



AN OBSERVATIONAL STUDY ON ETIOPATHOGENESIS OF YAUVANA PIDAKA (ACNE VULGARIS)

Rashmi R Hegde¹, Geetha B Markande², Prashanth Jain³

¹IIIrd year P.G. scholar, ² Professor, ³ Professor & HOD, Dept. of Roga Nidana Evam Vikriti Vigyan, Alva's Ayurveda Medical College and Hospital, Moodbidri, Karnataka

Corresponding Author: rashmihegde.r26@gmail.com

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ABSTRACT

The face is considered as an important part of the body as far as beauty and look are concerned. Teenagers are often more self-conscious about their appearance. *Yauvana Pidaka* is one of the skin disorders that affects the face and interferes with a person's psychological well-being. It is mostly seen on the faces of youngsters. This is a *Kshudra Roga*. *Nidana* is the primary cause of manifestation for every *Vyadhi*, and *Nidana Parivarjana* is thought to be a sort of cure. This illustrates the crucial role of the *Dosha Prakopaka Nidana* in the beginning of sickness. As a result, a particular questionnaire based on *Dosha Prakopaka Nidana* was developed in order to look into specific *Dosha Prakopaka Nidana* and *Samprapti*. As a result of sticking to *Nidana Parivarjana* and thereby practicing *Pathya*, one might reduce the likelihood of experiencing *Vyadhi* by being aware of the *Dosha Prakopaka Nidana*. Though, finally it will give a proper knowledge regarding how the etiological factors of *Yauvana Pidaka* in the present era can be connected to the causative factors of *Yauvana Pidaka*.

Keywords: *Yauvana Pidaka; Dosha Prakopaka Nidana; Nidana Parivarjana*

INTRODUCTION

Ayurveda is an ancient health science that emphasizes general wellness rather.

than symptomatic treatment. People are tired of the side effects and aftereffects of today's most potent

and fast-acting drugs, which suppress diseases while lowering human immunity. Humans are moving away from synthetics and towards natural. As a result, not only in India, but globally, Ayurveda will become the world's future medicinal science.

In the present scenario, people are more concerned about their beauty. Acne

vulgaris is such a condition which affects an individual's facial appearance. It is more likely to be found in youths which may have psychological impact including lowered self-image and self-esteem. It is caused by nutritional variables, hormone swings, cosmetics, and so forth.

Yauvana Pidaka is one of the *Kshudra rogas*. The term "*Kshudra*" refers to.

manifestation that possesses *Alpa hetu*, *Alpa lakshana*, and requires *Alpa chikitsa*. According to Acharya Sushruta, *Yauvana Pidaka* are painful eruptions similar to thorns in the bark of *Shalmali* tree filled with *Meda* seen on the face of *Yauvana*.¹ In today's science, Acne vulgaris is a chronic inflammation of the pilosebaceous units characterized by a polymorphic eruption of comedones, erythematous papules, pustules and nodules.² Understanding specific *Dosha Prakopaka Nidana* in terms of *Aharaja*, *Viharaja*, *Manasika bhavas* and *Kalaja bhavas*, as well as listing those factors in terms of specific *dosha* vitiation, are very important in treating a disease because it is stated in our classics that *Nidana Parivarjana* is a type of *chikitsa*.³ In Ayurveda, Acne has been treated mainly by *Shamana* and *Shodhana Chikitsa*. In present era, treatment includes topical application, hormonal therapies and expensive laser therapies etc. Any treatment will not be completed without knowing its roots. Hence in countering the disease effectively, knowledge regarding *Nidana* and *Samprapti* is essential. Thus, by knowing the exact Etiopathogenesis of *Yauvana Pidaka* one can prevent further progress of disease.

OBJECTIVES

- To study the etiological factors and pathogenesis of *Yauvana Pidaka* according to classics.
- To understand the concept of *Yauvana Pidaka* in relation to Acne Vulgaris.

MATERIALS AND METHODS

STUDY DESIGN: Observational clinical study

LITERARY SOURCE

Literary source of *Yauvana Pidaka* from Ayurvedic texts, modern works

internet sources, articles and previous works done were reviewed and documented.

SAMPLE SOURCE

For the present study patients of either sex was selected randomly without any bias

of social, economic or religious status from the O.P.D of Alva's Education Foundation and other referrals.

