Herbal remedies on post acne hyperpigmentation


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ABSTRACT

One of the most prevalent skin problems is acne. Nearly all teenagers are affected, and up to 41% of adults may still have the condition. Regardless of skin tone, pigmenary consequences are significant cosmetic concerns for all patients, and they may cause the patient greater problems than the primary skin disorder did. Darker skinned people appear to have a higher likelihood of pigmentary disorders, which should be taken into account while examining these patients. Even mild to moderate acne might result in post-acne hyperpigmentation. Acne with hyperpigmentation manifests as dark patches or blotches on the skin. There are many cosmetic products available in the market that reduces hyperpigmentation, but it is best to look for herbal remedies that reduce dark spots. The aim of this study is to determine the importance of herbs for the treatment of post acne hyperpigmentation.

Keywords: Acne; hyperpigmentation; herbal remedies; hyperpigmentation.

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INTRODUCTION

Acne hyperpigmentation is when a dark area develops on the skin after pimple has cleared up. All skin types may develop these black spots, but those with darker skin tones are more likely to do so. African Americans, Hispanics, Asians, Native Americans, Pacific Islanders, and those of Middle Eastern heritage all have a higher chance of having hyperpigmentation acne. Although pigmentation may eventually diminish, if the initial lesions were deep, they might stay there permanently. So it is important to use herbal remedies for treating this. [4]

Causes: Once a person develops hyperpigmentation acne, some external factors, such as sun or UV light exposure, may aggravate its appearance. Because the skin produces extra melanin when a pimple is active, dark spots may develop on the skin after it heals. The pigment melanin is what gives skin its colour. It is possible for the skin to appear tan, brown, or dark brown when melanin is produced excessively in one area or patch on the surface of the body. Some immunological and inflammatory components can increase melanin synthesis. Prostanoids, cytokines, chemokines, and reactive oxygen species are possible contributing variables. [3]

The dermis is where some acne lesions with hyperpigmentation can develop. Deeper lesions will have a blue-gray appearance and may become permanent. When hyperpigmentation acne first appears, exposure to the sun or UV rays or other environmental factors may make it worse. [1]

Symptoms: Post-acne hyperpigmentation typically appears as a flat region of skin darkening. Depending on the severity of the discoloration and the tone of your skin, it may appear white, pink, red, purple, brown, or even black.

Treatment

Aloe vera: Aloin, a naturally occurring depigmenting substance found in aloe vera, has been demonstrated to lighten skin and function well as a nontoxic hyperpigmentation therapy.

a. Before going to bed, apply pure aloe vera gel to pigmented areas.

b. The following morning, rinse with warm water.

c. Keep doing this regularly until your skin’s tone improves. [4]
Red onion: Some commercially available skin and scar lightening lotions contain red onion (Allium cepa) extract as an active ingredient. According to studies, red onion skin that has been dried can effectively lighten skin. [4]

Green tea extract: [4] When applied to the skin, green tea extract may have a depigmenting effect.

- Let a green tea bag brew for three to five minutes in boiling water.
- Take out the tea bag from the water and let it to cool. Avoid burning your skin.
- Apply the tea bag to your dark spots.
- Continue doing this twice daily until you see results.

Soy: This cure works well to brighten skin. Soybean is beneficial for acne-related post-inflammatory hyperpigmentation. To obtain the essential advantages, you can include soy in your diet. [5]

Rice Water: One of the key components in many Asian skin and hair treatments is this. The rice water gel and cream compositions provide a skin-lightening effect. Hyperpigmentation can be effectively treated with rice water. Use of rice water is possible in a variety of contexts.

1. After massaging your skin with rice water, rinse it off with water.
2. You can also use a thick piece of tissue paper to produce a face mask by soaking it in rice water and applying it as a sheet mask.
3. Rice water can be used as a toner by placing a tiny amount on a cotton pad and applying it gently to the face and neck. [5]

Turmeric: The management of hyperpigmentation benefits from using this home treatment. You may produce a turmeric face mask to apply on your skin. You can make the face mask by combining tiny amounts of Greek yoghurt, honey, and turmeric. The mask can be worn for 15 minutes before being removed with water. [6]

Pomegranate: Hyperpigmentation can be treated using pomegranates. Pomegranate can be used as an exfoliating mask by crushing a handful of the seeds. A gentle massage is essential to avoid irritating the skin. Pomegranate skin oil is an additional option. Only after cleansing and toning, but before moisturising, should you apply the oil. [7]

Grape Seed Oil: Vitamin E and C, two powerful antioxidants, are abundant in the oil made from grape seeds. Antioxidant advantages are helpful in treating hyperpigmentation. You can use pure grape seed oil as a serum on your face before night to use grape seed oil. To reap the advantages, add a few drops of seed oil to your moisturiser or cream.

Combine lavender essential oil with grape seed oil. Only a few drops of essential oil should be combined with grape seed oil. [7]

Avocado mask: Fatty acids, vitamin C, and oleic acid are all found in avocados. Avocados are a fantastic natural treatment for hyperpigmentation because of their ingredients.
Usage: Apply the paste-like mixture to the troubled regions after combining the avocado, milk, and honey. After letting it dry, wash it off with lukewarm water. Use the mask once daily to help any pigmentation marks fade. [7]

CONCLUSION

Given the expanding range of natural options for effective treatment of skin hyperpigmentation, this review thoroughly summarises the status of plants and natural items already used in skin-whitening cosmetics as well as possible candidates for future usage. For cosmetic formulators and dermatologists interested in naturally derived components for the treatment of skin hyperpigmentation and in accordance with consumers’ preferences and expectations for natural cosmetic goods, biological activities of plants and natural extracts are therefore available. The use of plant-based active ingredients to enhance skin radiance is growing in popularity. This is owing to a number of benefits including less side effects, improved patient tolerance, being relatively less expensive, and being accepted due to a lengthy history of use. People therefore prefer using herbal or natural skin lightening agents since they believe they are safer than synthetic ones. Herbal remedies are frequently regarded as milder, safer, and healthier, so developing herbal products with established efficacy is of utmost importance to the cosmetic business.

REFERENCES