CASE REPORT

A case study of Youvan Pidika (Acne Vulgaris) treated by Jalauka Avacharana (Leech Therapy) - Case Report

Jenisha Sapkota¹, Niraj Khatiwada², Bijendra Shah³, Shiv Mangal Prasad⁴

¹Intern Doctor, ²MD Resident, ³Teaching Assistant and, ⁴Associate Professor, Head, Dept. of Kaumarbhritya, Ayurveda Campus, Institute of Medicine, T.U., Kirtipur, Kathmandu, Nepal.

ABSTRACT:

There are various skin diseases affecting human beings but acne is the most commonly reported one. It is because face is the reflection of personality and acne affects mostly the skin of face. In Ayurveda face is one of the 56 Upangas mentioned and described at the top. Acharya Sushruta mentioned youvan pidika for the first time which can be correlated with acne. Youvan pidika means disease of young age. The main dosha vitiated in this disease is Rakta. So, Raktamokshan is done for sodhana of Rakta dosha. In the following case described, Raktamokshana is done using Jalauka Avacharana (Leech Therapy) was done to treat acne. Remarkable result was observed in the particular case.

Key Words: Acne, Youvan pidika, Leech therapy, Jalauka Avacharana

INTRODUCTION:

Acne is extremely common skin ailment affecting about 90% of adolescents to some degree.¹ Acne vulgaris described in modern dermatology is similar to youvan pidika described in classical texts of Ayurveda. Acne is derived from Greek word Akne which means a point and described as a chronic inflammatory condition of pilosebaceous follicles on the face and upper trunk. It is characterized by development of comedons, papules, pustules and cysts which may resolve to scars.² Generally acne starts during puberty and usually most severe in the late teenage years but can persist into

the thirties and forties particularly in females. Etiologies:³ There are 2 types of etiologies of acne are divided into two categories. They are primary causes and predisposing factors. Primary causes are androgen and estrogen hormones and steroids, bacillary interference by bacteria like Acne bacillus, Corynebacterium acne or Propionibacterium acne, allergy, etc. Predisposing factors contain foods like butter, cream, ice-cream, fried food, excess starch, fats, sweets, chocolates, chilies, alcohol, etc., moist temperate climate, less exposure of skin to sun and wind, use of cosmetics, occupation with the chance of contact with heavy metals,

Access the article online

Quick Response Code

www.thehealerjournal.org

DOI: 10.51649/healer.75

*Corresponding Author:

Dr. Jenisha Sapkota

Intern Doctor, Ayurveda Campus and Teaching Hospital,
Institute of Medicine, Tribhuvan University, Nepal

Email: jenishapkota@gmail.com

Submitted: 11.06.2021

Received: 13.06.2021

Revised: 15.06.2021

Accepted: 17.06.2021

dusts and other allergens, sedentary lifestyle, Constipation, mental stress, etc.

Types of Acne: There are 6 types of acne commonly found. They are; Acne Punctata, Acne Papulosa, Acne Pustulosa, Acne Cystica, Acne Indurata and Acne Keloida. Clinical features of Acne: 1 Greasiness of skin, Comedones (Black and White heads), Inflammatory papules, nodules and cysts, Scarring, etc.

Grading of Acne: 5

Grade-I Acne: Acne is comedonal acne with less than 30 comedones present.

Grade-II Acne: Acne consists of comedone and some pustules.

Grade-III Acne: Acne consists of comedones, inflamed pustules and an occasional inflamed cyst.

Grade- IV Acne: Acne consists of large pustules, cysts connecting sinuses, inflamed nodules and scarring which is called Acne conglobate.

According to Ayurvedic Texts: Features of Acne are similar to Youvan pidika which has 2 sanskrit words; Youvan means adult or young and pidika means the painful eruptions in the skin. Youvan pidika is also compared with salmali kantaka (Thron of Salmalia malabarica) in Ayurvedic texts. The eruptions like salmali kantaka on the face during adulthood caused by kapha, vata and rakta vitiation are known as Youvan pidika. 6 Synonyms are Youvan pidika, Mukhadusika, Anana dusika, Tarunya pidika. Nidana of Youvan pidika: 7 Kapha, vata, rakta are causative factors of the disease. Summary of nidana of Youvan pidika: 8 Aharaj nidana like Katu, Guru, Madhura, Atisnighdha, Dadhi, Amla, Usna, Vidahi, Tiktsna, Lavana, Madya, Masa, Ajirne bhojanam, Adhyasana are responsible for causing youvan pidika. Likewise viharaj nidana like Vegadharana, jagarana, Nidra viparyaya, Upavasa, Atapa sevan, Manasika nidana like Atisoka, Ksobha, Krodha, Santap and Kalaja nidana like Sharad kal svabhava (avasthik kal) are responsible for causing Youvana pidika. Rupa/ signs and symptoms: Salmali kantaka akara, Pidika, Ruja, Medogarbhi. Types of Youvan pidika: Vatika, Paittika, Kaphaj, Raktaj

CASE REPORT:

A female patient of age 21 years came to our OPD with complain of acne over the face. She was suffering from acne from last 4 years. At initial stage, there were small red macular lesions which self-resolved after sometime. But

later on, the problem became more severe. Pustular lesions started to appear with dark patches on resolved area. At first she took allopathic treatment. Clindamycin and Retinol were prescribed for local application but the problem doesn't resolved. Then she came to our OPD for proper management of the problem. On examination, the papulopustular lesions were present over the face, more at cheek and chin area. The lesions were polymorphic with papules, pustules and nodular cyst. The patient was diagnosed with Grade-III Acne vulgaris.

