

Acne - signs and symptoms, useful and dangerous products, folk remedies

Valentina Lazareva, general practitioner, nutritionist

Eliseeva Tatyana, editor-in-chief of the EdaPlus.info project

E-mail: lazareva.v@edaplus.info, eliseeva.t@edaplus.info

Abstract. Acne or acne (acne from the Greek *ἀκμή*) is a skin inflammation of the sebaceous glands, which occurs most often during puberty in girls and boys and goes away by the age of 25-30. More than 95% of the world's population is affected by this disease to one degree or another.

Acne is most often localized in the locations of large sebaceous glands: the upper areas of the chest and back and on the face (forehead, cheeks, chin). After the acne breaks out, bluish-pink scars form. Diagnosis of the disease is carried out by a dermatologist based on blood, urine and feces tests, cultures for medications, liver samples and scrapings of the skin epithelium.

Keywords: Acne, description, causes, types and symptoms, complications, prevention, treatment, useful products, folk remedies, dangerous products

Varieties

- *black dots* – blockage of enlarged skin pores;
- *white dots* – blockage of enlarged skin pores with a small hole;
- *pustules* - acne have the appearance of white-yellow tubercles, active proliferation of bacteria occurs in them and an inflammatory process occurs;
- *cysts* are skin cavities filled with pus; after the abscess breaks through, deep scars remain that practically do not resolve over time.

Causes

- seborrhea, which reduces the bactericidal effect of skin secretions and provokes the proliferation of cocci;
- menstruation, genetic predisposition;
- hormonal imbalance (testosterone, insulin-like growth factor 1, dehydroepiandrosterone);
- weather and climatic factors (high humidity, heat, dust);
- use of cosmetics based on paraffin and lanolin;
- taking medications that contain chlorine, fluorine, iodine, bromine;
- hypersecretion or hyperplasia of the sebaceous glands, leading to the formation of sebaceous-horn plugs;
- psychological disorders, stress;
- professional activity (work in a mine, at metallurgical plants, in workshops for processing petroleum products);
- concomitant diseases (polycystic ovary syndrome, Cushing's syndrome).

Symptoms

- skin rashes occur constantly (some acne goes away, others appear);

- the skin has redness around the acne;
- pain in the area of inflammation.

Useful products for acne

General recommendations

The most important factor in the fight against acne is reducing skin oiliness, narrowing the sebaceous glands and normalizing nutrition. The latter must be rational, fractional and systematic [1]. After all, the condition of the skin largely depends on the proper functioning of the digestive system [2]. The diet should contain a sufficient amount of fruits, vegetables, nuts and root vegetables. All food should be easily digestible and during its processing, as few toxins as possible should be formed.

In order for the skin to maintain its natural water balance and not dry out, you need to drink 8-10 glasses of pure mineral water daily, excluding liquids consumed with food.

Constant psychological stress also aggravates the skin condition, therefore, as a preventive measure for the disease, it is necessary to do psychological relaxation through breathing exercises, yoga or meditation.

Healthy foods

To increase the level of collagen in the blood, which is responsible for skin elasticity and its ability to regenerate [3], foods high in vitamin C should be present in the diet [4]. These are strawberries [5], currants [6], all citrus fruits, guava, melon [7], sweet peppers [8], pineapple [9], broccoli [10], cauliflower, sauerkraut [11], potatoes [12].

Quite often, patients have low levels of vitamins E [13] and A [14], which also improve the condition of the skin, ensure its elasticity and increase immunity [15]. Therefore, to replenish these vitamins, your diet should include various nuts (cashews, peanuts, pecans, almonds, walnuts [16]), sweet potatoes, leafy vegetables, carrots [17], melon, pumpkin [18], spinach [19] and other fruits and dark green and orange vegetables.

In addition to vitamins, the balance of minerals, especially zinc [20] and selenium [21], plays a significant role. They are the ones who participate in the structure of cell membranes and contribute to the rapid restoration and healing of the skin. There is a lot of zinc in legumes, young sprouted wheat, nuts and pumpkin seeds. Selenium is present in large quantities in Brazil nuts.

Because Cow's milk products are not recommended for use in the treatment of acne; goat's milk products, as well as soy, will help maintain normal levels of protein [22] and calcium [23] in the body.

Folk remedies for acne

In folk medicine, there are a large number of recipes for the treatment of acne. We will offer some of them.

