1. INCI Ingredients List.


2. Product Information.

Aknas Clear is a cosmetic, functional plant extract which combines the TCM principle of "holism, syndrome differentiation and overall treatment".

Aknas Clear has the following characteristics:
1) inhibition of 5 α-reductase activity to control and balance the sebum secretion;
2) inhibit the growth of acne related pathogenic bacteria in the hair follicles sebum and eliminate inflammation;
3) a good acne inhibition activity, improve skin acne conditions caused by the use of cosmetics;
4) through a three-way approach of
   (i) promoting penetration and absorption,
   (ii) unblocking pores, and
   (iii) inhibiting hair follicles keratosis, to enhance the efficacy of clearing acne.

3. Symptom [症].

Wang Bing (王莽), a famous TCM practitioner in Tang Dynasty (618-907 AD), said: "Zhānèng acne" grows in the skin, shaped like rice grain, or like a needle. After an extended period, it is turned to black, and about 3mm in length, the colour is white to yellow (suspected "Cuóè" (acne)). It appeared at the pore of the skin, which is commonly called powder sting (acne).

4. Theory [理].

The "Inner Canon of Huangdi" (黄帝内经) (403-221 BC) recorded that the incidence of acne is mostly related to wind, cold, dampness and heat, so the etiology and pathogenesis of acne are mostly explained as internal dampness accumulation, external evil accumulated on the surface, blood heat stagnation. It is also considered that sweating accumulates dampness, dampness evil accumulated on the skin surface, leading to the blockage of pores. When the vein and channel on the skin surface are blocked, resulting in evil Qi cannot be dissipated. Accumulations like these will then turn into heat, oily liquid to solidify and these obstructions will turn into acne. The above explanations are the first understanding of the pathogenesis of acne from TCM.

Chao Yuan Fang (巢元方) mentioned in his publication "General Treatise on Causes and Manifestations of All Diseases" (全效医学论) (518-619 AD) that, "a blister founded on the face is due to Qi produce heat and then into the blister, the size is about the size of rice or grain, and the colour is white." He reckoned the cause of acne is mainly related to heat wind. Blood heat stagnation caused by lung heat is an essential factor in the incidence of acne.

The etiology and pathogenesis of acne can be summarized as follows:
1) the Yang heat is already abundant and is still on the rise;
2) overfeeding spicy hot, fatty and strong flavour food can store a lot of heat at the lung and stomach, the wind heat dispere via the lung channel is blocked at the skin;
3) the wind heat evil invaded the skin surface;
4) the wet heat is accumulated inside, pores are blocked, which prevent the evil Qi from dissipating, in combination with fats and stagnation accumulation to form acne.

Therefore, to resolve the condition of acne problems, we need to address both inside and outside. External treatment should be to clear away heat and detoxification, dissipating of surface evil, clear the blockage of skin and hair, promote blood circulation and leave the blood cool.
5. Efficacy.

5.1 Clearing acne.

Fig. 1 Facial acne symptoms of the volunteer after 7 days of application of a 5% Aknas Clear cream.

5.2 Controlling sebum secretion.

Fig. 2 Inhibitory effect of different concentrations of Aknas Clear on 5α-reductase.

Fig. 3 Improvement on facial sebum secretion of volunteers after 7 days of application of a 5% Aknas Clear cream.

5.3 Improving hair follicle keratosis.

Fig. 4 Keratinization of facial hair follicles of volunteers after 7 days of application of a 5% Aknas Clear cream.

5.4 Inhibiting the growth of acne-related pathogenic bacteria.

Fig. 5 Bacteriostatic effect of Aknas Clear solution on five kinds of Acne-related pathogenic bacteria.

Note: Detailed information is available from the respective product manuals.

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