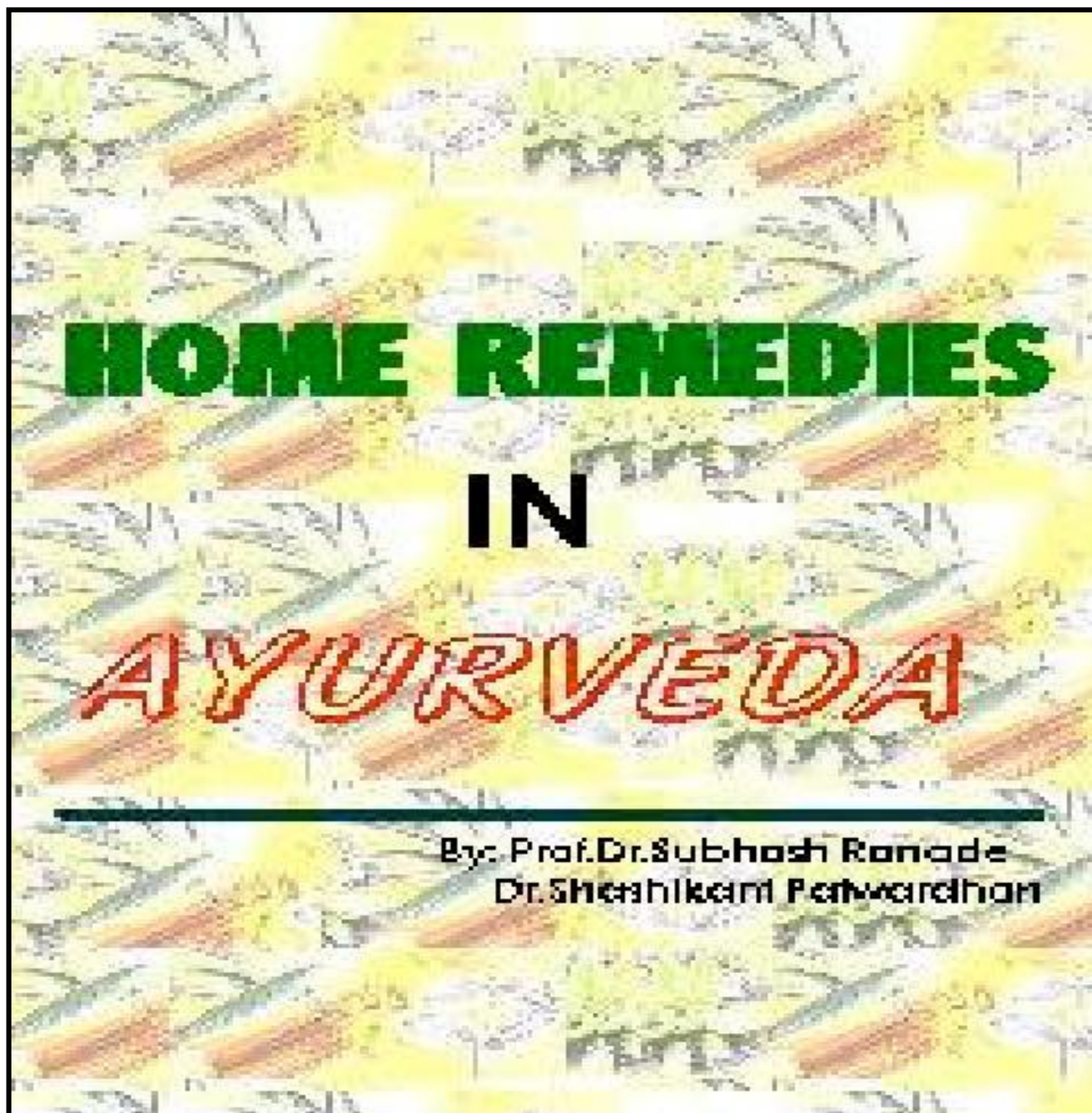




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Home Remedies in Ayurveda

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Acne

Definition

This condition is most common among young people. In general women are affected more often than men.

Causes

Treat the proper cause like dandruff, disturbance in menstrual cycle, stress or gastrointestinal tract problem. Follow Pitta pacifying diet. Depending upon whether the skin is too dry, too oily or whether infection is present, different type of treatment must be given.

If the skin is oily and inflammation is present, fomentation on face with medicated vapor of water and few basil leaves or a little oil of eucalyptus, at least twice a day, and then drying the face is beneficial.

Give alterative herbs to cleans the blood and to alleviate Pitta.

Prepare tea of lowenzahn, gentian and holunder flowers and take it 3 times a day. Similarly one can also use echinacea, goldenseal, yellow dock and steifmutterchen in this condition. Simple cumin, coriander or cilantro and cinnamon tea is also helpful. Rub melon or cucumber or zucchini piece on your face at night. Keep it for ten minutes and then wash the face.

If there is no inflammation and the skin is oily, simply rub boiled lemon peels to remove oily ness. In this case apply a mixture of amalaki powder, cyperus powder, red lentil powder and turmeric powder in water. Remember that no thick oily pastes should be applied, as this will close the pores on the skin and then the problem will increase.

The bowels should be kept open by such mild laxatives as rhubarb or triphala. These can be taken in dose of 1 to 3 teaspoons at night with warm water.

For dry skin apply mixture of chickpea flour, milk and coconut water at night and wash it with warm water next day. Or apply a mixture of equal parts of almond powder, sandalwood powder, curcuma zedoaria, red sandal powder and milk twice a day on face keep it for 10 minutes and then wash the face with warm water.

Arogyawardhini 125 mgm. 3 times a day for 15 days is the medicine of choice.

Home Remedies in Ayurveda

Do's and Don'ts

It is necessary not to squeeze the acne or the pimples on the face. This precaution is a must when infected acne is present in the area of the lips. Also do not excoriate the acne.

If you are under too much stress regular meditation and breathing practices will help.

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