

Acne **(Pimple, Muhaase)**

DR.AJAY GUPTA

An E-Book (English)

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Acne (Pimple, Muhaase)

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Acne (Pimple , Muhaase)

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As every author wishes to know how his readers felt about the book, please let me know and give me suggestions to change it and make it better . I admit that I am not great, but I would love to do some wonderful things for this world. Please let your colleagues know about this book. This E-book is a not for profit initiative but for spreading knowledge . I have taken a few pictures from internet and I am thankful for that. Care has been taken to confirm the accuracy of the information. However the author, editor and publisher are not responsible for errors or omissions and make no warranty, expressed or implied, with respect to the currency, completeness, and accuracy of content of the book. Once again, I am thankful to all those who are directly or indirectly related to publishing of this small E-Book.

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Dr. Ajay Gupta, Durg, INDIA.

Dedicated to

LORD KRISHNA

**OM NAMO BHAGWATE VASUDEVAY(HINDI)
(Chanting of this mantra will give you
internal power)**

**I prepared this book to say thanks to Lord
Krishna for selection of my son in
BITSAT**

**May
Lord
Krishna
bless you**

lord krishna



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PREFACE

I treat a lot of acne patients in my clinic. Acne is not considered as a disease but as a sign of adolescence. Almost every one suffers from acne once in their life time. Teenagers tease or scratch acne which creates scars on their face and body.

I wrote this book when my elder son appeared in BITSAT-2015 examination. I waited outside for three hours and during that period I wrote this book which is a good example of time management . My opinion is that everybody should do some social work.

I think that few people will read preface but I feel that through preface, every reader should understand the message of Author. After reading preface I request all my readers to engage in some good social work.

Please tell your colleagues about this book and my website.

Dr. Ajay Gupta.

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What is Acne (For common man) –

Acne is a small raised lesion on the skin due to blockage of oil glands of the skin . Medically it is known as 'Acne', In English 'Pimple' and in Hindi 'Muhase' . (it is difficult to explain this medical condition in regional language) . It has four types of lesion : white head , black head , pustules and nodules. Classification of acne is done according to type of lesions i.e. Grade – 1 (Mild) ,Grade -2 &3 (Moderate) and Grade-4 (Severe).Acne is a common occurrence in males between the age of 15-25 years but it may also occur in 50-60 years . In females usually it occurs 2-3 years earlier than males. In males severity is more as compared to females.

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What is Acne (Medically)

- Acne is chronic (Long term) disorder of Pilosebaceous (Oil Gland of Skin) unit due to inflammation and infection .It leads to Comedones (black head) Papules (White Head) ,pustules (Pus inside acne) and Nodules (Big lesion) .Acne not only affects face but also affects chest, back ,neck ,arms and shoulders .Acne can occur at any age but usually it starts at age of 11 – 13 in females and 13 – 15 in Males. Females are more affected than males but severity is more in the latter. Scars are also more common in men. Usually acne has no symptoms of any known disease.

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Causes of acne

When a child grows to become an adolescent , certain hormones are secreted that lead to increase in the size of oil glands but their pores remain small and they are more prone to blockage and infection and that forms raised lesions known as acne or pimples. Hormonal changes, irregular MC , Drug (oral or topical) cosmetics, cosmetic procedure , irregular life style and faulty food habits are some among the many factors which are responsible for acne.

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Types of Acne -

Acne can occur at any age .At a very young age it is called neonatal or infantile acne and in old age it is known as Senile Acne. Common types of acne are –

1.Acne Vulgaris - This is known as common acne and it can occur in any part of the body but face is the common site. It is Usually asymptomatic .Some lesions are red and yellow which are known as White heads and some are black which is known as Black Head.

2. Acne Conglobata – This is a severe form of acne vulgaris . In this type of Acne few small lesions merge and form big lesions and after subside usually leaves scar.

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Types of Acne -

3. Acne Venenata – This usually occur to those people who work in petroleum , coal , tar and rubber factories . This is also known as occupational acne.

4. Acne Medicamentosa – Certain drugs like pain killer , Anti-cold and Steroid topical or oral , leads to this kind of acne .

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Acne Grade - 1



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Acne Grade - 2



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Acne Grade - 3



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Acne Grade - 4



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Acne on Chest



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Acne on Shoulders



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Acne on Back



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Acne in arm



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Nodulocystic Acne

In this acne 3-4 acne unite and form a big lesion . Very difficult to treat and usually leaves scar.



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TREATMENT OF ACNE

1.Non Drug Therapy

2.Drug Therapy

3.Adjunctive Therapy

3A . Intralesional Steroids

3B . Acne Surgery

3C . Laser

4 . Treatment of Scar –

a. Microdermabrasion

b. Derma roller

c. Filler

d. Dermabrasion

e. Plastic Surgery

f. Laser

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TREATMENT OF ACNE

Treatment of acne depends upon many factors like...

Age

Gender

Working Conditions

Types of skin

Associated Diseases

Types of Scar

Grade of Acne , etc.

So don't go for self treatment and don't follow treatment of your colleagues . Let the doctor decide.

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TREATMENT OF ACNE

NON DRUG THERAPY – DO'S & DON'TS

DO'S

- 1. Wash your face 2 – 3 times daily.**
- 2. Steaming your face for 1-2 minutes once or twice a month.**
- 3. Regular Exercise.**
- 4. Regular intake of water.**
- 5. Timely and proper food.**

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TREATMENT OF ACNE

NON DRUG THERAPY- DO'S & DON'TS

DON'TS

- 1.Avoid soap and use face wash.**
- 2.Avoid Steroid Cream over face**
- 3.Don't put any sort of cosmetic and avoid cosmetic procedure.**
- 4.Avoid oily and fried food.**
- 5.Avoid Chocolate , biscuit , tea and coffee.**
- 6.Avoid Self Medication.**
- 7.Avoid teasing of Acne.**
- 8.Avoid Prescription of your colleague.**

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Acne Scar-

There are many types of scars like pitted ,depressed , Box scar, Small size ,Big Size etc. Treatment is depended according to types of scar , color of skin and types of skin , age , gender etc.