METHOD OF COLLECTION OF DATA:

- 100 patients suffering with *Yauvana Pidaka* were selected for the study.
- A special case proforma was prepared which includes details of history taking, physical signs and symptoms and required examination as mentioned in our classics and allied sciences.
- Questionnaires were prepared which include details of history taking, physical signs and symptoms as mentioned in our classics and allied sciences. Patients were analyzed and selected accordingly who will fulfill the diagnostic and inclusion criteria.

DIAGNOSTIC CRITERIA⁴

Shalmali Kantaka Akara pidaka- *Pidaka* similar to the bark of *Shalmali* tree.

Medogarbha- Eruptions filled with *Meda* (comedon)

Ruja pidaka- Painful eruptions

Ghana pidaka- thick eruptions

Patients with minimum two of the above symptoms were selected for the study.

Subjective criteria- *Ruja*, *Srava*, *Kandu* and *Daha*

Objective criteria - Number of *pidaka*, Site of *pidaka*, *Vivarnata of pidaka* and Testosterone.

Inclusion criteria

- Patient fulfilling the diagnostic criteria.
- Patients of the age group 16-70 years of either gender⁵

Exclusion criteria

- Patient having *Pidaka* other than face.
- Patients who used to take steroids on a regular

basis.

- Patients with other dermatological manifestations.
- Pregnant and lactating women.

OBSERVATION AND RESULTS

In the present study, 100 patients presenting with *Yauvana Pidaka* were screened. All the patients fulfilled the diagnostic and inclusion criteria. Therefore, study was conducted on 100 patients with specially designed case proforma containing history recording, physical examination, investigation, *Nidana Panchaka* and detailed assessment of specially designed questionnaires for *Nidana* of *Yauvana Pidaka*. It is observed that out of 100 patients, 43% of patients belonged to the age group of 21-25 years. The gender wise distribution showed that majority of the patients were female 82%. Data related to occupation showed a maximum of 80% patients were students. Regarding the diagnostic features all the patients had *Yauvana Pidaka*. 94% patients had *Medo Garbha Pidaka* with *Saruja*, 79% patients had *Ghana Pidaka* and 58% patient had *Shalmali Kantaka Pidaka*.

RESULTS

Questionnaires for *Nidana* of *Yauvana Pidaka* is designed based on *Dosha Prakopaka Nidana*. Collected from *Brihatrayi*, *Laghutrayi* and contemporary sciences. Additionally, these *Nidanas* were systematically divided into various domains, such as *Aharaja*. Further *Aharaja Nidana* divided into *Rasa Pradhanya* and *Ahara Dravya*. Under each domain each item is given with 4 Likert scales with categories Daily, Occasionally, Rarely and Never with scoring 1,2,3 and 4 respectively to record the responses of the patients. It is analyzed with Pearson Correlation Coefficient Test to assess the level of significance.

Results were assessed by *Dosha Prakopaka Nidana* of *Yauvana Pidaka*, questionnaires subjected to statistical analysis and tabulated as below.

$r = -1$ (perfectly negative correlation)

$0 < r < 1$ (moderately positive correlation)

$-1 < r < 0$ (moderately negative correlation)

$r = 0$ (negative correlation)

Table No. 01 Likert Scale of Frequency

Sl. No	Likert scale of frequency	Score	Frequency of Indulgence
1	Daily	1	Daily
2	Occasionally	2	3-4 times a week
3	Rarely	3	3-4 times in a month
4	Never	4	Never

Statistical Significance

- If P value > 0.05 indicates non-significant
- If P value ranging from <0.05 to 0.001 indicates significant
- If P value <0.001 indicates highly significant.

Results of Statistical Analysis using Pearson Correlation coefficient test

Table No. 2 Showing Result of Diagnostic feature of *Yauvana Pidaka* with *Rasa Pradhanya*

1. How often do you consume foods which are in different rasa?

Diagnostic Features	<i>Nidana</i>	N	r value	P value	Result	Dosha
<i>Shalmali Kantaka Pidaka</i>	<i>Madhura Rasa</i>	100	-0.023	0.824	NS	<i>Kapha</i>
	<i>Amla Rasa</i>	100	-0.040	0.696	NS	<i>Pitta, Kapha</i>
	<i>Lavana Rasa</i>	100	-0.020	0.846	NS	<i>Pitta, Kapha</i>

