and *Sheet veeryatamak*, which helps to alleviate *dushit Rakta*.³² It possesses anti-inflammatory, antimicrobial, and wound healing properties and analgesic properties by which it reduces pain and inflammation. *Lodhra* is also effective in hormonal balance, like progesterone and estrogen levels in women.³³ *Dhanyaka* have *Ushna Veerya*, i.e., property to act opposite the aggravation of *Vata* and *Kapha*; *Tridosha Shamak*, *Shothahara*(anti-inflammatory) property reduces inflammation around the Acne and *Shulaghna* property (analgesic) reduces the pain of Acne.³⁴ *Vacha* demonstrates *Kapha-vatashamak*, *Lekhana* (curative and absorptive activity), and *Vedanasthapana* (reduces pain); it also includes *swedajanana*(which encourages perspiration) and *shothahara* property (reduces edema). *Vacha*'s *lekhana* property performs *strotoshodhana* (channel cleaning action).³⁵ Hence, the combined formulation helps in pacifying the pathophysiology of Acne vulgaris.
5. CONCLUSION
6. ACKNOWLEDGEMENT
7. AUTHOR CONTRIBUTION STATEMENT
8. CONFLICT OF INTEREST

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Chanchal Bitne has prepared the medicine and conducted the case study under the guidance of Dr.Minakshi Urkude. Dr.Minakshi Urkude prepared the original manuscript. Dr.Sheetal Asutkar helped in compiled the methodology part. Dr.Mayuri Deshpande helped in data compilation.

Conflict of interest declared none.

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