1. Mix dry herbs Ivan-da-Marya, centaury (20 g each), smokeweed, bittersweet nightshade shoots, wild rosemary and hoofed grass leaves (10 g each), take 1 tbsp. l. the resulting mixture, pour boiling water (250 ml) and let it brew until it cools completely. Apply the decoction as a lotion on the skin.
2. Alcohol tincture of calendula [24] should be used to wipe the acne breakout areas - this will disinfect the open wound, and the calendula substances will stop the proliferation of bacteria.
3. You can use medicated aloe lotion to treat acne. Fresh aloe leaves (1 large leaf or 2 small ones) need to be washed, cleaned of rough and sharp edges and chopped in a blender. Pour the gruel with cold

boiled water, let it brew for an hour, and then boil in a water bath for 2-3 minutes. The resulting mixture should be filtered through cheesecloth. Wipe the skin with the prepared lotion 2-3 times a day.

Dangerous and harmful products for acne

- During the period of active acne treatment, you should completely avoid alcohol and drinks containing caffeine [25].
- If you have acne, you should avoid cow's milk and products made from it, because they may contain impurities of hormones that provoke an exacerbation of the disease.
- It is necessary to limit the consumption of red meat, because... It takes a long time to digest and the toxins that cause rashes stay in the body longer.
- Dangerous foods also include seafood (seaweed, fish, oysters, etc.), which contain large amounts of iodine [26], which leads to increased symptoms.
- Products with high levels of carbohydrates [27], which increase the synthesis of fatty acids [28] and insulin levels in the blood, are contraindicated. These products include products made from premium flour, white rice [29], pasta and confectionery.

Literature

1. Shelestun, A., & Eliseeva, T. (2018). Human nutrition systems - an overview of the advantages and disadvantages of various methods. *Journal of Healthy Eating and Dietetics*, (4). DOI: 10.59316/j.edpl.2018.4.5
2. Tkacheva, N., & Eliseeva, T. (2021). Food for the skin - 12 products for its beauty and health. *Journal of Healthy Eating and Dietetics*, 3 (17), 44-48. DOI: 10.59316/.vi17.121
3. Tkacheva, N., & Eliseeva, T. (2021). Food for collagen production. *Journal of Healthy Eating and Dietetics*, 3 (17), 70-75. DOI: 10.59316/.vi17.127
4. Eliseeva, T., & Mironenko, A. (2018). Vitamin C (ascorbic acid) description, benefits and where it is found. *Journal of Healthy Eating and Dietetics*, 2 (4), 33-44. DOI: 10.59316/.vi4.19
5. Eliseeva, T., & Tarantul, A. (2019). Strawberry (lat. Fragária). *Journal of Healthy Eating and Dietetics*, 2 (8), 38-51. DOI: 10.59316/.vi8.42
6. Yampolsky, A., & Eliseeva, T. (2020). Black currant (lat. Ríbes nígrum). *Journal of Healthy Eating and Dietetics*, (12), 71-82. DOI: 10.59316/.vi12.76
7. Eliseeva, T., & Yampolsky, A. (2020). Melon (lat. Cucumis melo). *Journal of Healthy Eating and Dietetics*, 3 (13), 26-37. DOI: 10.59316/.vi13.81
8. Tarantul, A., & Eliseeva, T. (2020). Bell pepper (lat. Cápsicum ánnuum). *Journal of Healthy Eating and Dietetics*, (13), 47-58. DOI: 10.59316/.vi13.83
9. Eliseeva, T., & Tarantul, A. (2018). Pineapple (lat. Ananas comosus). *Journal of Healthy Eating and Dietetics*, 4 (6), 55-66. DOI: 10.59316/.vi6.32
10. Eliseeva, T., & Yampolsky, A. (2020). Broccoli (Brassica oleracea Broccoli Group). *Journal of Healthy Eating and Dietetics*, 1 (11), 12-25. DOI: 10.59316/.vi11.62
11. Eliseeva, T., & Tkacheva, N. (2018). White cabbage (lat. Brassica). *Journal of Healthy Eating and Dietetics*, 4 (6), 13-23. DOI: 10.59316/.vi6.28
12. Tarantula, A. (2018). Potatoes (Tuberous nightshade, Solánium tuberosum). *Journal of Healthy Eating and Dietetics*, (4), 22-32. DOI: 10.59316/.vi4.18
13. Eliseeva, T., & Mironenko, A. (2018). Vitamin E description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, 4 (6). 10.59316/.vi6.33
14. Eliseeva, T., & Mironenko, A. (2018). Vitamin A (retinol) - description, benefits and where it is found. *Journal of Healthy Eating and Dietetics*, 3(9), 41-86. DOI: 10.59316/j.edpl.2018.3.5