Medo Garbha Pidaka	Katu Rasa	100	1.173	0.042	S	Vata
	Tikta Rasa	100	0.901	0.047	S	Vata
	Kashaya Rasa	100	0.302	0.030	S	Vata
	Madhura Rasa	100	0.198	0.048	S	Kapha
	Amla Rasa	100	0.177	0.058	S	Pitta, Kapha
	Lavana Rasa	100	-0.186	0.064	NS	Pitta, Kapha
	Katu Rasa	100	-0.904	0.054	S	Vata
Ghana Pidaka	Tikta Rasa	100	0.508	0.047	S	Vata
	Kashaya Rasa	100	0.097	0.338	NS	Vata
	Madhura Rasa	100	0.208	0.051	S	Kapha
	Amla Rasa	100	0.128	0.025	S	Pitta, Kapha
	Lavana Rasa	100	0.304	0.037	S	Pitta, Kapha
	Katu Rasa	100	-0.139	0.167	NS	Vata
Ruja	Tikta Rasa	100	-0.006	0.096	NS	Vata
	Kashaya Rasa	100	0.602	0.051	S	Vata
	Madhura Rasa	100	0.809	0.038	S	Kapha
	Amla Rasa	100	0.504	0.051	S	Pitta, Kapha
	Lavana Rasa	100	-0.077	0.458	NS	Pitta, Kapha
	Katu Rasa	100	0.325	0.046	S	Vata
Ghana Pidaka	Tikta Rasa	100	0.135	0.010	S	Vata
	Kashaya Rasa	100	-0.004	0.971	NS	Vata
	Madhura Rasa	100	0.809	0.038	S	Kapha
	Amla Rasa	100	0.504	0.051	S	Pitta, Kapha
	Lavana Rasa	100	-0.077	0.458	NS	Pitta, Kapha

Table No. 3 Showing Result of Diagnostic feature of Yauvana Pidaka with Dosha Prakopaka Ahara Dravya

2. How frequently do you consume foods with the qualities listed below?

Diagnostic Features	Nidana	N	r value	P value	Result	Dosha
Shalmali Kantaka Pida- ka	Shushka Shaka	100	0.167	0.056	S	Vata
	Shushka Vallura	100	-0.028	0.784	NS	Vata
	Mudga	100	-0.075	0.040	S	Vata
	Masoora	100	0.159	0.113	NS	Vata
	Adaki	100	-0.154	0.125	NS	Vata
	Harenu	100	-0.121	0.229	NS	Vata
	Shyamak	100	-0.101	0.318	NS	Vata
Medo Garbha Pidaka	Shushka Shaka	100	-0.036	0.722	NS	Vata
	Shushka Vallura	100	-0.008	0.935	NS	Vata
	Mudga	100	-0.015	0.882	NS	Vata
	Masoora	100	-0.120	0.233	NS	Vata
	Adaki	100	-0.009	0.930	NS	Vata
	Harenu	100	-0.045	0.659	NS	Vata
	Shyamka	100	-0.214	0.063	NS	Vata
Ghana Pidaka	ShushkaShaka	100	-0.195	0.525	NS	Vata
	Shushka Vallura	100	-0.095	0.349	NS	Vata
	Mudga	100	-0.115	0.254	NS	Vata
	Masoora	100	-0.124	0.218	NS	Vata
	Adaki	100	-0.055	0.587	NS	Vata
	Harenu	100	-0.445	0.583	NS	Vata
	Shyamka	100	-0.013	0.898	NS	Vata

