

CLINICAL ASPECTS OF YUVANA PIDIKA (ACNE) W.S.R. TO INVOLVEMENT OF RAKTA PRADOSHHAJA FACTORS IN DISEASE PATHOGENESIS

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ABSTRACT

Yuvana Pidika is categorized under *Kshudra Roga* in Ayurveda, the *Kapha Dosha* and *Rakta* are the main causes of it. The *Pidika*, *Saruja* and *Ghana* are the examples of symptoms. Acne manifests as inflammatory lesions including pustules, nodules and papules, etc. in contemporary medicine that arises from the blockage of pilosebaceous units. *Rakta Dhātu* vitiation is frequently the cause of localized skin conditions like *Yuvana Pidika*. Diseases resulting from this *Dhātu's* impairment thus categorized as *Rakta Pradoshaja Vyadhis*. The vitiation of *Rakta* is regarded as one of the most important of the many variables that contribute to *Yuvana Pidika*. The regular functioning of the skin is affected when *Rakta* becomes unbalanced which can be caused by an unhealthy lifestyle, unbalanced food or repression of natural desires. Practices such as *Vamana*, *Nasya* and *Siravedha* along with topical treatments like *Taila*, *Lepa* and *Ghrita* are offer therapeutic benefits in the management of *Yuvana Pidika*. This article put emphasis on clinical aspects of *Yuvana Pidika* (Acne) W.S.R. to involvement of *Rakta Pradoshaja* factors in disease pathogenesis.

KEYWORDS: *Dhātu*, *Ayurveda*, *Yuvana Pidika*, *Acne*, *Skin*, *Rakta Pradoshaja*.

INTRODUCTION

Inflammatory skin disorders, acne is especially common in adolescents. It usually peaks in late adolescence and people between the ages of 13 to 24 years suffer with acne commonly. It is constantly one of the top three most common skin conditions in the world. Blackheads, pustules and papules are the main symptoms of acne, which is a disease of the pilosebaceous units. The chin, nose, cheekbones, upper trunk and forehead are the common impacted locations. In contemporary dermatology, there are six forms of acne as depicted in **Figure 1**.^[1,2]

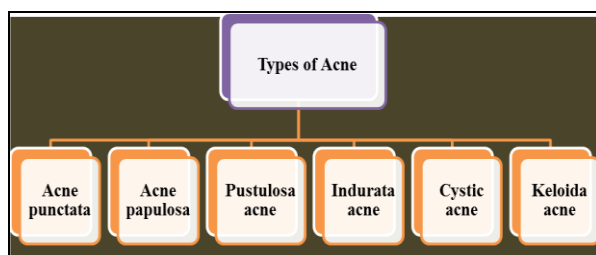


Figure 1: Types of Acne.

Common signs and symptoms include pustules, papules, nodules, cysts, skin eruptions, scabbing and edema, etc. According to modern science important elements which are involved in the disease pathogenesis are as follows:

- ✓ Excessive production of sebum
- ✓ The pilosebaceous channels being blocked
- ✓ The participation of bacteria
- ✓ Inflammation

This illness is known as *Yuvan Pidika* in Ayurvedic scriptures and vitiation of the *Rakta* and *Kapha doshas* are considered major reasons behind this illness. *Raktamokshana*, *Nasya*, *Vamana*, *Upnaha* and *Lepa*, etc. are advises along with oral medications as treatment options for managing *Yuvan Pidika*. The major etiological factors are depicted in **Table 1**.^[3-5]

Table 1: Nidana of Yuva Pidika.

Category	Causal Factors
Aharaja	Madya, Mamsa, Ajirna, Adhyashana, Atisnigdha, Vidahi Ahara
Viharaja	Atapa Sevan, Jagarana, Nidra Viparyaya and Vega Vidharana
Manasika	Santapa, Kshobha, Krodha and Atishoka
Kalaja	Seasonal influence (especially Sharad Ritu)
Manasika	Santapa, Kshobha, Krodha and Atishoka

Samprapti

According to *Sushruta*, vitiated *Kapha* and *Rakta* are the major causes of disease. *Pitta* is typically also affected when *Rakta* is vitiated. *Charaka* also highlights how red, swollen swellings known as *Pidaka* can result from irritated *Pitta* and *Rakta* in the skin. The excessive consumption of foods with *Katu*, *Amla* and *Lavana* tastes are the first of several interrelated elements that contribute to the development of *Yuva Pidika*.

The aggravation of *Hetu* causes *Doshas* especially *Pitta* and *Kapha* to get accumulated and *Dhatu* becomes weak, which also impairs the *Raktavaha* and *Svedavaha Srotas*. Following their initial circulation throughout the body, the vitiated *Doshas* localize in the facial region, hair follicles, resulting in *Dosa-Dusya Sammurchana*. This leads to early signs like *Vaktrasnigdha*, *Daha* and obstruction in the *Srotas*, particularly of *Svedavaha* and *Raktavaha Srotas*.^[5-7]

Role of Rakta Pradoshaja Factors

The *Rasa* and *Rakta Dhatus* are subsequently disturbed by vitiated *Doshas*, impairing *Dhatu Agni*. *Rakta Dhatu*

is important because localized skin conditions are caused by its vitiation. The following are contributing factors to *Rakta* Vitiation.

