The shodhan chikitsa with shaman aushadhies in acne vulgaris

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In this cosmetic era people are more concern about their own skin. Acne vulgaris is commonly seen in adolescent and young generation. It is due to follicular blockage may be inflammatory or may not. Here aim is to discuss do's and don'ts (Pathya-Apathya), dietary factors and treatment of Acne-vulgarism. Contact with oil and oily products should avoid. As per classics Shodhana with Shamana aushadi is the best treatment for Acne (Mukhadushika). According to Acharyas Vamana (therapeutic emesis), Virechana (therapeutic purgation), Raktamokshana (blood-letting) with the Shamana including Lepana chikitsa (external application of drugs) and ghritapan are proved to be helpful in the management of Acne.

Biography

Dinesh Manjrekar completed his graduation from R. A. Podar medical college, worli, Mumbai. MD in Alternative Medicine, Panchakarma Specialist from National Institute of Panchakarma, Kerala. Currently pursuing Diploma in General Medicine in Pune.

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