

A Review Paper on Acne Vulgaris

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Abstract: *Acne is a skin disease involving the oil glands at the base of hair follicles. It affects 3 in every 4 people aged 11 to 30 years. It is not dangerous but it can leave skin scar. Treatment depends upon how severe and persistent it is. Risk factors include genetics, the menstrual cycle, anxiety and stress, hot & humid climates, using oil-based makeup & squeezing pimples.*

Keywords: Acne, Sebum, pores, Squeeze, sebaceous glands.

Acne / Acne vulgaris

1. Introduction

Acne is chronic inflammatory skin condition that causes spots & pimples, especially on face, shoulders, back, neck, chest & upper arms. There are other types of it like black head's, pimples, cysts & nodules. It commonly occurs during puberty, When the sebaceous glands activate but it can occur at any age. Though not being dangerous it leaves scar on skin. The glands produce oil & are stimulated by male hormones produced by adrenal glands in both male & females

2. Causes

Under the skin there are pores that connect to oil glands under the skin. Follicles connect the glands under the skin. Follicles are small sacs that produce & secrete liquid. The glands produce oily liquid called sebum. Sebum carries dead skin cells through the follicles to the surface of the skin. A small hair grows through the follicle out of the skin. Pimples /Acne grow when these follicles get blocked & oil Build up under the skin. Skincells, sebum & hair can clump together into plug. The plug gets infected with bacteria and swelling results. A pimple starts to develop when the plug begins to breakdown. Propionibacterium acne's (P Acnes) is the name of bacteria that live on the skin & contribute to the infection of the pimples.

3. Hormonal Factors

A change of factors triggers acne, but the main cause is thought to be a rise in androgen level which causes oil glands to grow under the skin causing enlarged glands to produce more sebum. Excessive sebum can breakdown cellular walls in the pores causing bacteria to grow

4. Risk Factors

- Some Medications that contains androgen
- Greasy cosmetics
- Hormonal changes
- Emotional stress
- Menstruation

5. Treatment

Treatment depends upon the Severity of Acne.

Mild Acne can be treated with medicated gels, soaps, Pads, creams & Lotion available over the counter

OTC may contain:

- RESORCINOL helps in the breakdown of black head's & White heads.
- BENZOYL PEROXIDE kills bacteria.
- SALICYLIC ACID helps in reducing inflammation & Swelling.
- RETINOL helps in unblock the pores through cell turnover.
- TOPICAL OINTMENTS.

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