

## Acne Medicine Ingredients

Acne is an inflammatory ailment of the skin; which is caused by modifications in the sebaceous glands of the. Acne lesions are generally referred to as pimples or zits. More often than not it is those with oily skin that suffer from acne. Modern and natural science has offered a lot of solutions and medications to ease or heal acne. These medicines are of different types. Some are applicant medicines like ointments, gels or creams that can be applied directly on the acne affected area. These medicines contain ingredients that suppress the outward physical symptoms of acne and heal the area, mostly temporarily. Some other medicines are to be orally administered. They directly have an influence on the sebaceous gland, the alterations in which are the root cause of the acne in the first place. These kinds of medicines have more of a healing effect on the acne. There are many allopathic medicines that have chemical ingredients that can work on acne. These chemical ingredients are an integral part of orally taken medication or even applicant medications. However, because of these chemicals a lot of other reactions can be caused in a person's body and hence, many people prefer herbal and natural medicines to chemical ones. Herbal acne medicines contain natural and homemade ingredients that do not cause any reactions or problems to the consumer. Aloe Vera is a common ingredient in herbal and natural acne medicines as it contains number of nutrients and beneficial compounds including minerals, amino acids and vitamins which effectively heal inflammation of the skin. Vitamin E is also a major ingredient of these alternative medicines as it is considered as an anti-oxidant. Thus, we see that the ingredients of the acne medicine play a very important role in the effectiveness and healing properties of the medicine itself.

## About the Author

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