

SUCCESSFULLY MANAGEMENT OF YUVANPIDIKA (ACNE VULGARIS) THROUGH JALAUKAVACHARANA AND LEPA CHIKITSA: A SINGLE CASE REPORT

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Article Received on 04 Sept. 2026,

Article Revised on 25 Sept. 2026,

Article Published on 01 Oct. 2026,

<https://doi.org/10.5281/zenodo.23118269>

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How to cite this Article: Dr. Praveen Nandal*¹, Dr. Murali K.². (2026). Successfully Management of Yuvanpidika (Acne Vulgaris) Through Jalaukavacharana And Lepa Chikitsa: A Single Case Report. World Journal of Pharmaceutical Research, 15(19), 944-954.

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ABSTRACT

Yuvanpidika (Acne Vulgaris) is a common skin disorder occurring in young age and is characterized by inflammatory acne lesions, itching, burning sensation, and *Twak Vaivarnya* (skin discoloration). In Ayurveda, it is described under *Kshudra Roga* and involves vitiation of *Kapha-Pitta Dosha*, *Rakta Dushti*, and obstruction of *Romakupa*. A 20-year-old female student presented to the Kayachikitsa OPD of Shri Baba Mastnath Ayurvedic Hospital, Asthal Bohar, Rohtak with complaints of multiple pimples over the forehead and bilateral cheeks, itching, burning sensation, and facial discoloration for 2 months. The patient was managed with an Ayurvedic treatment protocol including *Jalaukavacharana*, *Paripathadi Kashaya*, and *Lepa Chikitsa*. Two sittings of *Jalaukavacharana* were performed at a 7-day interval. Internally, *Paripathadi Kashaya* 30 ml twice daily with equal quantity of water was administered. Local application of *Barbari* seed powder mixed

with Aloe vera paste was done after the first sitting, followed by *Shweta Haridra* powder mixed with Aloe vera paste after the second sitting. After 15 days of treatment, improvement was observed in acne lesions, itching, burning sensation, erythema, and *Twak Vaivarnya*. The

therapy showed beneficial effects through *Dosha Shamana*, *Rakta Prasadana*, *Shothahara*, and *Ropana* actions, helping in *Samprapti Vighatana* of *Yuvanpidika*. This case highlights the potential role of an Ayurvedic integrative approach using *Jalaukavacharana*, internal medication, and local *Lepa* therapy in the management of Acne Vulgaris.

KEYWORDS: *Yuvanpidika*, Acne Vulgaris, *Jalaukavacharana*, *Paripathadi Kashaya*, *Lepa Chikitsa*, *Rakta Shodhana*.

CASE REPORT

Patient Information

A 20-year-old female student presented to the Kayachikitsa Outpatient Department (OPD), Shri Baba Mastnath Ayurvedic Hospital, Asthal Bohar, Rohtak, with complaints of multiple pimples over the forehead and bilateral cheeks associated with itching, burning sensation, and discoloration of facial skin (*Twak Vaivarnya*) for the past 2 months. The symptoms developed gradually and progressively increased, affecting her facial appearance. On clinical evaluation, the patient was diagnosed with *Yuvanpidika* (Acne Vulgaris) and managed with Ayurvedic therapeutic interventions.

Chief Complaints

Table no. 1: clinical presentations of the patient.

S. No.	Chief Complaint	Duration
1.	Multiple pimples over forehead and bilateral cheeks (<i>Pidika</i>)	2 months
2.	Itching over facial acne lesions (<i>Kandu</i>)	2 months
3.	Burning sensation over affected area (<i>Daha</i>)	1 months
4.	Discoloration of facial skin (<i>Twak Vaivarnya</i>)	1 months

History of Present Illness

The patient was apparently healthy 2 months prior to consultation. She gradually developed multiple acne lesions over the forehead and bilateral cheeks. The lesions were initially mild but progressively increased in number and severity. The condition was associated with itching, burning sensation, and discoloration of facial skin after healing of lesions. The symptoms affected her facial appearance and cosmetic concerns. The patient approached the Kayachikitsa OPD, Shri Baba Mastnath Ayurvedic Hospital, Asthal Bohar, Rohtak for Ayurvedic management.

Past History

✓ No history of any major systemic illness.

- ✓ No history of previous dermatological disorders.
- ✓ No history of allergy or prolonged medication use.

Personal History

- ✓ **Diet:** Mixed diet
- ✓ **Appetite:** Normal
- ✓ **Bowel habit:** Regular
- ✓ **Micturition:** Normal
- ✓ **Sleep:** Adequate
- ✓ **Addiction:** No addiction reported

General Examination

- ✓ **Built:** Moderate
- ✓ **Nourishment:** Moderate
- ✓ **Pulse:** 78/min. (Regular)
- ✓ **Blood Pressure:** 110/70 mm Hg
- ✓ **Temperature:** Afebrile
- ✓ **Respiratory rate:** 18/min.

