

ACNE COSMETICA – CURRENT BURNING ISSUE**Jyothi Sajayan¹, Anusree Mohan²**^{1, 2} year P.G Scholar, Dept of Agadatantra, SDMCA, Hassan, Karnataka, India**ABSTRACT**

Acne vulgaris, the closest clinical entity to *Mukhadooshika* in modern medicine, is prevalent among 80% of the population in the age group 11-30 years in the developed world. Almost all cosmetic manufacturers tells you that their products are non-comedogenic (non-acne causing) because they want to sell you the products. The unsuspecting consumer purchases these products because the labels, state that the product is good for you and will help you to get rid of all the symptoms like, scarring, discoloration, etc. In India, 200-300 million youngsters suffer the same. Although this condition is not showing any grave physical conditions, it may cause significant emotional and psychological distress and depression to the affected patients. The impact of this condition upon the patient's overall well being, self esteem, personal relationships and adverses effect upon their work has become an increasingly important focus of treatment. So treating this condition may be beneficial for both clinical and psychological aspects.

Key words: Acne, comedogenic, psychological distress, treatment, *mukhadooshika*.

INTRODUCTION

Acne is the most troublesome and common skin care problem for the people around the world. Acne Cosmetica is an inflammation of pilo sebaceous unit of certain body areas that occurs most commonly in 80% adolescence.¹ It begins early in females but severe in male. Acne the term derived from a Greek word "ACME" meaning "the prime of life". It is the classical stigma of the adolescence and has been viewed as a normal physiological action of the skin.² Cosmetics are the substances which are intended to be applied to the human body for cleansing, beautifying, promoting attractiveness or altering the appearance without affecting the body structures and functions.³

Mukhadooshika (Acne vulgaris) is a present burning cosmetic problem occurring

in over 85% of adolescents⁴, and it causes both physical & psychological scar having negative impact on social lives & self esteem. Acne cosmetica is a very common malady of adolescents. It occurs even though as a physiological process, it can be regarded as a disease due to presence of pimples. It produces disfigurement on the physiological and social status of the individual by manifesting on the face of the person. This disease is very commonly seen in teenagers and young adults. Its prevalence is similar in both sexes. Majority of patients who approach for treatment is due to cosmetic problem.

Acne cosmetica is a breakout of small pimple-like bumps on the face or any other skin area as a result of the application of pore-clogging cosmetic products. Unlike the

more common types of acne, there is no redness and swelling associated with acne cosmetica. This mild condition, however, may cause the skin to become uneven, although it does not leave any blemishes on the skin. While the effects of acne cosmetica may not be damaging, most women find it annoying; cosmetics are designed to enhance beauty and hide imperfections, rather than create them. Those with acne may use cosmetic products to hide a pimply appearance, but some cosmetics may clog pores further, resulting in more breakouts. Acne Cosmetica is caused by comedogenic (clogs pores) products that penetrate down into pores. As a result, comedones (blackheads) and milia (whiteheads) develop causing inflammation on cheeks, forehead, nose and chin area. Examples of comedogenic ingredients are Lanolin, Isopropyl Myristate, cetyl alcohol, D&C Pigments and stearic acid⁵. Be aware of oil-free, hypoallergenic products because companies are using synthetic oils as replacements. Sun blocks and sun tan lotions can be comedogenic, also. To make matter worse, the comedogenic makeup that is used to hide the inflammation only causes further blemishes. Unfortunately, it is a cycle that repeats itself until the acne can be controlled.

SIGNS AND SYMPTOMS

The most common types of acne are characterized by the eruption of large pimples, notably on the face; these are mainly due to clogged pores. Acne most often affects teenagers because it is during puberty when androgen production is increased, triggering the oil glands of the skin to secrete more sebum, or oily matter. Though both sexes have androgens, they are actually substances that influence the production of male traits. More sebum secretions will

cause the clogging of pores. The pores then swell into pimples, or elevated inflammation of the skin.

While acne usually disappears in adulthood, acne cosmetica may appear at virtually any age. The development of acne cosmetica depends on a person's cosmetic use, rather than his or her reproductive development during puberty. Cosmetic acne typically appears on the face, but may appear on other skin areas as well, as cosmetics can be applied on virtually any area of the skin. The use of makeup and acne development, however, is usually connected because the face is covered by the body's most delicate skin. It should, however, be noted that the use of cosmetics does not always result in the development of acne cosmetica because only pore-clogging cosmetic products, which are also called "comedogenic" cosmetics, can trigger this condition.