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TREATMENT OF SCAR

Scars can be reduced by many procedures but let the doctor decide what is the best for you. Few common procedures are

- a. Microdermabrasion**
- b. Derma roller**
- c. Dermabrasion**
- d. Fillers**
- e. Plastic Surgery**
- f. Laser**
- g. Light Therapy**

Laser is useful for both treatment of acne and scar. Laser is safe if handled by professionals .Not recommended during pregnancy. Multiple sittings are required.

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TREATMENT OF SCAR

Dermabrasion is surgical process not very common nowadays.

Derma roller is a good procedure and requires multiple sittings .

Fillers are inert substances injected inside the scar but it is expensive and may require repetition after some time.

Plastic surgery is also expensive results are variable . It has a variety of techniques to reduce scars.

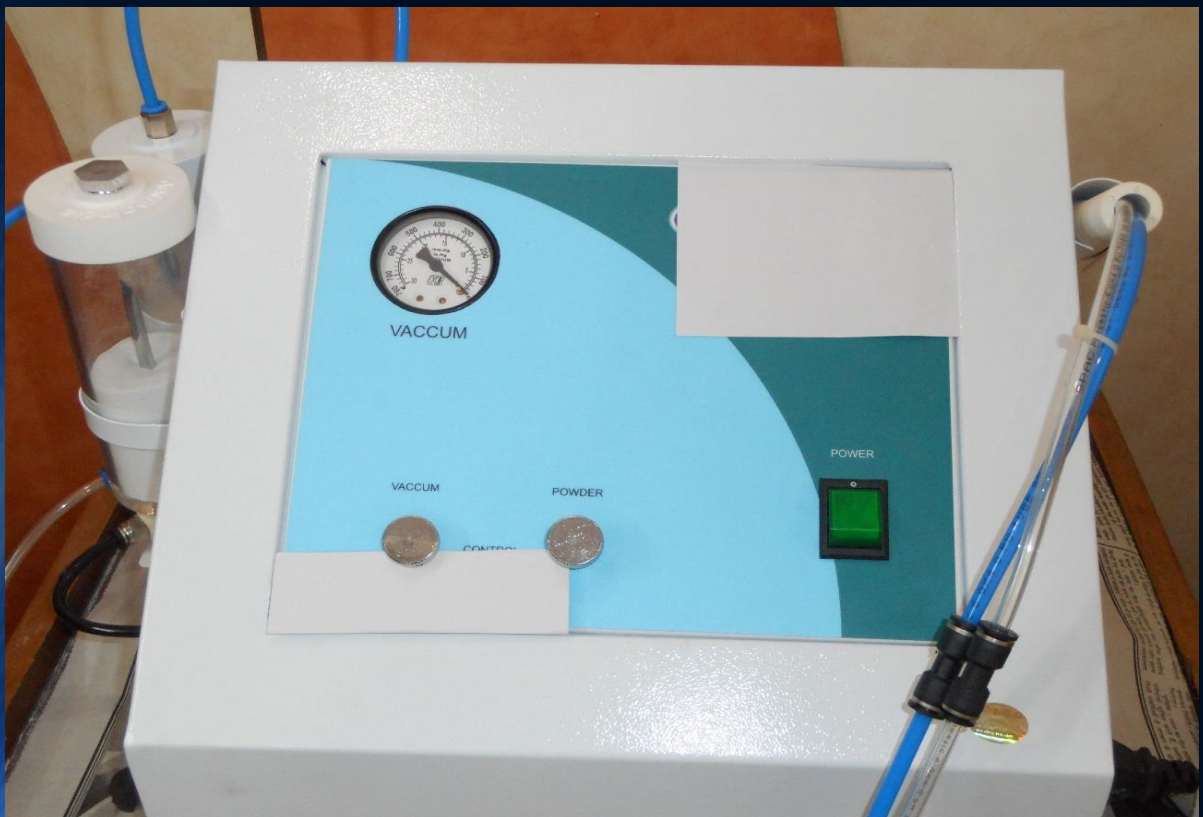
In all these procedures result are 50-60 percent which may be little more or less depending upon many factors. One of them is patient compliance.

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MICRODERMABRATOR

This machine is used for treatment of scars of acne . Process is mechanical ,Usually free from most side effects and safe during pregnancy and lactation . Multiple sittings are required.



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IPL-

For common people this is one variant of Laser and useful for treatment of acne and dark pigmentation after acne . It is safe when handled by professionals. Not recommended during pregnancy . Multiple sittings are required .



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Follow-up

Whenever you have acne take advice from your doctor and follow the treatment regularly and when your acne subsides, don't stop treatment without consulting your doctor. Acne can occur at any age but usually continues up to the age of 25 . There is no need to take medicine up to the age of 25 but follow the precautions and instructions given by your doctor. Some times in spite of all precautions you may have new eruption , in that case doctor may prescribe some medicines , which you can use on and off. After completion of treatment you can consult your doctor at 3 - 6 month interval.

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Lastly.....

First of all I am thankful to Lord Krishna whose blessings helped me to prepare this book. I am thankful to my patients who allowed me to take their photograph ,thankful to my family , Anandi computer and all of you .This small e-book is for increment of your knowledge , not to make you an acne specialist. You must take opinion of your doctor for your treatment. Your feedback will motivate me and help me to improve my work.

Once again I am grateful to Almighty and all the people who directly or indirectly helped me to prepare this e-book.

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