

An Assessment on Acne in Young Women in the Age Group of 18-25 Years A Study from Tamilnadu, India

Dr. R.Anusha¹, Dr. P. Allwin Christuraj², P. Sibiga Dharshini³, S. Madhumithra⁴, S. M. Nandana⁵

1. Professor, Department of Naturopathy, Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital, Kulasekharam,(T.N.) India.
2. Professor, Department of Massage and Aromatherapy, Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital, Kulasekharam,(T.N.) India.
3. Medical Student, Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital, Kulasekharam,(T.N.) India.
4. Medical Student, Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital, Kulasekharam,(T.N.) India.
5. Medical Student, Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital, Kulasekharam,(T.N.) India.

Abstract:- Acne vulgaris is the condition affecting the pilosebaceous unit, which results in noninflammatory, inflammatory, and variable degrees of scarring lesions. Significant morbidity from acne is linked to psychological disorders like anxiety, sadness, and low self-esteem, as well as lasting scars, all of which have a detrimental effect on quality of life. The study is being conducted on females between the ages of 18 and 25 at the Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital in Kulasekharam, Tamil Nadu, India. Verbal consent was gained when the study's goal was explained. This survey was completed by 30 participants. There are 30 questions on the survey. The parameters of the questionnaire included the following: digestive disorders, anxiety, skin infection, cleanliness of the face, and any infections. The study was stopped on female volunteers who were hesitant or uncooperative. The majority of women experienced sleep disturbances, boredom, pain, exhaustion, depression, and irritation at work. Their routines of daily living are not up to par. As a result, women require greater education regarding the significance of proper diet, skincare, personal hygiene, and sleep.

Keywords:- Stress, Skin Infection, Face Hygiene.

I. INTRODUCTION

One of the most common skin disorders affecting youngsters is acne. Adolescent age groups are prone to acne, a common inflammatory condition. It lowers the patient's self-esteem while not being a life-threatening illness. Acne vulgaris is a very prevalent condition. Typically, acne appears throughout puberty, but it can also appear late in the above thirties. Some people simply get spots or breakouts from mild acne, while others have severe acne that affects huge portions of their face and body. Significant morbidity from acne is linked to psychological disorders like anxiety,

sadness, and low self-esteem, as well as lasting scars, all of which have a detrimental effect on quality of life. Women might have variable degrees of severe acne at any age. Comedones, papules, pustules, cysts, and nodules are examples of acne lesions.

II. PATHOPHYSIOLOGY

Acne vulgaris is the condition affecting the pilosebaceous unit, which results in noninflammatory, inflammatory, and variable degrees of scarring lesions. Significant morbidity from acne is linked to psychological disorders like anxiety, sadness, and low self-esteem, as well as lasting scars, all of which have a detrimental effect on quality of life.

Acne lesions arise from four main pathogenic processes: follicular keratinization modification resulting in comedones; increased and modified sebum production under androgen control; Propionibacterium acnes colonization of follicles; and intricate inflammatory mechanisms involving both innate and acquired immunity. Acne pathogenesis is also influenced by genetics, a family history of severe acne, food, dairy consumption, environmental variables, occlusive cosmetics, and occupational exposures.

Acne in adult women has a particularly complicated etiology. The response of adult women's acne to hormonal treatments indicates that androgens are important, particularly when it comes to hyperandrogenism disorders like polycystic ovarian syndrome (PCOS) and when women with normal androgen levels use hormone-based therapies like oral contraceptives and anti-androgen medications. Androgen receptors on the sebaceous glands allow androgens to stimulate the production of sebum. Women can have variable degrees of severe acne at any age. Comedones, papules, pustules, cysts, and/or nodules are examples of acne lesions. Acne that continues into maturity after

adolescence is known as persistent acne. Acne that appears after the age of 25 is referred to as late-onset acne. The type and severity of the acne, the quantity of lesions, the anatomic location and extent of the acne, the patient's quality of life and other psychosocial metrics, and scarring should all be considered in acne grading systems.

III. MATERIALS AND METHOD

The study is being conducted on females between the ages of 18 and 25 at the Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital in Kulasekharam, Tamil Nadu, India. Verbal consent was obtained after the study's purpose was explained. This survey was completed by thirty participants. There are 30 questions on the survey. The parameters of the questionnaire included the following: medication, digestive disorders, anxiety, skin infection, cleanliness of the face, and any infections. The study was stopped on female participants who were unwilling or uncooperative.