Ruja	ShushkaShaka	100	0.034	0.036	S	Vata
	Shushka Vallura	100	-0.073	0.469	NS	Vata
	Mudga	100	1.106	0.003	S	Vata
	Masoora	100	0.034	0.036	S	Vata
	Adaki	100	-0.038	0.380	NS	Vata
	Harenu	100	-1.120	0.134	NS	Vata
	Shyamka	100	-0.027	0.793	NS	Vata
Shalmali Kan- takaPidaka	Kulatha	100	-0.067	0.507	NS	Pitta
	Matsya	100	0.164	0.104	S	Pitta
	Aja Mamsa	100	-0.094	0.375	NS	Pitta
	Takra	100	-0.025	0.807	NS	Pitta
	Shashkuli	100	0.101	0.018	S	Pitta
	Masha	100	-0.128	0.205	NS	Pitta
	Madya	100	-0.052	0.611	NS	Pitta
Medo Garbha Pidaka	Kulatha	100	-0.121	0.231	NS	Pitta
	Matsya	100	0.022	0.032	S	Pitta
	Aja Mamsa	100	-0.083	0.410	NS	Pitta
	Takra	100	0.448	0.035	S	Pitta
	Shashkuli	100	-0.185	0.066	NS	Pitta
	Masha	100	1.122	0.027	S	Pitta
	Madya	100	-0.092	0.363	NS	Pitta
Ghana Pidaka	Kulatha	100	0.076	0.451	NS	Pitta
	Matsya	100	0.060	0.552	NS	Pitta
	Aja Mamsa	100	-0.177	0.078	NS	Pitta
	Takra	100	-0.015	0.883	NS	Pitta
	Shashkuli	100	-0.014	0.889	NS	Pitta
	Masha	100	0.784	0.007	S	Pitta
	Madya	100	-0.024	0.816	NS	Pitta
Ruja	Kulatha	100	0.076	0.451	NS	Pitta
	Matsya	100	0.060	0.552	NS	Pitta
	Aja Mamsa	100	0.016	0.876	NS	Pitta
	Takra	100	0.196	0.051	S	Pitta
	Shashkuli	100	-0.030	0.767	NS	Pitta
	Masha	100	0.277	0.044	S	Pitta
	Madya	100	0.092	0.363	NS	Pitta
Shalmali Kantaka Pidaka	Pishtaka	100	-0.043	0.675	NS	Kapha
	Ksheera vikara	100	-0.131	0.195	NS	Kapha
	Yavaka	100	-0.089	0.377	NS	Kapha
	Godhuma	100	-0.128	0.205	NS	Kapha
	Narikela	100	-0.052	0.610	NS	Kapha
Medo Garbha Pidaka	Pishtaka	100	0.073	0.041	S	Kapha
	Ksheera vikara	100	0.149	0.038	S	Kapha
	Yavaka	100	-0.064	0.530	NS	Kapha
	Godhuma	100	0.147	0.04	S	Kapha
	Narikela	100	0.111	0.021	S	Kapha
Ghana Pidaka	Pishtaka	100	-0.019	0.855	NS	Kapha

Ruja	<i>Ksheera vikara</i>	100	0.124	0.020	S	<i>Kapha</i>
	<i>Yavaka</i>	100	-0.060	0.530	NS	<i>Kapha</i>
	<i>Godhuma</i>	100	0.108	0.034	S	<i>Kapha</i>
	<i>Narikela</i>	100	-0.063	0.532	NS	<i>Kapha</i>
	<i>Pishtaka</i>	100	-0.019	0.855	NS	<i>Kapha</i>
	<i>Ksheera vikara</i>	100	0.124	0.020	S	<i>Kapha</i>
	<i>Yavaka</i>	100	-0.060	0.530	NS	<i>Kapha</i>
Ruja	<i>Godhuma</i>	100	0.108	0.034	S	<i>Kapha</i>
	<i>Narikela</i>	100	-0.063	0.532	NS	<i>Kapha</i>

Table No. 4 Showing Result of Diagnostic feature of *Yauvana Pidaka* with Subjective and Objective Parameter

Do you have pain before acne appears?	<i>Shalmali Kantaka Pidaka</i>	0.191	0.037	S	<i>Vata</i>
Do you have Discoloration on your face?	<i>Medo Garbha Pidaka</i>	0.228	0.023	S	<i>Vata</i>
Do you have Discharge on your face?	<i>Medo Garbha Pidaka</i>	0.756	0.000	S	<i>Kapha</i>
Do you have pain before acne appears?	<i>Saruja</i>	0.154	0.027	S	<i>Vata</i>
Do you have Itching on your face?	-	-0.128	0.823	NS	<i>Kapha</i>
Do you have Burning Sensation on your face?	-	-0.344	0.189	NS	<i>Pitta</i>
Testosterone	<i>Yauvana Pidaka</i>	-0.142	0.159	NS	-

DISCUSSION

DISCUSSION ON DISEASE

The list of etiological factors for *Yauvana Pidaka* has not been mentioned. Based on the *Doshas* involved *Kapha*, *Vata* and *Rakta Prakopaka Nidanans* can be considered. All the authors have referred *Kapha*, *Vata* and *Rakta* to be the vitiated. factors in the disease. The stagnation of *Meda* is explained by the term *Medogarbhita Pidaka*. Along with this the increase of *Twak Sneha* is quoted. These two things together help to explain the excessive oily secretion in patients of Acne. Terms like *Swabhava* and increase in *Shukra Mala* explained in the disease gives the information about the physiological increase of hormones during puberty and early adulthood which in turn is responsible for the disease.

