

Acne

What is Acne?

Acne is a skin condition that occurs when the hair follicles become plugged with oil and dead skin cells. Acne most commonly appears on the face, neck, chest, back and shoulders.

Signs & Symptoms

Blackheads, pimples, whiteheads and pus-filled cysts form on the face, shoulders, upper back and chest, which becomes sore and inflamed. The affected skin is greasy or oily.

Complications

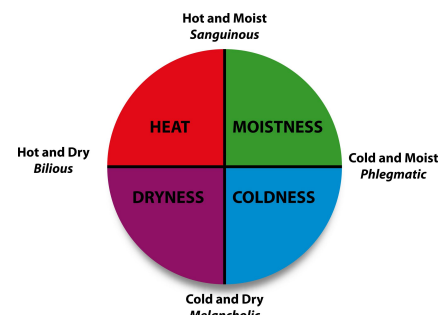
Scarring is a common complication of acne.

What Causes Acne?

During puberty, a natural increase in hormone production occurs, which stimulates the over-production of sebum (an oily substance which protects the skin). This in turn leads to clogged pores. People with an oily skin, or who consume junk food like chocolates and deep fried foods, are prone to acne. Stress can aggravate acne, but does not usually cause it.

The Tibb View on Acne

According to Tibb, acne results from excessive **heat** in the body. During adolescence a lot of heat is produced in the body, as this is a period of increased growth. This growth also leads to the increased production of hormones which causes more oil to be produced by the skin and can cause acne. A lifestyle that increases heat, from poor diet and increase stress, will further contribute to the development of acne. While most teenagers may suffer from mild to moderate acne individuals with a dominant/sub-dominant sanguinous temperament will be more at risk.



Management of Acne

Treatment and management is aimed at **reducing the excess heat** associated with acne, by implementing Tibb Lifestyle Factors that **increases the quality of coldness**. This assists Physis in addressing both the symptoms, and the causes of acne.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Moist foods** - such as carrots, cucumber, lettuce, and rice, **followed by Cold & Dry foods** - like citrus fruit, yogurt, fish and beans.
- Eat **less of Hot & Dry foods** – such as eggs, chickpeas, onion and chili, and the **least amount of Hot & Moist foods** – like sugar, white flour products, cheese, and mutton.
- Avoid heavily spiced foods, alcohol, fried and grilled foods.
- Limit the intake of sugary foods and drinks, as this serves to feed the causative bacteria as well as lowering the immune response. Stabilizing your blood sugar is important because spikes produce more androgens.
- Steamed fish should be preferred over red meat, as a high intake of saturated or hydrogenated fats contributed to acne formation; Adopt a low glycaemic diet which is rich in raw/steamed vegetables and fruits, and low in refined and processed grains.
- Nutritional deficiencies are a contributing factor to acne formation and high fibre helps to keep the colon clean. Add carrots, cucumber and lettuce to salads, as this will reduce the heat that causes acne; Add plain yogurt to salads to increase probiotic intake.
- Follow a fasting programme to allow Physis to restore healing by eliminating toxins.

Other Lifestyle Advice

- Take up a regular aerobic exercise programme, like walking, jogging or swimming.
- Carry out regular breathing exercises, preferably in the morning.
- Squeezing pimples aggravates acne. Avoid washing with hot water, as this can worsen your acne.
- Acute acne flare-ups can be relieved by dabbing with a clean sponge soaked in cold, milk-free rooibos tea.

Herbal Remedy

- Take a handful of washed coriander leaves and place them in a blender. Place the paste on a sieve to extract the juice. Add a pinch of turmeric powder and mix well. Apply this to the face every night.

Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes		
all small bird meat	bitter melon	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter flavourants	chilli sauce			spicy dishes		
	celery	grapes		hazelnuts			chickpeas	cinnamon		grape juice				mustard sauce	
	green pepper			pecan nuts			fenureek seeds	cloves, garlic		herbal teas				peri-peri sauce	
	leek			walnuts			gram flour	green/red chilli		(see herbs)					
	onion						mustard seeds	fenureek							
	red pepper						papad	lavender							
	yellow pepper							nutmeg							
										oregano					
										paprika					
					parsley										
				rocket, rosemary											
				saffron											
				tarragon											

Hot & Moist Foods

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buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes	
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran		
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks		
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli		
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas				vermicelli		nutri-k
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)						
turkey	turnips			wheat	fresh cream		marjoram							
				macaroni			mint, sage							
				dill seeds			soya sauce							
					thyme, turmeric									
					watercress									
					white pepper									