- ✓ Consuming too many meals that are spicy, sour or highly processed.
- ✓ Sun or heat exposure.
- ✓ Sedentary habits and suppression of natural needs.
- ✓ *Rakta* and hormonal balance can be harmed by stress and emotional disorders.
- ✓ *Rakta* becomes contaminated by *Ama* due to poor digestion and *Agnimandya*.

These factors vitiate *Rakta*, this result impaired functioning of *Medoagni*, *Srotas*, particularly *Svedavaha* and *Raktavaha Srotas* connected to *Meda dhatu* and *Lomakoopa* are obstructed by accumulated *Sweda*. *Pidakas*, which manifest as painful and inflamed pustules, are caused by this *Srotodushti* which is of *Sanga Srotodushti*. **Table 2** summarizes major role of *Rakta Pradoshaja* factors in the pathogenesis of *Yuva Pidika*.^[4-6]

Table 2: Role of Rakta Pradoshaja factors in the pathogenesis of Yuva Pidika.

Aspect	Descriptions
Vitiated <i>Rakta Dhatu</i>	Impure blood carries toxins and inflammatory substances, which get expelled through the skin, resulting in eruptions like pimples, pustules, and blackheads.
Association with <i>Pitta Dosh</i>	<i>Rakta</i> and <i>Pitta</i> have a natural association. When <i>Pitta</i> is aggravated, it leads to <i>Rakta Dushti</i> , triggering inflammatory acne.
<i>Rakta & Ama</i>	Improper digestion produces <i>Ama</i> , which mix with <i>Rakta</i> and circulate in the body. These toxins block skin channels and cause acne flare-ups.
<i>Rakta & Hormonal Influence</i>	In adolescence, <i>Rakta Dhatu</i> becomes more reactive. Combined with hormonal surges, this leads to increased susceptibility to acne.
<i>Rakta & Srotas blockage</i>	Impure blood along with <i>Kapha</i> can clog <i>Swedavaha Srotas</i> , leading to papules and inflammation.
Inflammation	Vitiated blood produces internal heat, causing redness, swelling, and pain, etc.

Modern Aspect

Hormonal imbalance is one of the main causes, particularly in adolescence, where the sebaceous glands are stimulated to create extra sebum by high androgen levels. Acne and blocked pores result from this. Stress, obesity, and poor eating habits can increase blood levels of inflammatory markers like cytokines, which exacerbates acne. This is made worse by a high-glycemic diet, which raises insulin and IGF-1 levels, which promote sebum production and skin cell turnover. Furthermore, skin health and intestinal health are intimately related. Disturbed gut microbiome permits inflammatory substances to enter the bloodstream, which can cause or exacerbate acne. Moreover, oxidative stress,

environmental contaminants, and *Cutibacterium acnes* colonization cause immunological reactions that show up as skin lesions those are red, swollen, and filled with pus. Thus, from a contemporary standpoint, blood impurity might be interpreted as a confluence of poor gut-liver-skin health, hormonal dysfunction, systemic inflammation and toxic overload. Conceptually, this is comparable to the Ayurvedic interpretation of *Rakta Dushti* responsible for the pathogenesis of acne.^[8-10]

Ayurvedic Management of Yuva Pidika

Nasya helps in the regulation of neurological and hormonal processes. *Raktamokshana*, is used to remove vitiated *Rakta*. *Vamana* is used to get rid of extra *Kapha*.

Shamana Chikitsa utilizes herbs internally to detoxify *Rakta*. *Manjistha* and *Haridra* are frequently utilized because of their strong blood-purifying and anti-inflammatory qualities. Topical treatments (*Lepa* and *Taila*) help to repair skin and reduce inflammation. It is crucial to follow an *Ahara vidhi* (dietary recommendations) and *Dinacharya* (daily routine) which includes meals that are light, digestible, and regular exercise, *Yoga* and meditation to manage stress.^[10-12]

CONCLUSION

One of the most common inflammatory skin conditions is acne. According to contemporary theory, its pathophysiology includes hormonal imbalance, bacterial activity, clogged pores and excessive sebum production. This ailment, known as *Yuvan Pidika* in Ayurveda, is mostly brought on by the vitiation of the *Rakta* and *Kapha doshas*. *Srotas* blockage and inflammatory skin eruptions are caused by impurities in *Rakta Dhatu*, which are brought on by poor digestion, an unsuitable diet, stress, and the repression of natural desires. *Rakta Pradoshaja* factors are central to the *Yuvan Pidika* therefore management involves purifying the *Rakta Dhatu*, pacifying *Pitta* and clearing obstructed channels to restore skin health. Through *Shodhana* and *Shamana* therapies, offers complete approach that targets the underlying cause. However avoidance of causative factors that may vitiates *Rakta Dhatu* should be the prime approach of disease prevention and management.

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