Ashtavidha Pariksha

Table no. 2: Assesment of the paitent according to Ashtavidha pariksha.

Parameter	Findings
Nadi (Pulse)	<i>Pitta -Kapha</i> dominant
Mutra (Urine)	Normal
Mala (Stool)	Regular
Jihva (Tongue)	Clean
Shabda (Speech)	Normal
Sparsha (Touch)	Slightly <i>Ushna</i>
Drik (Eyes)	Normal
Akriti (Body constitution)	<i>Madhyama</i>

Dashavidha Pariksha

Table no. 3: Assessment of patient according to Dashvidha Pariksha.

Parameter	Findings
Prakriti	<i>Pitta-Kapha</i> dominant
Vikriti	<i>Kapha-Pitta Dushti</i> with <i>Rakta</i> involvement
Sara	<i>Madhyama</i>
Samhanana	<i>Madhyama</i>
Pramana	<i>Madhyama</i>

Satmya	Madhyama
Satva	Madhyama
Ahara Shakti	Madhyama
Vyayama Shakti	Madhyama
Vaya	20 years

Skin Examination

On examination of facial skin

- ✓ Multiple inflammatory acne lesions present over forehead and bilateral cheeks.
- ✓ Papular and pustular eruptions observed.
- ✓ Mild erythema around lesions present.
- ✓ Itching and burning sensation reported.
- ✓ Post-inflammatory hyperpigmentation/discoloration (Twak Vaivarnya) noted.

Clinical Diagnosis *Yuvanpidika* (Acne Vulgaris) with *Twak Vaivarnya*.

Treatment Schedule, follow-up and Assessment

Table no. 4: Treatment and assessment of patient.

Follow-up Visit	Treatment Protocol	Assessment / Clinical Findings
Day 0 (Baseline Assessment)	1st sitting of <i>Jalaukavacharana</i> was performed over affected facial areas under aseptic precautions. <i>Paripathadi Kashaya</i> 30 ml twice daily with equal quantity of water was initiated.	Baseline findings showed multiple inflammatory acne lesions over forehead and bilateral cheeks with itching, burning sensation, erythema, and <i>Twak Vaivarnya</i> (skin discoloration).
Day 1–7	<i>Lepa Chikitsa: Barbari seeds</i> powder mix with Aloe vera paste was applied locally once daily. <i>Paripathadi Kashaya</i> was continued.	Reduction in itching and burning sensation was observed. Mild decrease in redness, inflammation, and discomfort was noted.
Day 7 (Second Follow-up)	2nd sitting of <i>Jalaukavacharana</i> was performed after clinical evaluation. Internal medication continued.	Further improvement in inflammatory lesions with reduction in irritation and tenderness.
Day 8–15	<i>Lepa Chikitsa: Shweta Haridra</i> powder mixed with Aloe vera paste was applied locally once daily. <i>Paripathadi Kashaya</i> 30 ml twice daily with water was continued.	Progressive reduction in acne lesions, improvement in skin texture, and gradual reduction in <i>Twak Vaivarnya</i> were observed.
Day 15 (Final Assessment)	Completion of treatment protocol and final clinical evaluation.	Marked improvement in number of pimples, itching, burning sensation, erythema, and facial discoloration. Patient reported satisfactory cosmetic improvement without any adverse effects.



Photo no. 1
(before treatment)



Photo no. 2
(Jalaunkavacharana)



Photo no. 3
8th day



Photo no. 4
15th day

DISCUSSION

Yuvanpidika is described under *Kshudra Roga* in Ayurveda and is commonly observed during the young age group. The pathogenesis involves vitiation of *Kapha*, *Pitta Dosha*, *Rakta*, and *Meda Dhatu* due to improper dietary habits, unhealthy lifestyle, stress, and hormonal changes.^[1]

Vitiated *Kapha Dosha* causes increased oiliness and obstruction of *Romakupa* (pilosebaceous units), while aggravated *Pitta Dosha* leads to inflammation, burning sensation, and redness.^[2] The involvement of *Rakta Dhatu* results in discoloration of skin (*Twak Vaivarnya*). This *Dosha* imbalance leads to the manifestation of pimples, itching, inflammatory lesions, and pigmentation.

