

	ACNE: HOMEOPATHIC APPROACH	
	<p style="text-align: center;">DR. RONAK SHAH'S DIVINE HOMEOPATHY</p> <p style="text-align: center;">Restoring Vitality</p> <p>SINCE 1991 M.D.(HOM.)</p> <p style="text-align: center;">9825050054 dr-ronakshah.com</p>	

Acne: Homeopathic Approach

Acne is a common skin condition, usually on the face, prevalent mostly among teenagers. Commonly called pimples, acne can severely damage their self-esteem. The medical term for acne is **acne vulgaris**. Acne arises from the clogging of pores with dead skin cells and oil (sebum). Though acne usually occurs on the face, it can affect any area of the skin with a higher number of oil glands like shoulders, upper chest, and back. Severe acne often leads to the formation of scars.

Acne tends to run in families. It may be triggered by:

- Hormonal changes related to puberty, menstrual periods, pregnancy, birth control pills, or stress
- Greasy or oily cosmetic and hair products
- Certain drugs (such as steroids, testosterone, estrogen)
- High levels of humidity and sweating

Research does not show that chocolate, nuts, and greasy foods cause acne. However, diets high in refined sugars may be related to acne.

Steps you can take to help your acne:

- Clean your skin gently with a mild, nondrying soap
- Remove all dirt or make-up.
- Wash once or twice a day, including after exercising.

What NOT to do:

- Try not to squeeze, scratch, pick, or rub the pimples. Although it might be tempting to do this, it can lead to skin infections and scarring.
- Avoid wearing tight headbands, baseball caps, and other hats
- Avoid touching your face with your hands or fingers.
- Avoid greasy cosmetics or creams.

Homeopathic treatment for Acne helps in the following ways:

- Controls the tendency to have acne (often genetic, in severe cases)
- Treats underlying cause which are responsible to cause acne like emotional upset, stress, hormonal imbalance or other medical conditions.
- Reduces excessive oiliness of skin
- Reduces acne & Controls infection
- Controls tendency to scar formation following acne
- In severe cases it can help to reduce the severity of eruptions and control scarring & Reduces hyper pigmentation as much as possible.

The best part about the medication is that it has no side-effects, and it can be safely taken for a long period of time. So Make Sure to maintain a clear, smooth and young-looking skin with Homeopathy. The topmost homeopathic medicines to treat acne are Hepar Sulph, Belladonna, Silicea, Kali Bromatum, Sulphur and Pulsatilla.