

## 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 aushadhi* 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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