15. Tarantul, A., & Eliseeva, T. (2020). Food to boost immunity. *Journal of Healthy Eating and Dietetics*, (11). DOI: 10.59316/j.edpl.2020.11.34
16. Eliseeva, T., & Yampolsky, A. (2019). Walnut (lat. Júglans régia). *Journal of Healthy Eating and Dietetics*, 4 (10), 2-14. DOI: 10.59316/.vi10.53
17. Eliseeva, T., & Tarantul, A. (2018). Carrot (lat. Daucus carota subsp. sativus). *Journal of Healthy Eating and Dietetics*, 4 (6), 43-55. DOI: 10.59316/.vi6.31
18. Eliseeva, T., & Yampolsky, A. (2018). Pumpkin (lat. Cucurbita). *Journal of Healthy Eating and Dietetics*, 4 (6), 23-33. DOI: 10.59316/.vi6.29
19. Tarantul, A., & Eliseeva, T. (2020). Spinach (lat. Spinacia oleracea). *Journal of Healthy Eating and Dietetics*, (12), 48-59. DOI: 10.59316/.vi12.74
20. Tkacheva, N., & Eliseeva, T. (2022). Zinc (Zn) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics*, 1 (19), 5-15. DOI: 10.59316/.vi19.152
21. Eliseeva, T. (2022). Selenium (Se) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics*, 1 (19), 55-64. DOI: 10.59316/.vi19.160
22. Eliseeva, T., & Shelestun, A. (2018). Protein - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, 1(7). DOI: 10.59316/j.edpl.2018.7.6
23. Mironenko, A., & Eliseeva, T. (2020). Calcium (Ca, calcium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics*, (12), 83-92. DOI: 10.59316/.vi12.77
24. Eliseeva, T., & Tkacheva, N. (2018). Calendula (Marigold, lat. Calendula). *Journal of Healthy Eating and Dietetics*, 2 (4), 2-11. DOI: 10.59316/.vi4.16
25. Tkacheva, N., & Eliseeva, T. (2019). Caffeine – description, benefits, effects on the body and the best sources. *Journal of Healthy Eating and Dietetics*, (8). DOI: 10.59316/j.edpl.2019.8.17
26. Tkacheva, N., & Eliseeva, T. (2021). Iodine (I) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics*, 4 (18), 75-84. DOI: 10.59316/.vi18.149
27. Eliseeva, T., & Shelestun, A. (2018). Carbohydrates - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, 1(7). DOI: 10.59316/j.edpl.2018.7.8
28. Tkacheva, N., & Eliseeva, T. (2019). Saturated fatty acids - description, benefits, effects on the body and the best sources. *Journal of Healthy Eating and Dietetics*, (19). DOI: 10.59316/j.edpl.2019.9.10
29. Tarantul, A., & Eliseeva, T. (2021). Rice (lat. Orýza). *Journal of Healthy Eating and Dietetics*, (15), 61-74. DOI: 10.59316/.vi15.98

[HTML version articles](#)

Received 03.01.2021

Acne - signs and symptoms, useful and dangerous products, folk remedies

Valentina Lazareva, general practitioner, nutritionist

Eliseeva Tatyana, editor-in-chief of the project EdaPlus.info

E-mail: lazareva.v@edaplust.info, eliseeva.t@edaplust.info

Abstract. Acne or blackheads (acne from Greek ἀκμή) is a skin inflammation of the sebaceous glands, which occurs most often during puberty of girls and boys and passes by the age of 25-30 years. More than 95% of the world's population is exposed to this disease in one way or another. Blackheads are often most localized in the locations of large sebaceous glands: the upper chest and back and on the face (forehead, cheeks, chin). After the breakthrough of the blackhead, scars of a lilac-pink color are

formed. Diagnosis of the disease is carried out by a dermatologist on the basis of blood, urine and fecal tests, cultures for medical drugs, liver samples and scrapings of skin epithelium.