In modern perspective, acne vulgaris occurs due to increased sebum production, follicular hyperkeratinization, proliferation of *Cutibacterium acnes*, and inflammatory response, resulting in papules, pustules, and post-inflammatory hyperpigmentation.^[3]

Treatment Modalities and Their Role in *Samprapti Vighatana*

The treatment protocol was planned according to the Ayurvedic principles of *Dosha Shamana*, *Rakta Prasadana*, *Shodhana*, and local skin healing. The patient was managed with *Jalaukavacharana*, *Shamana Chikitsa*, and *Lepa Chikitsa*.

Jalaukavacharana is a form of *Raktamokshana* (bloodletting therapy) described in Ayurveda and is indicated mainly in *Rakta-Pitta* predominant disorders. In *Yuvanpidika*, vitiation of *Pitta Dosha* and *Rakta Dhatu* plays an important role in the manifestation of inflammatory skin lesions, redness, burning sensation, and discoloration of skin (*Twak Vaivarnya*).^[4]

The application of *Jalauka* helps in the removal of vitiated *Rakta* from the affected area, thereby reducing local congestion, inflammation, and irritation. It improves local blood circulation and helps in pacifying aggravated *Pitta Dosha* and *Rakta Dushti*.^[5] The bioactive components present in leech saliva possess anti-inflammatory and soothing effects, which may contribute to reduction of inflammatory acne lesions and improvement of skin condition.^[6]

Thus, *Jalaukavacharana* contributes to *Samprapti Vighatana* by performing *Rakta Shodhana* (purification of vitiated blood), *Pitta Shamaka* action (reducing burning sensation and redness), *Shothahara* effect (reducing inflammation), and promoting local tissue healing.^[7]

Lepa Chikitsa is an important external therapeutic procedure described in Ayurveda for the management of skin disorders. In Ayurveda, *Lepa Chikitsa* is an important external therapeutic modality described for the management of skin disorders. It acts locally on the affected area by pacifying aggravated *Doshas*, reducing inflammation, improving skin quality, and promoting healing. In the present case of *Yuvanpidika* (Acne Vulgaris), *Lepa Chikitsa* was used after *Jalaukavacharana* to provide local soothing, anti-inflammatory, and skin rejuvenating effects.

After the first sitting of ***Jalaukavacharana***, ***Barbari seed powder (Basil seed) mixed with Aloe vera paste*** was applied locally once daily over the affected facial area for 7 days.

Barbari seeds possess cooling, soothing, and skin-calming properties. Due to their mucilaginous nature, they form a thin protective layer over the skin, which helps in maintaining moisture balance and reducing irritation.^[8] In inflammatory acne lesions, the cooling effect of *Barbari* helps to alleviate ***Daha (burning sensation)***, redness, and local discomfort. Its soothing and anti-inflammatory actions support reduction of local inflammation and promote healing of acne lesions, thereby improving the condition of irritated skin after *Jalaukavacharana*.

Aloe vera enhances the therapeutic effect of this *Lepa* due to its ***Sheeta (cooling)***, ***Ropana (healing)***, and ***Twak Prasadana (skin nourishing)*** properties.^[9] It provides hydration, reduces irritation, soothes inflamed skin, and supports regeneration of damaged skin tissue.

Thus, Barbari seed powder with Aloe vera *Lepa* contributes to **Samprapti Vighatana** by reducing **Daha (burning sensation), providing local Shamana effect, decreasing redness and inflammation, promoting healing of acne lesions, and improving skin hydration and texture.**^[10]

After the second sitting of **Jalaukavacharana**, Shweta Haridra **powder (Curcuma zedoaria) mixed with Aloe vera paste** was applied locally once daily over the affected facial area for the remaining treatment period.

Shweta Haridra possesses **Kandughna (anti-itching), Shothahara (anti-inflammatory), and Varnya (improving complexion)** properties. Due to its anti-inflammatory and skin-purifying actions, it helps in reducing acne-related inflammatory changes, itching, and post-inflammatory discoloration.^[11] It supports the healing process of acne lesions and improves the overall appearance and texture of the skin.

The *Varnya* property of *Shweta Haridra* helps in reducing **Twak Vaivarnya (skin discoloration)** and promotes healthier skin tone. Its *Shothahara* action helps to control local inflammation and swelling associated with acne lesions.

Aloe vera enhances the therapeutic effect of the *Lepa* due to its **Sheeta (cooling), Ropana (healing), and Twak Prasadana (skin nourishing)** properties. It provides soothing and moisturizing effects, reduces irritation, maintains skin hydration, and supports recovery of damaged skin.

Thus, *Shweta Haridra* with Aloe vera *Lepa* contributes to **Samprapti Vighatana** through **Kandughna action by reducing itching, Shothahara action by decreasing inflammation, Varnya action by improving complexion and reducing discoloration, and Ropana action by promoting healing of acne-affected skin**, resulting in improvement of skin texture and appearance.

