

Patient Information Leaflet

ACNE VULGARIS

(The Ugly Pimples)



Treatment of Acne in Ayurveda

By Dr. Deepak Rathi



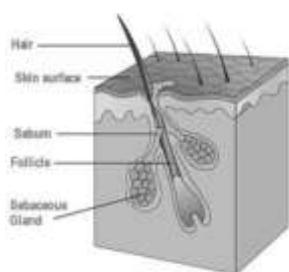
www.pureayurvedictreatment.com

The Best Online Ayurvedic Clinic

What Is Acne

Acne is a very common skin disease that can occur on many areas of the body and can develop at any age. Face acne is very common, but chest acne and back acne, as well as acne on the scalp, neck, shoulders, and upper arms are also ordinary. Acne is a disease that affects the skin's oil glands (Pilosebaceous unit). The small holes in your skin (pores) connect to oil glands under the skin. These glands make an oily substance called sebum. The pores connect to the glands by a canal called a follicle. Inside the follicles, oil carries dead skin cells to the surface of the skin. A thin hair also grows through the follicle and out to the skin. When the follicle of a skin gland clogs up, a pimple grows. Most pimples are found on the face, neck, back, chest, and shoulders. Acne is not a serious health threat, but it can cause permanent pits and scars.

Acne- Free Skin



Healthy, acne-free skin is clear and smooth on the exterior, with few imperfections. Underneath the surface, healthy skin has clear pores and is relatively bacteria-free. A thin oily layer is always on skin to protect it from various infections. This oil is known as Sebum and is secreted from sebaceous glands.

How Does Acne Develop?

Acne occurs when the pores of the skin become clogged with oil, dead skin cells, and bacteria. Acne lesions are commonly referred to as pimples. Excessive secretion of oils from the glands combines with naturally occurring bacteria and dead skin cells to block the hair follicles. Oil secretions build up beneath the blocked pore, providing a perfect environment for the skin bacteria to form the pimple.

There are many types of pimples. The most common types are:

- **Whiteheads:** These are pimples that stay under the surface of the skin.
- **Blackheads:** These pimples rise to the skin's surface and look black. The black color is not from dirt.
- **Papules:** These are small pink bumps that can be tender.
- **Pustules:** These pimples are red at the bottom and have pus on top.
- **Nodules:** These are large, painful, solid pimples that are deep in the skin.
- **Cysts:** These deep, painful, pus-filled pimples can cause scars.

Who Gets Acne?

Acne is the most common skin disease.

- People of all races and ages get acne. But it is most common in teenagers and young adults. An estimated 80 percent of all people between the ages of 11 and 30 have acne outbreaks at some point. Some people in their forties and fifties still get acne.
- Acne may run genetically in a family.
- Bad life style including late night working, living a sedentary life and no physical workout may cause acne.
- According to Ayurveda - Poor digestive system plays a very important role in the development of Acne.
- Improper eating habits including overeating, junk foods, less water intake, smoking and fewer intakes of green leafy vegetables can aggravate the condition.

There are many myths about what causes acne. Dirty skin and stress do not cause acne. Also, chocolate and greasy foods do not cause acne in most people.

What Causes Acne?

The actual cause of acne is unknown. Doctors think certain factors might cause it:

- The hormone increase in teenage years (this can cause the oil glands to plug up more often)
- Hormone changes during pregnancy
- Starting or stopping birth control pills
- Taking Steroids (e.g., Anabolic Steroids taken by youngsters and bodybuilders)
- Heredity (if your parents had acne, you might get it too)
- Some types of medicine
- Heavy and Greasy makeup

How Should People With Acne Care for Their Skin?

Here are some ways to care for skin if you have acne:

- Clean skin gently. Use a mild cleanser in the morning, evening, and after heavy workouts.
- Scrubbing the skin does not stop acne. It can even make the problem worse. Try not to touch your skin. People who squeeze, pinch, or pick their pimples can get scars or dark spots on their skin.

