Article Side

Is There Any Effective Herbal Remedy for Acne, Pimples? by Peter Filinovich

Article published on January 25th 2012 | Acne

Pimples are skin inflammations formed due to the infection of sebaceous glands with bacteria. It is commonly seen in body parts like face, shoulders, back and chest. According to the appearance, pimples are mainly divided into different types as papules, whiteheads, blackheads, cysts, pustules and nodules. Pore blockage, over washing of face, excess of starch intake, irregular hours of eating and sweating are some among the common causes giving rise to the risk of pimples. Today, you can find several herbal products for controlling acne, pimple formation. Herbal remedy is found to be as a safe cure for preventing this skin problem. Best herbal remediesare completely free from harsh chemicals and induce zero adverse action on user. Use of good herbal medicine not only cures acne, but also helps in preventing other skin disorders like psoriasis, eczema and canker sores. Following are some among the effective herbal remedies for acne, pimples.

Applying a mixture of turmeric powder and mint juice on affected area is found to be as a safe and effective cure for acne, pimples. This herbal cure is well known for its anti-inflammatory, antibacterial, antiseptic and soothing properties. You can also use lemon juice instead of mint juice for preparing this herbal cure. Turmeric powder can be used both internally and externally. Topical application of turmeric powder on affected area prevents bacterial infections and cures acne trouble. Apart from preventing acne, this treatment also helps in removing acne scars from body. In order to achieve best result, it is advised to intake warm milk added with turmeric powder twice per day.

Wheat grass juice is one among the effective herbal remedies for acne, pimples. It has been used for centuries for the treatment of skin problems. Detoxification property enriched in wheat grass juice fights against bacterial infection and reduces pimple formation. Apart from drinking wheat grass juice, patients are also advised to follow a healthy lifestyle by consuming nutritive diet and practicing regular exercises. Nutrients present in wheat grass juice nourish skin cells and prevents the risk of infections. Essential compounds present in wheat grass juice include vitamin A, protein, 17 amino acids and vitamin E. It removes acne scars and improves complexion of person.

Topical application of ripe tomato paste on affected area is an effective herbal remedy for acne, pimples. In order to achieve best result, it is also recommended to apply a mixture of aloe vera and tomato paste on affected area. People suffering from acne are advised to drink at least 8 to 10 glasses of water per day. It is advised to avoid smoking and alcohol consumption. People suffering from acne troubles are also advised to include food items like carrot, oranges and pumpkin in their diet. Applying a mixture of groundnut oil and lime juice on acne area is another herbal remedy for acne, pimples. Apart from preventing acne, application of this mixture also helps in curing acne scars. Other herbal remedies for curing acne troubles include lettuce leaves, fenugreek leaves, powdered pomegranate skin and chamomile tea.

Article Source:
http://www.articleside.com/acne-articles/is-there-any-effective-herbal-remedy-for-acne-pimples.htm - Article Side

Peter Filinovich - About Author:
Read about a Acne Herbal Treatment. Also know useful a Hemorrhoids Herbal Treatment. Read effective a High Blood Pressure Herbal Treatment.

Article Keywords:
herbal remedy for acne, herbal remedy for pimples, acne herbal remedy, pimples herbal remedy, acne remedy, pimples remedy

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!