



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2024; 9(1): 451-453

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Received: 01-01-2024

Accepted: 04-02-2024

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## Integrative yoga and naturopathy approach to managing acne vulgaris: A single case study

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### Abstract

Acne vulgaris, a prevalent chronic inflammatory disorder of the pilosebaceous unit, often poses challenges in its management. This single case study aimed to alleviate the severity of the condition and address associated stress through an integrative Yoga and Naturopathy approach. Over a 10-day period, the patient underwent a tailored regimen encompassing yogasanas, breathing exercises, relaxation techniques, heliotherapy, mud therapy, massage therapy, herbal therapy, hydrotherapy, a naturopathy diet, and acupuncture. Diagnostic assessments included the Patient Health Questionnaire (PHQ-9) and DASS-21 scores, reflecting the extent and severity of acne vulgaris. Laboratory investigations revealed favorable improvements in hemoglobin and urea protein levels. The overarching objective of the treatment was to empower the patient to lead a socially unimpeded life, manage cutaneous symptoms effectively, and mitigate stress levels, ultimately enhancing the Quality of Life (QOL). This case report underscores the potential benefits of a holistic and individualized Yoga and Naturopathy approach in the comprehensive management of acne vulgaris.

**Keywords:** Acne vulgaris, integrative medicine, yoga, naturopathy, stress management, quality of life

### Introduction

Acne vulgaris, a prevalent cutaneous inflammatory disorder affecting the pilosebaceous unit, not only presents physical challenges with the manifestation of papules, pustules, and nodules but also poses significant psychological burdens [1]. The chronic nature of the condition, particularly when affecting visible areas like the face, can lead to emotional distress and reduced quality of life for individuals [2]. Conventional treatments, including topical or systemic medications, may exhibit varying degrees of efficacy, and some patients may experience associated stress due to the persistent nature of the condition [3]. The prevalence of acne vulgaris is important, with a substantial portion of the population experiencing its impact, particularly during adolescence and early adulthood [4]. Beyond the visible symptoms, complications such as scarring and pigmentation issues can further contribute to the psychosocial burden [5]. The interplay between dermatological and psychological aspects underscores the need for comprehensive and integrative approaches. Complementary and Alternative Medicine (CAM) therapies, like Yoga and Naturopathy, have gained recognition for their holistic and patient-centered approaches [6, 7]. These modalities not only target the dermatological manifestations but also address the psychosocial factors influencing the condition [8]. Incorporating practices such as yogasanas, breathing exercises, relaxation techniques, heliotherapy, mud therapy, massage therapy, herbal therapy, hydrotherapy, naturopathic diet, and acupuncture in the treatment plan can provide a more comprehensive and patient-tailored approach to managing various clinical conditions [9-15]. Recognizing the role of CAM therapies in addressing both the physical and psychological aspects of acne vulgaris is essential for developing effective and patient-centered interventions.

### Case Details

A 22-year-old male with a history of persistent acne vulgaris sought an integrative approach due to dissatisfaction with conventional treatments. The patient's medical history, lifestyle, and specific dermatological symptoms were assessed. Baseline measures included PHQ-9 and DASS-21 scores, providing insights into the patient's mental health and stress levels.

## Intervention

The patient underwent a 10-day tailored intervention at the Government Yoga & Naturopathy Medical college. The intervention included daily sessions of yogasanas, breathing exercises, relaxation techniques, heliotherapy, mud therapy, massage therapy, herbal therapy, hydrotherapy, a naturopathy diet, and acupuncture (Table:1). The sessions were designed to address both the dermatological and psychological aspects of acne vulgaris.

## Outcome Assessment

Outcome assessments in this case study were multi-faceted, integrating both subjective and objective measures. Psychological well-being was evaluated using the Patient Health Questionnaire (PHQ-9) and the Depression, Anxiety, and Stress Scale (DASS-21). These self-report instruments provided insights into the severity of depressive symptoms and levels of anxiety and stress experienced by the patient. Additionally, laboratory investigations monitored hemoglobin and urea protein levels, offering objective measures of the patient's mental and physiological health. The combination of subjective and objective assessments ensured a comprehensive understanding of the patient's response to the integrative Yoga and Naturopathy intervention.

## Results

Laboratory results indicated improvements in hemoglobin and urea protein levels post-intervention. PHQ-9 (21 to 12) and DASS-21 (53 to 31) scores (Table:02) demonstrated a reduction in depressive symptoms and stress levels. Cutaneous improvements were visually observed, and the patient reported enhanced overall well-being.

## Discussion

The findings from this case study suggest promising outcomes for the integrative approach of Yoga and Naturopathy in the management of acne vulgaris. The incorporation of diverse interventions, encompassing lifestyle modifications, dietary adjustments, and stress management techniques, underscores the potential for a comprehensive impact on dermatological well-being. This aligns with previous studies that have indicated the positive effects of yoga and naturopathy in dermatological conditions, emphasizing the interconnectedness of physical and psychological factors in skin health [16]. In addition, integrative yoga and naturopathy management have also significantly reduced anxiety, depression, quality of life, etc [17]. The main reason above is due to the synergistic effect of yoga and naturopathy management. Another study on Yoga and naturopathy reported significantly reduce depression and anxiety have shown promising results, with participants reporting decreased symptoms and improved overall well-being [18, 19]. These practices, which involve diet, yoga, hydrotherapy treatments, massage, and didactic and interactive lectures on lifestyle modification, have been found to be beneficial in treating chronic conditions like hypertension and diabetes. Regular practice of yoga and naturopathy can lead to reduces the blood pressure and better glycemic control in these individuals [20]. Furthermore, the use of Y & N therapies can improve mental well-being and overall quality of life for individuals with IBS, as they focus on stress reduction and relaxation techniques, which have been shown to positively impact both physical and emotional symptoms associated with the condition [21].

While the case provides valuable insights, it is essential to

acknowledge certain limitations. The single-case design, inherent to case studies, may limit the generalizability of findings to a broader population. Future research endeavors could benefit from larger-scale studies employing rigorous methodologies, including randomized controlled trials, to establish the generalizability and causality of these findings.

Furthermore, the strengths of this case study lie in its focus on patient-centered, holistic care. The tailored approach, considering both the physical and psychological aspects of acne vulgaris, reflects the essence of personalized medicine. The objective outcome assessments, including laboratory investigations, add objectivity to the evaluation of treatment efficacy.

In conclusion, this case study contributes to the growing body of evidence supporting the potential benefits of integrative approaches in dermatological conditions. While acknowledging its limitations, the study emphasizes the need for further exploration through robust research methodologies to validate the observed effects. Integrating complementary and alternative therapies into dermatological care may open avenues for more patient-centric and holistic management strategies.

**Tables 1:** A detail of the intervention given to the subject

Name of the therapy	Name of the specific treatment	Duration	Frequency/day
Yoga Therapy	Pawanamuktasana series-1, Nadishodhana pranayama, Sheetal pranayama, Bhramari Pranayama.	30	2
Mud Therapy	Mud pack abdomen and eyes, Facial Mud application.	15	2
Hydrotherapy	Neutral Hip Bath.	15	1
Acupuncture	Lung 7, Liver 4, Spleen 10, Large Intestine 11.	20	2

**Table 2:** Details of the intervention provided to the patient

Outcome Variables	Before Intervention	After Intervention
PHQ-9	21	12
DASS-21	53	31

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