

## Chapter 6. Treatment for Pigmentation, Acne & Blemishes

### Comprehensive Ayurvedic Care for Pigmentation, Acne & Post-Blemish Marks

#### 1 Doṣa-Lens Triage

Concern	Dominant Doṣa(s)	Classical Term(s)	Rapid Visual Clues
<b>Epidermal or mixed Pigmentation</b> (melasma, sun-tan, PIH*)	<b>Pitta + Rakta</b> (with latent Kapha in dermal PIH)	<i>Vyanga, Neelika</i>	Butterfly patches, warm palms, freckles intensify in sun
<b>Active Acne</b> (comedonal → cystic)	<b>Kapha + Pitta</b> (sometimes Vāta scar overlay)	<i>Yauvana Pidaka</i>	Oily T-zone, pustules, enlarged pores
<b>Blemishes / Atrophic Scars</b>	<b>Vāta + Rakta</b> depletion	<i>Kṣata, Vraṇa Vastu</i>	Indented pits, post-cyst redness

\*PIH = Post-Inflammatory Hyper-Pigmentation

#### 2 Decision Tree (Clinic Wall Poster)

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sqlCopyEdit\ Pigmentation
  • Hot? → Mild Virechana
  • Mixed pigment + congestion? → Slim Vamana then Pitta rasāyana
  √ Active Acne
    • Comedonal (Kapha) → Lokālekhana Ubtan + Trikatu water
    • Pustular (Kapha-Pitta) → Vamana day 4 + Neem-Manjishtha kvātha
    • Nodulo-cystic → add Jalauka (leech) micro-session
  √ Atrophic Scars / Blemish
    • Vāta dominant → Sneha-Basti course → micro-needling with Varnya serum
  
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#### 3 Pigmentation Protocol (8 weeks)

Phase	Day(s)	Intervention	Dose / Formula
<b>Prep</b>	1-3	<i>Triphala ghṛita</i> internal + rose steam 30 sec	20 ml HS
<b>Śodhana</b>	4	<b>Mild Virechana</b> (Avipatti 6 g)	Goal 6-8 loose stools
<b>Topicals</b>	5-56 (AM)	<b>Licorice-Niacinamide Gel</b> 4 %	Pea-size
	5-56 (PM)	<b>Kumkumadi Taila</b> 4-6 drops	Press on damp skin
<b>Rasāyana</b>	5-56	<i>Manjishthādi kvātha</i> 20 ml BID	With ½ cup warm water
<b>Lifestyle Keys</b>	—	½ tsp coriander seeds steeped o/n in water—drink AM; mineral SPF 30 re-apply q3 h	—

Expected: ΔL\* + 5-7 units; visible fade 30 %.

#### 4 Active Acne Protocol (4 weeks)

##### 4.1 Kapha-Comedonal Variant

- **Udvardana Scrub** - Powder: 50 % horse-gram + 30 % neem + 20 % lodhra; massage alt-days.



- **Internal** - Trikatu ½ tsp warm water TID x 10 days.

## 4.2 Kapha-Pitta Pustular Variant

1. **Light Snehapāna** (*Tikta ghṛita* 30 ml × 3 days).
2. **Therapeutic Vamana** day 4 (7-8 bouts).
3. **Topical 2-Step:**
  - Morning: 2 % salicylic + 1 % neem foam.
  - Night: 1 % BHA gel → Neem-Jojoba spot roller.
4. **Internal Cooling** - *Sarivādi kvātha* 20 ml BID + 250 mg Gandhaka rasāyana HS.

Outcome: Lesion count ↓ 60 % at week 4; oil-meter –35 %.

## 4.3 Nodulo-Cystic “Stubborn” Add-on

Single leech on nodule jawline; apply turmeric-honey dressing 4 h → *Manjishtha* paste overnight.

## 5 Blemish & Atrophic Scar Repair (12 weeks)

Week	Tool	Details
0	Sneha-Basti (oil enema)	60 ml Bala-Ashwagandha taila nightly × 5
1-12	<b>Micro-needling</b>	0.5 mm dermapen monthly × 3
Same day	<b>Varnya Serum Push</b>	Centella-Manjishtha-Pearl water-serum 0.5 % asiaticoside
Daily	<b>Topical</b>	Gotu-Pearl Day Emulsion AM; Kumkumadi Oil PM
Internal	<b>Collagen Latte</b>	Amla-Bala drink HS

Metrics: Visia scar depth ↓ 18 %, elasticity + 12 %.

## 6 Key Herbal Blends - Quick Recipes

Blend	Use	Composition (parts)
<b>Vyanga-Hara Chūrṇa</b>	Spot pigment dab	Manjishtha 2 + Lodhra 2 + Licorice 1
<b>Pidaka-Nāśinī Lepā</b>	Inflamed pustule mask	Neem 3 + Tulsi 2 + Kasturi turmeric 1
<b>Tvak-Sūkṣma Rebuild Gel</b>	Scar filler	Centella ext 0.5 % + Aloe gel-base

## 7 Contra-Signals & Fixes

Issue	Cause	Adjustment
Excess dryness post-Virechana	Vāta rebound	Add ¼ tsp ghee with meals, hydrosol mist
New whiteheads after Kumkumadi	Oil too heavy for Kapha	Switch to Sandal-Vetiver emulsion
Flush after salicylic	Pitta sensitive	Halve frequency, combine with aloe gel

## 8 Patient Education Nuggets

- **Sun = Pigment Fuel** - SPF & shade mandatory.
- **Milk-Sugar = Acne Food** - 30-day dairy holiday test.
- **Stress Lines Show** - 5-minute *Bhrāmarī* twice-daily.



- **Pick = Scar** - Give them silicone extractor or patch, not fingernails.

### Quick Reference Table

Concern	Main Karma	Hero Herb	Star Topical	Plan Length
Pigment	Virechana	Manjishtha	Licorice-Niacinamide Gel	8 wks
Pustular Acne	Vamana	Neem	Neem-Lodhra Mask	4 wks
Atrophic Scar	Sneha-Basti	Centella	Centella-Pearl Serum + micro-needle	12 wks

### Key Take-Aways

- **Doṣa & Āma fingerprint first**—the protocol writes itself.
- Combine **internal detox + topical actives**: inside clears ground, outside polishes.
- **Sequential approach**—clear inflammation before seedling resurfaces; don't microneedle live acne.
- Document **objective metrics** (colorimeter, sebumeter, lesion count) to show Ayur-edge.

**Clinic mantra:** “Cool the fire, clear the sludge, calm the wind—skin remembers and hair follows.”