

Chapter 4. Integrated Ayurvedic Management of Chronic Acne & Post-Acne Scarring

(Moderate-Clinical, Treatment-Oriented Lesson · Reading Time ≈ 50 min)

4.1 Why Address Acne in a “Deeper-Integration” Module?

- **Chronic, relapsing acne** (especially Grade II-III papulo-pustular) sits at the boundary between *cosmetic* concern and *clinical* skin pathology.
- Standard topical lepas & face-wash regimes help—but flares persist because **Pitta-Kapha** heat, **Rakta** dushti, and digestive **ama** remain uncorrected.
- A **moderate Panchakarma entrée** (gentle virechana + raktamokṣaṇa micro-session + targeted internal rasāyana) bridges daily cosmetology with physician-grade interventions—still feasible in an advanced wellness clinic.

4.2 Ayurvedic Nidāna & Doṣha Synopsis

Actor	Manifestation	Classical Correlate
Kapha	Sticky comedones, seborrhoea	<i>Medo-doṣa āvaraṇa</i>
Pitta / Rakta	Red papules, pustules, post-inflammatory erythema	<i>Raktavardhana, Pitta prakopa</i>
Vata	Atrophic pits, post-acne wrinkling	<i>Dhātu kṣaya, Vāta uttar-kriyā</i>
Agni / Ama	Dysbiosis, gut congestion, food triggers	<i>Manda agni, Āma sañchiti</i>

Hence the protocol must **un-clog Kapha, cool Pitta-Rakta, re-build Vata-depleted dermis**, and rekindle **jatharāgni**.

4.3 Six-Step Moderate-Clinical Protocol

Day / Phase	Intervention	Key Formulas & Doses	Purpose
0	Pre-Panchakarma Counselling + <i>Āma pachana</i> diet (kitchari + trikatu - tea)		Reduce sitter’s anxiety, prep gut
1-3	Internal Snehana (Ghee Titration)	30-60 ml/day <i>Tikta-ghṛita</i> (bitter-pitta pacifying)	Lubricate channels, shift toxins
4	Sarvāṅga Abhyanga + Bashpa Sweda	Oil: <i>Nalpāmarādi taila</i> (if PIH) or <i>Nimba-taila</i> (if pustular) - 45 min	Loosen Kapha plugs, open pores
5	Mridu Virechana (Gentle Purgation)	6-8 g Avipatti choorna in warm water; monitor stools (8-10)	Purge Pitta-Rakta, gut endotoxins
8	Localized Raktamokṣaṇa (Jalauka) (optional)	1-2 leeches per stubborn cystic nodule on jaw	Drain heated Rakta pocket
10-30	Topical & Internal Rasāyana Phase	• Internal: <i>Mahat-Manjishthādi kaṣāya</i> 20 ml BID	
	• Topical AM: <i>Licorice-Niacinamide Essence</i> (2 %)		
	• Topical PM: <i>Manjishtha-Gotu Kola Collagen Serum</i> (prev. category)	Prevent rebound, fade scars, rebuild matrix	

Practitioner Note: If patient is a teenage female, substitute Avipatti with **Trivṛt-lehya** (milder) and skip leech in menstrual week.



4.4 Formulation Blue-Prints (Clinic Preparation)

A. Tikta-Ghṛita (500 g batch)

- **Base ghee** 450 g
- **Herb kwātha (1:16 water → reduce ¼)**
 - Neem *Azadirachta indica* 30 g
 - Patola *Trichosanthes cuc.* 20 g
 - Guduchi *Tinospora cordifolia* 20 g
 - Manjishtha *Rubia cordifolia* 15 g
- Sneha-pāka – madhyama. Store 4 °C.

B. Licorice-Niacinamide Essence (100 ml retail)

Rose hydrosol 45 ml · Aloe juice 30 ml · Licorice glycerite 10 ml · Niacinamide 4 g · Sodium PCA 1 g · Preservative 0.8 g · pH 5.5

Apply 4 drops on T-zone after cleansing.

4.5 Home-Care Cosmetology Continuation (Months 2-3)

Issue	Morning	Night	Weekly
Active lesions	Neem-Tulsi Foam (Cat 5)	Spot Oil (Neem-Jojoba)	Enzyme Peel (mild)
Scars / pits	Kumkumadi-C Essence	Collagen Serum	Pearl-Vetiver Ubtan
Oil control	Triphala Micellar Wash noon –		Reetha-flush rinse scalp

Nutrition: coriander-fennel water, avoid fermented cheese, chilli, whey proteins.

4.6 Outcome Milestones

Week	Expected Change
1	50-70 % reduction in inflammation, oil-slick
3	Marked lightening of macules, fewer pustules
6-8	Scar edging softens, early collagen fill in pits
12	Maintenance stage; transition to basic glow routine

4.7 Contra-Indications & Cautions

- **Isotretinoin / oral antibiotics** – pause Panchakarma; allow 3 weeks wash-out.
- **Bleeding disorders / severe anaemia** – avoid even micro-leeching.
- **Pregnancy** – skip purge and raktamokṣaṇa; use only diet + topical phase.

Emergency signs (refer dermatologist): cellulitis, > grade III nodulo-cystic flares, isotopic HSV.

4.8 Billing & Session Timing Example



Service	Min Cost (USD equiv.)
Initial consult + prakṛti-vikṛti map	30 \$30
5-day Panchakarma package (snehana + virechana)	300 \$240
Leech micro-session (per nodule)	25 \$40
Two-month rasāyana meds + cosmeceuticals	- \$110

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