The link between the use of cosmetics and acne, however, should not be underestimated even if the effects are not too harsh. Personal hygiene should always be practiced especially if the use of cosmetics cannot be avoided. Medical intervention is necessary if a person's acne cosmetica worsens and develops into a severe type of acne. In Ayurveda, acne cosmetica may be considered as *garavisha* or *kritrimavisha* (Artificial poisons). *Kritrimavisha* is prepared by the combination of various animate, inanimate poisons, also by the combination of *virudhoushadhi* (incompatible drugs), *bhasma* (ashes), *alpaveerya visha yogas* (less potent toxic drug). While explaining *garavish adhishtanas*, *Acharya Susruta* has mentioned *vishajushta mukhalepa lakshanas* (poison containing face creams) in these *syavatha* (blackishness), *pathminikantaka* (pimples) are the main.^{6,7,8}

Garavisha is mentioned in *vishaprakaranas* of all the classics.

SOME HOME REMEDIES

- Take 50 ml of raw (not boiled) milk and mix a pinch of salt and two teaspoon of lime juice in it. Use it as a cleansing lotion.
- Mix equal quantity of lime juice, glycerin and rose water. This lotion can be regularly applied on face at bed time will help to remove pimples.
- Apply aloe gel or neem paste which is both astringent and antibacterial.
- Water boiled with neem leaves used for washing face will remove the excess oil of the skin and will reduce the occurrence of pimples.
- Sandal wood paste applied on face will remove pimples and scar marks.
- Cucumber juice can be applied on the face to reduce pimple and pimple marks.
- Water boiled with neem leaves used for taking steam will also work. Mint juice can also be applied on the face to reduce pimples.

DISCUSSION

Skin being the largest organ of our body acts as a multitasked like no other and has many important functions, all of which are designed to help our body working properly. Most of the ailments associated with skin will affect the individual's mental status rather than physiological levels. Acne cosmetica is now a burning issue faced by a majority of population. It is a skin state that most teenagers experience from most delicate times of their particular everyday lives. They have a tendency to put most focus on their appearance and look and when they suffer from Acne outbreaks, they pick it instead hard to deal with the issue. It is there-

fore crucial to work at treating Acne attacks. If it is left untreated, it only leads to depressive problems, educational drops, material abuse, and social separation. Acne is not a life threatening disorder, and the psychological effects mainly constitute scarring which may last forever. The severity of Acne is basically measured by the Acne sufferer's emotional and social life. Cosmetic induced pimples affect large group of population irrespective of their age groups. Unmethodical use of cosmetics should be avoided. Strict personal hygiene should be maintained to prevent the recurrence of the pimples.

CONCLUSION

Acne is one of the most troublesome and common skin care problems for people around the world, and emotionally one of the most deliberating and embarrassing skin disorder to experience. Although most often associated with teenagers and the onset of puberty, the truth is that you can get Acne at any age, which makes it more frustrating. Knowing what causes Acne, is the first step in learning how to control it. Cosmetic induced Acne is a current burning issue. Acne cosmetica will produce a group of symptoms like, pimples, redness, comedones, itching, and discoloration. Practically eight in ten people suffer from Acne, all of them have to battle with Acne and it's negative effects. So keeping this in mind if you suffer from Acne you should not hesitate to inform and involve people about your problem.

REFERENCES

1. Wolff K, Johnson RA, Suurmond D, Fitzpatrick's clinical dermatology. 5th ed. Medical publications; 2005, p.3.

2. Association of physicians of india Bombay, A P I text book of medicine; reprint 1994.p.1296.
3. Cosmetics: Wikipedia (cited on 24 february 2014) Available from URL: <http://www.en.wikipedia.org/wiki/cosmetics>.
4. Kumaran & Clarke's Clinical Medicine, edited by Prof, Praveen Kumar & Dr. Michel Clerk, 7th edition, 2009, Acne vulgaris, pp. no.1245
5. Acne cosmetica list of ingredients to avoid (cited on 2014 march 6) Available from: URL: <http://acne-cosmetica-details/Acne-List-of-Ingredients-to-AVOID!.html>.
6. Sharma S (ed) Ashtangasangraha. 3rd ed. Varanasi: Choukhambha Sanskrit series office; 2012 p.853.
7. Paradakara HSS. Ashtanga Hrudaya with sarvangasundara commentary of Arunadatta and Ayurvedarasayana commentary of Hemadri. Reprint. Varanasi (India): Choukhambha Orientalia; 2008.p.1150.
8. Acharya J T. Susruta Samhita of Susruta with Nibandhasangraha Commentary of Sri Dalhanacharya and Nyayachandrika Panjika of Sri Gayadasacharya Reprint. Varanasi: Choukhambha Sanskrit Sansthan; 2010.p.560.

CORRESPONDING AUTHOR

Dr. Jyothi Sajayan

2nd year P G Scholar, Dept of Agadatantra, SDMCA, Hassan, Karnataka, India

Email: jyothisajayan1111@gmail.com

*Source of support: Nil
Conflict of interest: None Declared*