

## A Review of Sri Lankan Indigenous Medical Texts on the Management of Yawwana Pilika (Acne)

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Acne is a common skin disease affecting up to 80% of world population especially in adolescents and young adults without gender difference. Significant psychosocial effects such as depression and poor personality development have been linked with acne. Various causative factors as well as physical and psychological factors have been contributed toward acne. In Indigenous Medicine of Sri Lanka, acne resemble as "Yawwana pilika" which is just like a throne of "Imbul" tree (*Bombaxceiba L.*) arise due to vitiation of Pitta and Kapha Dosas and also called as "Kurule", "Yuwana Pidaka", "Yawwana pidaka" and "Mukha dusika" comes under Kshudra Roga. This study was designed to find out the management of "Yawwana pilika" mentioned in Sri Lankan indigenous medical texts. Data was collected from Sinhala Yogarnawaya, Warayogasagaraya, Lakdiva Raktha Roga Samgrahaya, Peeyusharnawaya, Sarartha Samgrahaya, Sinhala Yogarathnakaraya, Sankshiptha Gedivana Chikitsa Samgrhaya, Bhaisajja Manjusa Sannayaand Thalpathe Piliyam book Series. Vamana (therapeutic emesis), Nasya and pralepa (poultice) with their formulations were mentioned above texts as treatments according to stages of disease condition. Herbal, animal, herbo-mineral, herbo-animal, minero-herbal, minero-animal, herbo-minero-animal formulations which were mainly as fresh juice, powder, paste, oil and ash mentioned in Sri Lankan indigenous medical texts.

**Keywords:** Yawwana pilika, acne, indigenous medicine