

Chapter 5. Acne & Pimples (Yuvan Pidika) - Ayurvedic Herbal Remedies

1 | Ayurvedic View at a Glance

Feature	Explanation in Plain English
Classical term	Yauvana Piḍikā - "pustules of youth"
Core Doṣas involved	Kapha-Pitta (oil + heat) with Vāta driver
Root pathology	Heavy, spicy, incompatible food → weak Agni → Āma + Kapha clog follicles → Pitta inflames → pustule

2 | Red-Flag Triggers to Avoid

- Milk + fish / curd + meat combos
- Cheese pizza, chocolates, deep-fried snacks
- Skipping breakfast then bingeing at night
- Night-long screen time, chronic exam stress
- Heavy makeup, comedogenic creams

3 | Internal Herbal Toolkit

Objective	Formulation & Dose*	How It Works
Kindle Agni & cut Āma	Trikatu chūrṇa ½ tsp + honey, 30 min pre-lunch	Melts Kapha, dries oil
Cool blood & liver	Sarivādi kwātha 20 ml, 2×/day after meals	Reduces Pitta heat
Dry pustules / detox	Triphala-Guggulu 500 mg, 2×/day	Antimicrobial, anti-sebum
Long-term rasāyana	Āmla powder 3 g sunrise + Gudūcī satva 500 mg bedtime	Antioxidant, scar control

*Adult doses; halve for teens < 16 yrs.

4 | Topical Herbal Routine

Time	Product (DIY)	1-Line Method & Benefit
AM	Neem-Basil Cleansing Powder (Neem 2 : Tulsi 1 : Multani 2)	½ tsp + rose water, massage 30 s
Noon	Vetiver-Rose Hydrosol Mist	Spritz to keep Pitta cool
PM	Turmeric-Manjishtha Mask (1 : 1)	Paste with aloe; 10 min; rinse
Spot	Clove-Camphor Gel 1 %	Dab on erupting pustule 4 h
Night	Tamanu-Neem Gel-Oil (Tamanu 70 % + Neem 2 %)	2 drops press-in; anti-propionibacter

5 | 7-Day Kick-Start Schedule

Day	Morning	Mid-Day	Night
1	Trikatu + honey	Vetiver mist	Turmeric-Manjishtha mask
2	Sarivādi kwātha	-	Neem-Basil cleanse → gel-oil
3	Triphala-Guggulu start	-	Spot gel on active pimples
4	Repeat Day 1	-	Rest, no mask
5	Copper-water + Āmla	Mist	Mask repeat
6	Light khichadi day (barley)	-	Sesame-oil scalp massage*
7	Evaluate: itch ↓ oil ↓ redness ↓	-	Plan next 14-day cycle



*Draws Kapha from face, improves circulation.

6 | Diet Cheat-Sheet

Eat / Drink More	Reason	Strictly Limit	Reason
Warm water, barley, red-rice, steamed bitter veg, pomegranate	Clear Kapha-Āma	Cold coffee, milk-shakes, cheese, chocolate, curd at dinner	Feed Kapha & block srotas
Ginger-lime shot pre-meal	Sparks Agni	Deep-fried snacks	Clog follicles
1 tsp ghee on lunch	Balances Vāta after agni herbs	Sugar-laden energy drinks	Fuel inflammation

7 | Lifestyle Keys

- **Sleep** by 10 pm; growth-hormone window clears skin.
- **30 min brisk walk** daily—moves Kapha lymph.
- **5-min Bhrāmārī** pranayama twice a day—drops cortisol.
- **Change pillowcase every 2 days**; disinfect phone screen.

8 | Quick “Doṣa-Spot” Self-Check

Symptom	Action Today
Tiny whiteheads on T-zone	Neem-Tulsi scrub + ginger-lime water
Red painful papule	Turmeric-aloe dab + Sarivādi extra dose
Post-pimple dark spot	Add Kumkumadi 4-drop night press, double Āmla

9 | Safety Notes

- Patch-test turmeric, clove, tamanu 24 h on inner arm.
- Skip strong steam or heavy oil on active pustules.
- Pregnancy: avoid Trikatu > ½ tsp; replace clove gel with plain aloe.

10 | MCQ Mini-Quiz

- 1 . Which two doṣas dominate Yauvana Piḍikā?
- 2 . Name the triple-spice blend that melts Kapha-Āma.
- 3 . True/False: Cold yoghurt at night is encouraged for acne-prone skin.

Answers: Kapha & Pitta • Trikatu • False.

11 | Key Take-Aways

- Acne is **oil + heat + sticky Āma**—attack all three simultaneously.
- Internal **Agni-kindlers & blood-coolers** + external **antimicrobial masks** clear lesions fastest.
- Diet discipline and stress-calm keep pores free; rasāyana herbs fade scars and prevent relapse.



Mantra: *"Melt the oil, cool the fire, flush the sludge—face reclaims its calm."*

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