
Acupuncture Treatment For Acne Vulgaris

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Abstract : *Acne vulgaris is a medical condition that affects all people at some point in their lives, mainly adolescents, but acne may persist, begin or become more severe in adulthood. Acne affects mostly the face, but also can affect the back and chest. Acne is not a serious health problem but, it can result in scarring that is difficult to correct, long-lasting and detrimental psychosocial and physical effects. Teenage acne is associated with increased levels of hormones, whereas adult acne is associated with hormonal fluctuation. According to the Traditional Chinese Medicine (TCM) the main causes for acne are heat and dampness. As part of Chinese medicine, acupuncture is used for treating many conditions. It works by correcting the root cause of many conditions, including the causes of acne. The treated patient is 24 years old, female, diagnosed with acne vulgaris. The patient was treated with acupuncture in our clinic for TCM and acupuncture in Skopje, Macedonia. Acupuncture points that were used in the treatment are: Du20, Li20, Hn5, Pc6, Li4, Rn4, Rn12, St25, Sp10, St36, Sp6, Lv2, Bl25, Du5, Du6, Du7, Du8, Du11, Du 14, Gb20 and Ashi points on the face. After the 10th treatment her face was in better condition, with reduced inflammation and only old acne scars remained on her face.*

Key words: *acne, traditional Chinese medicine, acupuncture, treatment*

1. INTRODUCTION

Acne vulgaris is a common inflammatory disease of the pilosebaceous glands in the skin. [1, 2, 3] Oil glands make an oily substance called sebum. The pores on the skin and the glands are connected with follicles. Dead cells are eliminated on the skin surface by the oil, through the hair follicles. A pimple grows when the follicle of a skin gland clogs up with hair, sebum, and skin cells. [4, 5] There are three types of skin lesions: superficial, deeper and secondary lesions. Superficial lesions include: open and closed comedones (blackheads and whiteheads, sebaceous plugs impacted within follicles), papules (small, tender red bumps) and pustules (white or yellow "squeezeable" spots).

Deeper lesions are nodules (large painful red lumps) and pseudocysts (cyst-like fluctuant swellings). Secondary lesions include erythematous macules (red marks from recently healed spots, best seen in fair skin), excoriations (scratched or picked spots), pigmented macules (dark marks from old spots, mostly affecting those with dark skin) and scars or various types. [6, 7] *Fen ci* is Chinese name for acne vulgaris, it means white thorns. Another common name for acne is *Cuo chuang* (pimples). According Chinese medicine acne vulgares are caused by: natural endowment repletion or insufficiency, stirring of ministerial fire due to maturation, the cyclic waxing and waning of yin and yang in women, faulty diet, and emotional stress and frustration. The main causes for acne are heat and dampness. The existence of heat evils is reason for the red color of acne, while the white matter and pus indicate dampness and phlegm. Liver depression causes the heat which tends to be transferred to the upper body. When there is liver depression, spleen vacuity, or overeating of fluid-engendering foods, such as oils and fats, the phlegm is more pronounced. The phlegm or toxins may inhibit the free flow of qi and blood. Liver depression leads to depressive heat which can affect *yang ming* channels which are placed on the face where acne lesions often tend to cluster. White or black heads on the face around the cheeks, nose, and forehead are caused by lung heat. While, inflamed and cystic acne around the mouth are caused by stomach heat and dampness. Often in women acne is associated with the menstrual cycle. In this case the appearance of acne is result of qi and blood stagnation. Stress can be reason for this stagnation. [8, 9, 10] Acupuncture works to cool the heat, cleanse the lungs; to clear the heat, toxicity, stimulate the movement of qi, reduce inflammation, balance hormones, dampness from the stomach and also work externally on the healing process and help you relax. [10, 11, 12]

2. CASE REPORT

The treated patient is 24 years old woman with facial acne, mostly on the cheeks. She had the problem around 4 years. She is in good general condition, with regular menstrual period and normal hormonal status. Before the acupuncture

treatments she used natural teas. The first treatment was done on 5th July 2016 in a clinic for TCM and acupuncture in Skopje, Macedonia by a doctor specialist in acupuncture, on a room temperature, with duration of 35-40 minutes. The treatments were done every week until 6th September 2016. After the 10th treatment her face was in better condition, with reduced inflammation and only old acne scars remained on her face. After the 10th therapy she made a two weeks pause and we continued with the treatments once monthly. Until July 2017 she has made 19 therapies and her face is in very good condition without the presence of acne. In the treatments were used fine sterile acupuncture needles, for single use, produced by Wuijuiang City Medical & Health Material Co., LTD, size 0.25 x 25mm. Acupuncture point that were used in the treatment are: Du20, Li20, Hn5, Pc6, Li4, Rn4, Rn12, St25, Sp10, St36, Sp6, Lv2, Bl25, Du5, Du6, Du7, Du8, Du11, Du 14, Gb20 and Ashi points on the face. Ashi points were inserted into the papules and nodules on the face.

Acupuncture as a form of medicine, is effective, side-effect free treatment for acne. Acupuncture use hair-thin sterile needles to stimulate specific points on the skin called acupoints. With this stimulation, acupuncture corrects the root imbalance causing the acne. Which point will be treated depends on the factors that are causing the acne. [10, 11]

3. CONCLUSION

General acupuncture point treatment and ashi treatment is effective way to solve problem with acne. The treatment helps the whole body, reducing the inflammatory lesions, balancing the hormones, cleaning the toxins and helping to relax. Acupuncture gives very satisfying results in the treatment of acne and improves the quality of life.

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