

## HERBAL REMEDIES USED FOR THE TREATMENT OF ACNE VULGARIS

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### ABSTRACT

Acne is a chronic inflammatory skin disorder. It is a common disease affecting to about 85% of the teenagers. Treatment of acne with the topical as well as the systemic symptomatic medications has used to severe side effects. Therefore herbs and herbal remedies play an most important role in the alternative therapies. In this article describes the herbs commonly used to treat of acne. It can be caused by increased the sebum production, inflammation and one of the major abnormalities in epithelium. There are many types of herbal drugs

which can be used the agonist of acne vulgaris. Such as the: Aloe vera, Amarnath, Coriander, Curcumin, Lavender, Neem, Orange peel, Rose, Turmeric.

**KEYWORDS:** Acne Vulgaris, herbal treatment, skin diseases, inflammatory, medicinal herbs causes of acne.

### INTRODUCTION

Acne vulgaris is a most common chronic inflammatory skin disorder of the pilosebaceous its affect the areas of containing the largest oil glands on the face and back. The medical term for common acne is a Acne Vulgaris. In some of the people, this acne problem is so serve that they have pus-filled inflammatory rashes that are very painfull. In sometimes the acne leaves black spot on the face. The sehaceous glands secrete an oil that they turns into a solid white substance called as the sebum. Acne affects both males as well as females. Pimples are produced to the overproduction of sebum. Blocked canals will be leads to the overgrowth of the bacteria which is responsible for acne. The propionibacterium acnes has been recognized to the main cause of the acne vulgaris development. It is a Gram positive bacteria. Herbal remedies have been increasing the popularity. There aresome advantages such as better pain tolerance, less side effects the main advantage are its less expensive. These herbal plants have

been proved to the help of various disease treatment. Some botanical drugs are also used to treat of acne vulgaris.

In this review, Discussing the classification of acne, different medications used to treat. In that mainly focus on the different plants that are used to prevent of acne vulgaris.

#### Definations

##### Herbal Remedies

Herbal remedies are those active ingredients made from the plants different parts, such as leaves, roots, flowers, bark is known as herbal remedies.

##### Herbal Remedies In Details

Herbal remedies which have been use from the ancient times for the treatment of acne. These herbal remedies are mostly effective agonist a variety of the Gram positive as well as gram negative bacteria.

Aloevera gel are the activity against with the acne increases due to the synergistic effect of these agent. The side effect of herbal remedies are much less than the modern drugs.

Various herbal remedies are used to treatment of acne. Some herbal remedies are described below.

##### 1) Neem



Family: Meliaceae.

Biological Source: Neem consists of the fresh or dried leaves and seed of *Azadirachta indica* J. Juss (*Melia Indica* or *M. azadirachta* Linn).

-The bark, leaves, seeds are used for the medicinal properties.

-It grows in India and Sri Lanka.

-In Neem the most important chemical components are the triterpenoids.

-Grind some leaves to form a paste.

-Paste are apply to the areas of the face which are affected by the acne.

Leave for the 5-10 min.and wash it.

## 2) Orange Peel



Family: Rutaceae.

Biological Source: The orange peel is the fresh or dried outer part of the pericarp of *Citrus aurantium* Linn.

-In the orange peel medicinal parts of the *Citrus aurantium* Linn.

-There are some main ingredients such as linalool, methyl antranilate,

Flavonoids.

-Powdered of the peel juice have been used to the treatment of the acne.

- Take some orange peel, Dry it.

-Take a teaspoon of powder of the orange peels mix with the fresh milk to

Produced a paste.

-Apply this paste in your face for 10-15 min. and wash out.

## 3) Rose



Family: Rosaceae

Biological Source: A rose is either a woody perennial flowering plant of the genus *Rosa*.

- Rose water is used for the daily skincare.
- It's also works against to the acne and pimples.
- Dried the rose petals in a small quantity of boiling water cool it.
- Its used 2 glasses daily for the externally as a face wash pack.

## 4) Turmeric



Family: Zingiberaceae.

Biological Source: Turmeric is dried rhizome of *curcuma longa* Linn.

- Turmeric has shows the antioxidant wound healing and also the Anti –inflammatory properties.



- Which are used against with the acne.
- Turmeric is considered to be safe in amount in foods and taken Orally in medicinal quantities.

5) *Carica Papaya* Linn.



Family: Caricaceae.

- The ancient time of medicine is also well of the therapeutic benefits of papaya fruits.
- The papaya fruit and plants used for the nutritional supplements.
- They are useful in the treatment of acne problems.
- Its main purpose to create a gel out of the papaya leaf extract and Effective against the propionibacterium acnes.
- some anti-acne soap formulation formed in that the contains are *Carica papaya* is the silka green papaya complexion fairness.
- This product shows the brightness of the skin, oiliness, minimizes the acne, pores.

6) *Santalum Album* Linn



Family: Santalaceae.

- Santalum Album Linn is the one of the most oldest herbal plants.
- Santalum Album Linn is also known as the Indian sandalwood Plants.
- This herbs are the major medical values.
- Sandalwood as an effective herbs to treat acne vulgaris.
- In the sandalwood powder paste is the one of the most Important and oldest treatment of acne as well as reducing acne scars.
- In the market in that sandalwood oil are also available for the Treatment of acne.
- Sandalwood herbs shows the some anti-inflammatory,anti-septic activity.

7) Manjishta(*Rubia cordifolia*)



Family: Rubiaceae.

- Manjishta shows the some antibacterial antioxidant and Anti-inflammatory activities.
- They are helpful for the skin.
- Manjishta can be extract and they are inhibit the acne causing Bacteria.
- Manjishta reduces the inflammation acne.
- Manjishta powder can be reduces the sebum production.

## 8) Dhanyak (Coriander)



Family: Apiaceae, Umbelliferae.

Biological Source: Coriander consists of dried ripe fruits of *Coriandrum sativum* Linn.

-Some leaves of fresh Coriander are chewing on empty stomach Its helps to the acne and oily skin.

-Herbs paste can be apply on acne eruption leave for 20 min and Wash with plain water.

## 9) Lemon



Family: Rutaceae.

Biological Source: Lemon is the fruit of *Citrus limon*.

-Lemon juice as well as lemon peels contain the high concentration of citric acid which has a very drying effect on the skin.

-They are most effectively for rid of excess sebum.

-Lemon juice can prevents acne infections and helps to the healthy skin.

## CONCLUSION

There are many important aspects to be considered in the treatment of Acne. A comprehensive treatment approach is required to achieve the desired results. There are many drugs to choose from, but plants are it is a natural medicine that plays an important role in the treatment of acne without side effects. Therefore they are widely used as an alternative to synthetic acne medication.

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