

Causes of Acne and Herbal Remedies Treatment

It is a huge drop of self-esteem when you have acne all over your face. Acne is one of the skin problems among men and women. It usually occurs during the puberty period of a person. It is said that about 60 million people are suffering from this. You will feel too self-conscious and embarrassed about going anywhere public; you will be shy, irritated or even afraid what our friends and might think if they see you.

But what causes acne? For many of us acne can become the pest of our existence. Now, large numbers of people are affected by this widespread medical condition. Here are the most common causes of acne:

A hormone is the number one cause of acne which is the production of sex hormones known as androgen that starts at puberty. This perfectly explains why the majority of acne sufferers are adolescents. It is the main player for acne flare-ups during the times of menstruation and pregnancy.

When the sebaceous gland gets turned on by androgens, it manufactures additional sebum. The follicle toward the surface, the sebum commingles with dead skin cells and skin bacteria that have been cast from the follicle's lining. This process is just normal, but the presence of more sebum in the follicle raises the probability of clogging to occur, and which then causes acne.

In certain tense circumstances, stress may cause the production of hormones like cortisol, which can worsen an acne condition. Stress puts into affect different hormone levels. When these hormone levels change the body commands the skin's oil glands to expand, and which then secrete extra oil.

Oily or Heavy Make Up. Heavy make-up has the ability to clog pores, while oily make-ups add additional oil; these things only contribute to the problem if oily skin is already present. Cosmetics to avoid are certain moisturizers, pomades, particularly the ones carrying petrolatum, oleic acid, vegetable oils, lanolin, butyl stearate, and lauryl alcohol.

Other causes include: birth control pills, other drugs such lithium is known to cause acne, cosmetics, too high dosage of Vitamins B1, B6 and B12, diet, over abrasive cleansing, picking and squeezing at blemishes, environmental factors like high humidity and pollution and Genes.

How can we cure acne? There are so many treatments that are available right now. But, not all of us can afford high priced treatments. If you want to save money then herbal remedies is much affordable and natural.

Herbs such as chamomile, lavender, juniper, bergamot, dandelion root, and burdock root can be used to reduce toxicity and improve the overall condition of the skin. Echinacea and poke root are often used for their anti-inflammatory properties and red clover may be beneficial for its estrogenic action. Witch hazel has excellent astringent properties and may be very effective on acne.

Acne is so hard to cure if it is not been treated immediately. Its scars are difficult and expensive to treat, and it is unusual for the scars to be successfully removed completely. So better give extra attention to your skin before it is too late.

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About the Author

Allison Jane Perez is working as a webmaster and as an online marketer. [Candy Butler's Health and Beauty Zone](#) is an online store which offers different health and beauty products.