

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

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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 Bhrāmari** 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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