Paripathadi Kashaya is a classical Ayurvedic formulation containing **Paripatha, Nimba, Guduchi, Kiratatikta, Haridra, Ushira, and Chandana**. These ingredients possess **Tikta-Kashaya Rasa, Laghu-Ruksha Guna, Sheeta Virya, and Pitta-Kapha Shamaka properties**, making them beneficial in inflammatory skin disorders.^[12]

In *Yuvanpidika*, aggravated **Pitta Dosha** leads to burning sensation, redness, inflammation, and *Rakta Dushti*, whereas **Kapha Dosha** causes excessive secretion and obstruction of

Romakupa, resulting in acne formation. *Paripathadi Kashaya* helps in breaking this pathology by balancing *Doshas*, improving *Rakta* quality, and maintaining normal skin metabolism.

The **Tikta Rasa** of the formulation helps in *Rakta Shodhana* and *Rakta Prasadana*, while **Kashaya Rasa** provides astringent action and supports healing of skin lesions. The **Sheeta Virya** reduces *Pitta* aggravation and provides relief from *Daha* and inflammatory changes.^[13] **Paripatha and Kiratatikta** help in *Pitta* pacification and reduction of skin irritation. **Nimba** acts through *Rakta Shodhana*, *Kandughna*, and *Shothahara* properties, reducing itching and inflammation. **Guduchi** provides *Tridosha Shamaka* and *Rasayana* effects, supporting skin health and healing. **Haridra** helps in controlling inflammation and improving complexion, while **Ushira and Chandana** provide cooling and *Daha Prashamana* effects.^[14]

The combined action of these ingredients helps in reducing acne lesions, itching, burning sensation, inflammation, and **Twak Vaivarnya (skin discoloration)**. Thus, *Paripathadi Kashaya* acts through **Dosha Shamana, Rakta Prasadana, Shothahara, Kandughna, and anti-inflammatory actions**, helping in **Samprapti Vighatana of Yuvanpidika (Acne Vulgaris)** and improving clinical symptoms.

Overall Effect of Treatment

The combined approach of *Jalaukavacharana*, *Paripathadi Kashaya*, and *Lepa Chikitsa* acts by removing vitiated *Dosha* and *Rakta* involvement, reducing inflammation, improving local skin condition, and restoring normal skin appearance. This integrated therapy helps in correcting the underlying pathological process by balancing *Doshas*, improving *Rakta* quality, and promoting skin healing. Thus, it contributes to *Samprapti Vighatana* of *Yuvanpidika* (Acne Vulgaris) and improves clinical symptoms.

CONCLUSION

The present case report highlights the effectiveness of an Ayurvedic treatment approach consisting of *Jalaukavacharana*, *Paripathadi Kashaya*, and *Lepa Chikitsa* in the management of *Yuvanpidika* (Acne Vulgaris). The combined therapy showed improvement in acne lesions, itching, burning sensation, inflammation, and *Twak Vaivarnya*. The treatment acted through *Dosha Shamana, Rakta Prasadana, Shothahara*, and *Ropana* effects, helping in *Samprapti Vighatana* and improving skin health. This approach may be considered a

potential supportive therapy for the management of acne; however, further clinical studies with larger sample sizes are required for validation.

Patient Perspective

The patient reported improvement in facial acne lesions, reduction in itching and burning sensation, and better appearance of skin after completion of treatment. The therapy was well tolerated without any reported adverse effects.

Limitations

This is a single case report; therefore, the findings cannot be generalized. Further controlled clinical studies with larger sample sizes and longer follow-up periods are needed.

Future Perspective

Further research may be conducted to evaluate the efficacy of *Jalaukavacharana* with *Shamana* and *Lepa Chikitsa* in a larger population and to establish its role in the integrative management of *Yuvanpidika* (Acne Vulgaris).

Conflict of Interest

The authors declare that there is no conflict of interest.

ACKNOWLEDGEMENT

The authors express their sincere gratitude to Shri Baba Mastnath Ayurvedic Hospital, Asthal Bohar, Rohtak for providing clinical support and facilities for this case report. The authors also acknowledge the patient for providing consent and cooperation during the treatment period.

Informed Consent

Written informed consent was obtained from the patient for treatment and publication of clinical details and photographs for academic purposes.

Artificial Intelligence (AI) Declaration

The authors declare that Artificial Intelligence (AI) tools were not used for data collection, clinical assessment, interpretation of results, or generation of scientific findings in this case report. AI-assisted tools, if used, were limited to language refinement and improvement of manuscript presentation. The authors take full responsibility for the accuracy, originality, and integrity of the content presented in this manuscript.

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