

AYURVEDIC MANAGEMENT OF CYSTIC ACNE - A CASE STUDY

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ABSTRACT

Cystic acne or nodulocystic acne is characterised by painful, pus-filled cysts present in the skin. It is more commonly seen on face, chest, back, shoulder and occasionally upper arms. More commonly found in teenagers but can also be seen in climacteric age groups. Depending upon the history, symptoms and sign the patient was given with *shoola*, *shotha hara*, *Agni deepaka*, *twak prasadaka* medications and was followed by *twak prasadaka*, *dooshi visha* concept medications. After the medications, the patient observed significant reduction in new eruptions and get cured from old eruptions over the face. Significant reductions in anxiety were observed after treatment. Hence with this case, the use of above group medicines, effectiveness was seen in specific condition.

KEYWORDS: cystic acne, anxiety, acne treatment, Ayurveda medicine

INTRODUCTION

Cystic acne, also known as nodulocystic acne, is a severe form of acne wherein acne develops into small cysts. Cystic acne can affect the face, chest, back, shoulders and, occasionally, upper arms. Like pimples, which are more common, cysts are usually filled with a white pus-like substance. They are usually several centimetres in diameter, and can be quite painful¹. The cause of cystic acne is the pores in the skin are clog with dead skin cells and excess oil, this leads to pimples. These oily and dead cell pores are get trapped by bacteria and starts the skin reaction in dermis causes deep swelling. Such type of infected, swollen red lump is called acne cyst¹. The diagnosis and treatment in early stage, can avoid some degree of scarring. Teenagers are more prone to cystic acne. Family history, hormone changes and stress are the other causative factors.

CASE REPORT

A 25-year-old male patient diagnosed as cystic acne with anxiety and has taken

successful treatment at OPD of Dept. of Kayachikitsa, SDMIAH Bangalore.

CLINICAL PRESENTATION

The present case study is successful Ayurvedic management of a case of Cystic Acne. A 25-year-old male patient with Registration No.-322785 came to OPD of Dept. of Kayachikitsa of SDMIAH Bengaluru; with *pidaka* (pustules and cysts) over the face along with *kandu* (itching), *vedana* (pain and tenderness) and oily skin in the last 12 years.

CASE HISTORY

Onset was single cystic acne measuring approx. 3mm-5mm associated with itching over the left cheek 12 years back which persisted for 1 week and ruptured with copious pus discharge. Later the patient started getting recurrent (approx. every 15 days) pustular, nodulocystic lesions measuring about 3-5mm and 5mm to 1 cm and pus discharge on rupture which left scarring and hyperpigmentation over the face. The condition aggravated on

consumption of oily, junk foods and stress. Mother had similar complaints. Patient consulted allopathic doctor and started with oral isotretinoin and topical applications which gave him symptomatic relief. Patient started developing anxiety, headache and assuming it as the side effects of the medications; he gradually stopped using medications after 5-6 years. The severity of the condition reduced than before, but persisted. Patient came to the OPD of Kayachikitsa, SDMIAH for further Ayurvedic management

INTEGUMENTARY EXAMINATION

INSPECTION:

- Size = 5 mm to 1 cm
- Shape= circular
- Colour = reddish or with erythematous flare

- Uniformity/pattern = Uneven
- Thickness = raised and broad based
- Border: demarcated
- Site: cheeks, forehead
- Distribution: Asymmetric

PALPATION

- Moisture: absent
- Temperature: warm
- Texture: smooth over papules/cysts. Rough over scar marks

NATURE OF SKIN LESION

- Primary skin lesion = pustules and cysts
- Secondary skin lesion = crust, scar

GRADING ACCORDING TO THE PILLSBURY SCALE²:

Grade 4 (Severe): Comedones, papules, pustules, nodules, and cysts.

