

Case Study: The Role of KunjalKriya in Managing Acne Problems in Women

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Abstract : Acne vulgaris is a common dermatological condition in women, frequently associated with hormonal changes, digestive irregularities, and stress. Conventional treatments often provide temporary relief but may not address underlying causes. This case study examines the therapeutic role of KunjalKriya (VamanaDhauti), a yogic cleansing technique, in managing acne in a 26-year-old woman with chronic breakouts and digestive disturbances. The intervention combined weekly KunjalKriya with dietary modifications, selected Yogic Kriya, Sheetal pranayama, and shavasan/meditation. Over eight weeks, the subject reported improved digestion, reduced stress, fewer breakouts, and enhanced skin clarity. Findings suggest that KunjalKriya, as part of a holistic yogic regimen, may support acne management by improving gastrointestinal function, reducing internal toxins, and balancing stress-related triggers. This highlights the potential of integrative yoga therapy as a complementary approach to conventional dermatological care.

Keywords: Kunjal Kriya, Yoga Therapy, Acne Vulgaris, Women's Health, Detoxification.

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I. INTRODUCTION

Acne vulgaris is one of the most prevalent dermatological concerns among women, often linked to hormonal fluctuations, stress, diet, and digestive irregularities¹ (Dreno et al., 2018). Conventional treatments involve topical applications, antibiotics, and hormonal therapy² (Rathi SK, 2011); however, these approaches may cause side effects and do not always address the root causes. Yoga, as a holistic system, emphasizes cleansing techniques (Shatkarmas) to detoxify the body and restore balance³. One such practice is KunjalKriya (VamanaDhauti), a yogic cleansing technique aimed at expelling excess mucus, toxins, and undigested food from the stomach⁴. This case study explores the therapeutic potential of KunjalKriya in managing acne among women.

II. BACKGROUND OF KUNJALKRIYA

KunjalKriya, also referred to as VamanaDhauti, is a Hatha yoga practice described in classical texts such as the Hatha Yoga Pradipika⁵ (HYP, 2.22). It involves drinking lukewarm saline water on an empty stomach until a feeling of fullness arises, followed by voluntary vomiting to expel the ingested water. The practice is traditionally recommended for cleansing the upper gastrointestinal tract, improving

digestion, balancing pitta dosha, and reducing toxins⁶ (G S 1.12.).

III. CASE PRESENTATION

Subject: A 26-year-old woman presented with recurring acne lesions on her cheeks and jawline, persisting for the past three years. She reported frequent digestive disturbances, including bloating and acidity, along with stress due to irregular work hours.

- **Medical History:** No chronic illness; previously used topical and oral acne medications with temporary relief.
- **Lifestyle:** Vegetarian diet, sedentary work style, irregular sleep cycle.



Fig 1 Before Intervention Condition of the Face

IV. INTERVENTION

The subject was introduced to a holistic yogic regimen under supervision:

- KunjalKriya practiced twice a week in the early morning on an empty stomach.
- Complementary practices: Sheetal pranayama, and relaxation with Shavasana.
- Dietary advice: Avoid oily and highly processed foods; include fresh vegetables and adequate hydration.
- Stress management: 15 minutes of daily meditation.

V. OBSERVATIONS

➤ *Week 1–2:*

The subject experienced mild nausea during the initial sessions but reported a feeling of lightness and reduced acidity afterward.

➤ *Week 3–4:*

Noticeable reduction in bloating and digestive discomfort. Acne lesions showed signs of reduced inflammation.

➤ *Week 5–6:*

Skin texture improved; fewer new breakouts were observed. The subject reported enhanced energy levels and improved sleep quality.

➤ *Week 7–8:*

Acne reduced significantly, with only occasional mild lesions around menstruation. Overall facial skin showed reduced oiliness and clearer tone.



Fig 2 After Intervention Condition of the Face

VI. DISCUSSION

The observed improvement suggests that KunjalKriya, by cleansing the stomach, may help in reducing internal toxins (ama), improving digestion, and balancing hormonal fluctuations indirectly through stress reduction⁷. Previous studies highlight the connection between gut health, stress, and skin disorders, including acne⁸⁻⁹ (Adebamowo et al., 2006; Baldwin & Desai, 2020). Regular practice of KunjalKriya likely improved gastrointestinal function, reduced hyperacidity, and indirectly decreased inflammatory triggers of acne¹⁰.

While promising, it is important to note that KunjalKriya should be practiced under expert supervision and avoided by pregnant women, those with hypertension, hernia, or gastric ulcers.

VII. CONCLUSION

This case study demonstrates that KunjalKriya, as part of a holistic yogic lifestyle, may contribute to the management of acne in women by improving digestion, reducing toxins, and balancing stress levels. It highlights the importance of considering mind–body practices as complementary approaches to conventional dermatological treatments. Further clinical studies with larger populations are recommended to establish its efficacy and safety.

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