In the modern era, wholesome food, sedentary lifestyle, lack of relaxation and excessive activity all is associated with a variety of problems, Acne Vulgaris.

DISCUSSION ON OBSERVATION

On Rasa Pradhanya

Excessive consumption of *Shad Rasas* on a daily basis showed statistical significance. Hence found to have a definite role in causation of *Medo Garbha*

Pidaka, *Ghana Pidaka* with *Ruja*. *Atisevana* of *Madhura Rasa* leads to *Prakupita Kapha* and vitiates *Rasaraktadi dhatu dushti* may lead to *Swedavaha Sroto dushti* obstruction of *lomakupa* in the form of *Sangha* leads to manifestation of *Yauvana Pidaka*.⁶ Excessive intake of Milk, Ghee, Polished white rice and Dates will increase *Madhura rasa* in the body. *Katu Rasa* has *Vayu* and *Agni Mahabhuta* dominance. Due to *Ruksha* and *Lagu guna* of *Katu rasa* aggravates *Vata*, *Pitta* in the body and destructs *Medodhatu* leading to *Kha vaigunya* in *Srotas* leading to *Sangha* and formation of *Yauvana Pidaka*.⁷ Regular consumption of hot spicy food (especially black pepper, cardamom, ginger, mustard and onion prepared food) showed statistically positive correlation coefficient test.

Vata Prakopaka Aharaja Nidana Atisevana of *Shuska shaka* and *Mudga* showed statistical significance. Hence found to have a definite role in causation of *Shalmali Kantaka Pidaka*. *Atisevana* of *Shuska shaka* leads to *Vataprakopa* due to its *Ruksha* in quality and *Guru* for digestion it causes *Vistambaka* it aggravates *Vata* leading to *Shalmali Kantaka Pidaka* with *Ruja*.⁸ On continuous consumption of dry fruits like Raisins, dates, and dried potato, *Atisevana* of *Mudga* leads to *Vata Prakopa* as it possesses *Kashaya Rasa*, *Ruksha*

*Guna SheetaVirya*⁹, it aggravates *Vata* in minimum. Due to intake of preserved and processed green-gram¹⁰ which increases the inflammatory response which probably being the reason for incidence of Acne in my present study.

Pitta Prakopaka Ahara Nidana excessive consumption of *Matsya*, *Takra*, *Shashkuli* and *Masha* showed statistical significance. *Matsya* is *Guru*, *Ushna guna*, *Vidahi ahara* and it is *Pittakaphakara*. It aggravates *Pitta* leading to *Ghana Pidaka* and *Medo Garbha Pidaka*. Fish and other sea food such as crab and prawns are high in iodine content.¹¹ Accumulation of high iodine content in body overtime is likely to cause the skin to be more susceptible to Acne breakouts. *Takra* is *Madhura*, *Amla*, *Ushna* and *Laghu* it aggravates *Pitta* leading to *Medo Garbha Pidaka* with *Saruja* Regular intake of flavoured buttermilk, therefore chances of pus formation due to bacterial multiplication could be more¹². Excessive intake of *Shashkuli*, like potatochips, burgers and other processed fried foods can cause Acne¹³. These contain saturated fatty acids which are typically of high glycaemic index foods that causing inflammatory reaction like Acne. *Masha* increases *Kapha* and *Pitta* by *Snigdha*, *guru* and *Ushna guna* this leads to *Medo Garbha Pidaka*. In present study, among the hostelites more consumption of fermented foods which cause decrease in pH, and it is rich in carbohydrates, in turn shoots up the insulin and leads to Acne¹⁴.