IV. RESULT

The age range of the female respondents was 18 to 25. There are 30 women in total. Table 1.1 demonstrates that 80% of those with teenage acne are affected, while 20% do not have teenage acne. 66.66% of people have dandruff, whereas 33.33% do not have dandruff. 63.66% have pus oozing out of them, while 36.66% do not have this symptom. 66.66% of people with acne have bleeding, whereas 33.33% do not have bleeding. Possess an allergy 30% and 70% of people are allergy-free. 66.66% of the sample was distributed in the face, whereas 33.33% was not. 73.33% reported having pain, while 26.66% reported not having pain. 43.33% of people itchy, and 56.66% of people don't have itchy. Hand wash often (66.66%), and (33.33%) do not have the habit of hand wash frequently. 53.33% of people use a different towel, whereas 46.66% do not use a different towel. Nobody has ever taken hormone supplements.

Table 1 The percentage of acne in young females of age group (18-25) years.

S.NO	CONTENT	Yes%	No%
1	Do you affected with acne from teenage	80%	20%
2	Do you have dandruff	66.66%	33.33%
3	Is there any pus oozes out from acne	63.66%	36.66%
4	Do you have bleeding from acne	66.66%	33.33%
5	Do you have any allergy	30%	70%
6	Does it spread in your face	66.66%	33.33%
7	Have you experienced any pain	73.33%	26.66%
8	Do you have itching	43.33%	56.66%
9	Will you wash your hands frequently	66.66%	33.33%
10	Are you employing a different towel	53.33%	46.66%
11	Have you taken any hormone pills	NIL	100%
12	Do you eat junk foods	76.66%	23.33%
13	Are you working in chemical industry	NIL	100%
14	Will you follow the precautionary measures in working industry	23.33%	76.66%
15	Are you eating eggs frequently	33.33%	66.66%
16	Do you have any redness around the pimples	56.66%	43.33%
17	Have you frequently been exposed to sunlight	53.33%	46.66%
18	Are you working under high temperature	6.66%	93.33%
19	Are you feeling constipated	23.33%	76.66%
20	Will you drink 3 litres of water daily	63.33%	36.66%
21	Do you have pimples in any other parts of your body	36.66%	63.33%
22	Will you take more oily foods	53.33%	46.66%
23	Do you have stress	90%	10%
24	Do you have any other diseases	13.33%	86.66%
25	Will you frequently change your bed cover	60%	40%
26	Do you have lice in your head	46.66%	53.33%
27	Will you wash your hands frequently	53.33%	46.66%
28	Do you use any cosmetics	16.66%	83.33%
29	Do you squeeze pimples	46.66%	53.33%
30	Are you taking any medications	13.33%	86.66%

Consume junk food 23.33% and 76.66% of people do not eat junk food. Observe safety precautions when working in an industry 23.33% and disregard the safety protocols in the workplace 76.66%. Regularly consuming eggs, 66.66% and 33.33% do not regularly eat eggs. Redness surrounding the zits was 56.66% and the absence of redness surrounding the zits 43.33 percent.53.33% of them were exposed to sunlight frequently, whereas 46.66% were not. Operating in a hot environment, 93.33% and 6.66% are inoperable at high temperatures. Constipated 23.33% and not constipated 76.66%. Drink three liters of water every day, 63.33% and 36.66% do not drink three liters of water every day. Consume 53.33% more fattening foods and not more fattening foods 46.66%.10% do not have stress, and 90% have stress.60% should change the bed cover frequently; 40% not often.46.66% have lice in the head, while 53.3% do not have lice in the head.53.33% of people wash their hands frequently, whereas 46.66% do not. Apply any makeup 16.66% and 83.33%, no makeup is used. 53.33% of people do not squeeze their pimples, whereas 46.66% squeeze their pimples. Take any prescription drugs, 86.66% and 13.33% do not take any medication.

V. DISCUSSION

66.66% of those with acne are teenagers, and 80% of those with acne pus-erupting.66.66% of females experience bleeding from acne. Only 30% of people have allergies.66.66% of the face are covered in acne. 73.33% of females report being in pain.43.33% of females are itchy. 66.66% of women say they wash their hands frequently. The majority of women, 76.66%, eat junk food and 76.66% do not take precautions when working in industries. 33.33% of people eat eggs frequently.56.66% of females report having redness around their pimples on a regular basis.53.33% of females are exposed to sunlight more frequently. Consume 3 liters of water every day 63.33%.53.33% more women than men eat more fatty foods.90% of women experience stress. They frequently replace their bed cover with 60%. Hand wash frequently 53.33%. Squeezing of the pimples is 46.66%.

VI. CONCLUSION

It is determined that the majority of women experience sleep disturbances, boredom, pain, exhaustion, depression, and irritability at work. Their habits of daily living are not up to par. As a result, women require greater education regarding the significance of proper diet, skincare, personal hygiene, and sleep. To enhance the overall health and wellness of young female, future treatments should focus on these areas.

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