

An Extensive Analysis of Acne and Herbal Treatments

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Abstract: *The prevalent skin ailment known as acne, which affects millions of people worldwide, is typified by the appearance of pimples, blackheads, and whiteheads. Because of its complexity, ubiquity, and wide range of clinical manifestations, dermatologists face significant challenges. Acne affects 83% of teenage girls and 99.5% of teenage boys due to hormonal changes, and it can last throughout adolescence. Although there are traditional therapies like topical creams, antibiotics, and oral drugs, more people are turning to alternative remedies because they are worried about long-term sustainability and side effects. Therefore, it is preferable to use herbal plants to reduce side effects and provide relief from acne issues. The knowledge on plants including German chamomile, calendula, licorice, green tea, and Eastern purple coneflower is highlighted in this review. Witch hazel, tulasi, turmeric, neem, and aloe vera. Additionally, this research focuses on the brief history of acne, the taxonomical classification of plants, their morphology, and the chemical ingredients of plants that have anti-inflammatory and anti-acne properties. cleansing, moisturizing, antimicrobial, and antioxidant. This article covers the various ways that plants can be used as home medicines.*

Keywords: herbals, skin, acne, natural cures, and acne vulgaris