- Shave carefully. If you shave, you can try both electric and safety razors to see which works best. With safety razors, use a sharp blade. Also, it helps to soften your beard with soap and water before putting on shaving cream. Shave lightly and only when you have to.
- Stay out of the sun. Many acne medicines can make people more likely to sunburn. Being in the sun a lot can also make skin wrinkle and raise the risk of skin cancer.
- Choose makeup carefully. All makeup should be oil free. Look for the word “noncomedogenic” on the label. This means that the makeup will not clog up your pores. But some people still get acne even if they use these products.
- Shampoo your hair regularly. If your hair is oily, you may want to shampoo daily.

What Things Can Make Acne Worse?

Some things can make acne worse:

- Changing hormone levels in teenage girls and adult women 2 to 7 days before their period starts
- Pressure from bike helmets, backpacks, or tight collars
- Pollution and high humidity
- Excessive spicy diet and sun exposure
- Late night working
- Squeezing or picking at pimples
- Hard scrubbing of the skin

Myths and Facts

Myth : Using a lot of Anti-Acne creams will cure acne.

Fact : Using too much medication purchased over-the-counter (or based on acne commercials) will not help you get rid of acne faster. Some of these medicines can actually worsen this skin condition and also give rise to undesirable side effects.

Myth : Acne happens only to the teens.

Fact : Nearly 50% of adult women and 30% of adult man are known to suffer from acne at some point in their adulthood.

Ayurvedic Treatment of Acne

Treatment of Acne requires careful consideration and most of the cases need multifactorial approach for positive results. Natural Ayurvedic treatment for acne is highly effective and free from side effects. More and more patients are choosing it over other synthetic medicines for treating acne.

Ayurvedic Treatment may include:

1. Combination of herbs for acne to be taken orally as per the condition of the patient.
2. Oil, cream or face packs to be applied directly on the affected area.
3. Medicines to remove toxins from blood and liver.
4. Medicines to improve digestive system.
5. Medicines to reduce stress.
6. In obstinate cases, Leech Therapy and Panchkarma Therapy may be advised.

Common Herbs helpful in Acne:

1. Tinospora cordifolia
2. Rubia cordifolia
3. Hemidesmus indicus
4. Azadirachta indica
5. Emblica officinalis
6. Acacia catechu etc.

Benefits of Ayurvedic Treatment in Acne:

1. Disappearance of pimples within a few weeks.
2. Overall improvement in skin lustre and glow.
3. Improvement in digestion.
4. No side effects.

- ✓ **Ayurvedic treatment gives significant improvement in Acne vulgaris and relieves both physical and psychological problems caused by the disease.**
- ✓ **Early treatment is the best way to prevent scars.**

For Ayurvedic Treatment of Acne kindly visit our clinic



Deepak Ayurvedic Centre

Centre of Excellence in Ayurveda

4/1463 Shalimar Park, Near Old DCP Office

In Front of Community Centre Shalimar Park,

Shahdara, Delhi- 110032

Nearest Metro Station: Shahdara Metro Station or Welcome Metro Station

Email: drdeepakrathi@yahoo.com

Mobile: 9818050963, 9716744975

For Online Consultation kindly visit our website

www.pureayurvedictreatment.com

Useful Links

For more information regarding Acne and other Health Problems kindly visit

www.pureayurvedictreatment.com/search-diseases-by-name

For information on Anal Problems (like Hemorrhoids, Anal Fistula etc) kindly visit

www.ksharsutrathrapy.com

Disclaimer

This document is just for basic information about the disease and is not a replacement for medical advice. While every effort has been made to ensure that the information given in this leaflet is accurate and up-to-date, it is always necessary to consult a qualified doctor about your health issue. Each patient has different condition and responds in a different manner to various treatment and preventive measures. Only a qualified doctor after a detailed history and examination can guide you better for your health problem. Author is not responsible for any kind of loss or damage arising from self diagnosis and self treatment made by anyone.

SELF DIAGNOSIS and SELF TREATMENT MAY BE FATAL

This leaflet was produced in July 2015



www.pureayurvedictreatment.com

The Best Online Ayurvedic Clinic