TREATMENT CHART:

Date	Treatment	Dose	Days
04-11-2023	1) Rasna Saptaka Kashaya ³ 2) Arogyavardhini vati ⁴ 3) Tikaamrutha capsule	4tsp-0-4tsp B/F 1-1-1 A/F 1-1-1 A/F	15 days
25-11-2023	1) Tiktaamrutha capsule 2) Dooshivishari Gulika ⁵ 3) Aaragwadhaamrutaadi kashaya ⁶ 4) Yashtimadhu choorna- 30gm, Rasna choorna- 30gm, bakuchi choorna- 30gm, Gandhaka rasyana- 10 tab all for external application with Gomutra 1 time/ day 5) Scurfol shampoo for external application	1-1-1 A/F 1-1-1 A/F 4tsp-0-4tsp B/F	15 days
15/12/2023	Complaints subsided 90%	-----	15 days

DISCUSSION

Acne is the most common chronic skin disorder among adolescents affecting about 85% of teenagers⁷ treating severe forms of acne including nodulocystic acne is

challenging and always requires systemic treatment⁸. It has both financial and psychosocial impact; the latter increases significantly with the severity of the disease.⁹

The main focus of the treatment here is in regards to *shoola*, *shotha hara*, *twak prasadaka* and *agni deepaka*. *Rasna saptaka kashaya* ingredients- *Rasna*, *Amrutha*, *Devadaru*, *Aragwadha*, *Gokshura*, *Punarnava*, *Eranda*, *Shunti*, *Jala* this is helpful in all kinds of *Vata kapha* disorders pertaining to *shoola hara*, *shotha hara*-inflammation, pus formation. *Arogyavardhini vati* ingredients- *Shuddha parada*, *Shuddha gandhaka*, *Loha Bhasma*, *Abraka Bhasma*, *Tamra Bhasma*, *Shilajatu*, *Guggulu*, *Chitrakamoola*, *Nimba*, *katuki*, *Haritaki*, *Amalaki*, *Bibhitaki* this is helpful in balancing *Vata*, *Pitta* and *Kapha* owing to the classical reference it has a wide indication specifically here it can be taken up with *Kushta* management. *Tiktaamrutha* capsule ingredients *Amrita*, *Vasa*, *Kantakari*, *Patola*, *Nimba*, *Haritaki*, *Amalaki*, *Bibhitaki*, *Shuddha guggulu* wide indications of allergic, non-allergic dermatitis, pruritus etc. Here owing to chronic history and all or *rakta shodhaka*, anti-inflammatory, *twachya* the medicine chosen. *Dooshivishari gutika* ingredients *Pippali*, *gajapippali*, *Dhyamaka*, *mamsi*, *lodhra*, *ela*, *Suvarchika*, *kutannata*, *Nalanda*, *Kushta*, *Yashti*, *Chandana*, *Gairika* as *vishaoushadhi* in healing the infection proper. *Aaragwadhaamruthadi Kashaya* ingredients *Aaragwadha*, *Haritaki*, *Amrutha*, *Kadhira*- used with the concept of *twak vikara* which pacifies all 3 *dosha* and heals the condition.

Yashtimadhu choorna, *Rasna choorna*, *Bakuchi choorna*, *Gandhaka rasyana* all for external application with *Gomutra* 1 time/ day. This helped as *Twachya*, *Vrunapaha* and mainly *Vata Pitta Kapha hara*. Subject even have anxiety issues which was aggravating because of present condition for which mental support interaction, sooryanamaskara 12 count, breathing exercises pranayama daily for 30 min was advised and he followed the same.

Apathya: no to oily, spicy, bakery, meat, caffeine, gadget usage in night, stress/

negative thoughts, milk products like paneer, curds, and sweets avoid.

Pathya: 3-4 ltrs of water, papaya, pomegranate, kiwi, orange, melon variants, proper hygiene and care, 8 hrs sleep, exercises, steaming and application of medicated *choorna*.

CONCLUSION

We report a case of a patient who complaints with severe facial nodulocystic acne associated with anxiety in which treatment with isotretinoin failed and worsening of his condition. Therefore, above combination of drugs was administered as an alternative treatment, and we reached a success on acne lesions within 45 days.

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Source of support: Nil
Conflict of interest: None Declared

Cite this article as

Dr Sajina P S: Ayurvedic Management Of Cystic Acne - A Case Study; IX(2): 2439-2442

Figure shown the changes before treatment-fig 1 and after treatment-fig 2.