Criteria for assessment of youvan pidika 8

Sotha	Less	0
	Moderate	1
	Severe	2
Sula	No pain	0
	Mild	1
	Severe	2
Srava	No Srava	0
	Lasika	1
	Puya	2
Kandu	No kandu	0
	Mild	1
	Moderate	2
	Severe	3
Vivarnata	No vivarnata	0
	Mild	1
	Moderate	2
	Severe	3
Daha	No daha	0
	Mild	1
	Moderate	2
	Severe	3
Area involved	Cheeks only	1
	Cheeks & Chin	2
	Whole face & Trunk	3

Treatment Given

Jalauka Avacharana : Patient was counseled about the Jalauka avacharana (Leech therapy) and called for the procedure. At first, the materials required are arranged. Leech were taken in a pot with turmeric water for purification and their activation. Patient's face was cleaned with cold water. Then, leeches were applied over the most affected area one by one. Total 5 leeches were applied at a sitting over the face which were covered with cold gauze piece to prevent leech from dehydration. After 5-10 minutes, leeches stopped feeding and drop down themselves. If they don't drop down themselves and pain sensation starts, then they should be removed by sprinkling turmeric over their mouth. Then the wounds were cleaned and pressed with cotton to control bleeding. Patient was discharged after 1 hour of rest and advised not to wash face for 24 hours. The procedure was repeated for 8 times at interval of 1 week between each sitting.(Figure-1)

Before Treatment

During Treatment

During Treatment

After Treatment

Observation and result:

Assesment of youvan pidika after Jalauka avacharana

Symptoms	Before treatment	After treatment
Sotha	2	0
Shula	1	0
Srava	1	0
Kandu	1	0
Vivarnata	2	1
Daha	1	0
Area invoved	2	0

The result after jalauka Avacharana was satisfactory. Significant improvement was seen after 8 settings of jalauka Avacharana. The inflamed papulopustular lesions were completely disappeared but some scar were still present at the end of therapy.

Discussion: Vitiation of vata and kapha along with rakta is the cause of youvan pidika according to classical references. Jalauka Avacharana is a method of Raktamokshana specially described by Acharya Sushruta. Raktamokshana is choice of treatment for the diseases caused due to vitiation of Rakta. Youvan pidika is also caused due to vitiation of Rakta. So, Jalauka Avacharana is choice of treatment for youvan pidika which is also mentioned in Sushruta Samhita. (Figure-1)

Conclusion: Acne vulgaris has similarity with Youvan pidika described as Kshudraroga in Ayurvedic texts. Rakta is considered the main dosha for most of the skin diseases. Vitiation of Kapha, vata and Rakta are considered as the main cause of Youvan pidika. According to Acharya Sushruta, the Sodhana Chikitsa for Rakta dosha is Raktamokshana. So, Jalauka avacharana; a technique for raktamokshan is applied as the treatment for Youvan pidika and result for the case is also obtained as expected.

ACKNOWLEDGEMENTS: Not Applicable

CONFLICT OF INTEREST: Author declares that there is no conflict of interest.

SOURCE OF SUPPORT: None

REFERENCES:

1. Davidson's principles and practice of medicine, Edited by Stuart H. Ralston, Ian d. Penman, Mark W.J. Strachan and Richard P. Hobson, 23rd edition, 2018, Elsevier, Pg no. 1241-1243

2. An API textbook of medicine, Edited by G. S. Sainanai fifth edition, reprint 1994, published by association of physicians of India Bombay, Pg no.1266
3. Textbook of dermatology Editor R. H. Champion, J. L. Burton, F. J. G. Ebling Pg.no.1717
4. IADVL textbook of dermatology, 3rd edition Vol.1 edited by R. G. Valia, Bhiani publication house, Mumbai (India) reprint 2008, Pg.no.840
5. IADVL textbook of dermatology, 3rd edition Vol.1 edited by R. G. Valia, Bhiani publication house, Mumbai (India) reprint 2008, Pg.no.842
6. Sushrut Acharya, Sushruta Samhita with Nibandhasangraha Comentary by Dalhanacharya and Nyayachandrika Panjika of Gayadasacharyaa, kshudraroga nidana 1338 Edited by Yadavaji Trikamaji Acharya, and Naraya Ram Acharya Kavyatirtha, Reprint 008, Chaukhamba Surabharati Prakashana, Varanasi, p.no.287
7. Agnivesha, Charak, Dridhabala, Charak Samhita, Sutra Sthana, Vidhishonitadhyay Vidyotini Hindi Commentary by Kashinath Shastri and Gorakhnath Chaturvedi, 16th Edition Chowkhamba Bharati Academy (2004).p.no.444
8. K, G., Sharma, B., & Garg, P. A Case study of Acne Vulgaris (Youvan Pidika). International Journal of Ayurvedic Medicine, 2015, 6(4).p- 86

How to cite this article:

Sapkota J, Khatiwada N, Shah B, Prasad SM, A case study of Youvan Pidika (Acne vulgaris) treated by Jalauka Avacharana (Leech Therapy) - Case Report, The Healer Journal, 2021;2(2):98-101.