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The Countermeasure Against Acne Vulgaris
- A meeting point of dermatological, psychological and cosmetical treatment -

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Abstract

Acne vulgaris is one of so-called *psycosomatic diseases* and problems of the countermeasure against acne vulgaris contains not only that of dermatological treatment but also that of *psychological and cosmetical treatment*.

Recently the importance of psychological counselling is noticed in the treatment of acne vulgaris. Sometimes cosmetics give undesirable effects in the development of acne and also worsen them but, on the other hand, sometimes give favorable psychological effects by relaxing mental stress following good clinical effect.

From these points of view in the countermeasure against acne vulgaris, it seems very important that psychological and cosmetical counselling by dermatologist, not by special psychologist, will be needed in the treatment of acne vulgaris.

Key words: psycosomatic diseases; psychological and cosmetical treatment