Kapha Prakopaka Ahara Nidana excessive consumption of *Godhuma*, *Pistaka*, *Ksheera Vikara* and *Narikela* showed statistical significance. Hence found to have a definite role in causation of *Medo Garbha Pidaka*, *Ghana Pidaka* with *Ruja*. *Pishtaka* is *Kaphakara*. It aggravates *Rasadi dushti* and manifests *Yauvana Pidaka*. Frequent intake of bread, pastries these have a high glycemic index and raise blood sugar levels, insulin makes the androgen hormones more active and could lead to Acne.¹⁵ Excessive consumption of *Ksheera Vikaras* (curd, paneer and milk shakes) containing casein and sugars which increases IGH-1 and the production of hormones like progesterone and estrogen causing skin inflammation

which can leads to acne breakouts.¹⁶ Regular intake of *Godhuma* which causes *Kaphavardhaka* and manifestation of *Medo Garbha Pidaka* and *Ghana Pidaka*. Excessive consumption of wheat mixed with white flour containing gluten content along with refined carbohydrates which enters into the blood stream causing insulin spike which leads to Acne¹⁷. *Naliker*, it aggravates *Kapha dosha*. Excessive consumption of coconut oil which contains high omega-6 fatty acids which might worsen acne due to high saturated fat content.¹⁸ Due to repeated heating of oil it transforms into trans fats which are heavy for digestion in turn causing Acne.

Discussion on Subjective and Objective Parameters:

Site of *Pidaka*: All 100 subjects had *Pidaka* on *Mukha*. It is due to the maximum number of sebaceous glands present in the face.

Number of *Pidaka*: Majority of subjects had more than 3-4 *Pidakas* on *Mukha*.

***Srava*:** The vitiation of *Pitta* and *Kapha* by the above discussed *Nidanas* will lead to *Srava* like in case of *Medo Garbha Pidaka*. There is an association between *Srava* and Manifestation of *Medo Garbha Pidaka*.

***Kandu*:** Due to the various *Nidanas* which have been observed, *Kapha* as a predominant *Dosha* which manifests *Kandu* as a symptom. There is no association between *Kandu* and Manifestation of *Yauvana Pidaka*

***Daha*:** The vitiation of *Pitta* by the above discussed *Nidanas* will lead to *Daha*. There is no association between *Daha* and Manifestation of *Yauvana Pidaka*

***Vaivarnya*:** It is caused due to *Vataja* or *Pittaja dosha dushti* which have been discussed in the current observational study. There is an association between *Vaivarnya* and Manifestation of *Shalmali Kantaka Pidaka* with *Ruja*.

Testosterone:

Testosterone is a sex hormone that is responsible for giving males.

Masculine characteristics. Females also produce a small amount of testosterone in their adrenal glands and ovaries which might increase during ovulation. It

is essential for good health; fluctuations of this hormone may contribute to Acne breakouts. Researchers suggest that changes in the testosterone levels during a women's cycle are relatively low compared to day-to-day fluctuations. Acne flares up during a menstrual period are more likely due to changes in estrogen and progesterone levels.¹⁹ polycystic ovarian syndrome can lead to elevated testosterone levels in women. In present study, 24 out of 100 subjects had raised testosterone levels among which 6 were males and 18 were females. Out of which 3 were found to have PCOD which might be probable reason for Acne. In present study there is no association between Testosterone and Manifestation of *Yauvana Pidaka*.

CONCLUSION

The term *Yuavana Pidaka* indicates the prevalence of the disease in the *Youvana avastha* which was analyzed in the present observational study. This study confirms *Kapha Pradhana Tridosha* as the causative factor for *Yauvana Pidaka*, which is also stated in our classics. Among *Vata Prakopaka Nidanas* like *Atisevana* of *Katu Rasa* and *Dravyas* like *Shuskashaka*, *Mudga* found to have a role in causation of *Shalmali Kantaka Pidaka* with *Ruja*. Among *Pitta Prakopaka Ahara Nidanas*, *Atisevana* of *Katu Rasa* and *Dravyas* like *Matsya*, *Takra*, *Shashkuli* and *Masha* found to have a role in causation of *Medo Garbha Pidaka* and *Ghana Pidaka*. Among *Kapha Prakopaka Aharaja Nidanas*, *Ati Sevana* of *Madhura Rasa* and *Dravyas* like *Pishtaka*, *Ksheera*, *Ksheeravikara*, *Godhuma* and *Narikela* was found to have a role in causation of *Medo Garbha Pidaka* and *Ghana Pidaka*.

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