

## The Bizarre Phenomenon Of The Results From Duplex Treatment With Excariotic And Exfoliating Agents In Cystic Acne In Conscript Young Men Who Present Highest Blood Testosterone Because Of Their Peculiar Lifestyle.

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**Abstract:** It is well acquainted that male hormones (both in man and in woman) are involved in the occurrence of manifold types of acne, especially ribelle or cystic, and it is interesting to notice that when cystic acne explodes in young men (who present a very high blood serum testosterone level) the sebum glands of these individuals become more and more sensitive to the same androgens, performing a vicious cycle that is almost impossible to combat. The only remedy hitherto recognized and appreciated (notwithstanding all the side effects) is tretinoin, taken orally or applied topically. In this study I wanted to demonstrate that pre-treatment with gentle excariotic agents (levulinic acid and zinc chloride) and treatment with mandelic acid at highest concentration can drive to complete remission of cystic acne. The awful resultance of the experiments made shows a very odd occurrence: the number of weeks the individual suffering from cystocacne corresponds to the number of morning erections. The study has been conducted on volunteers who are conscript (cadets of a Naval Academy), who cannot have a regular sexual lifestyle and for this present an abnormal testosterone level in blood.

**Keywords:** cystic acne, levulinic acid, zinc chloride, morning erections, mandelic acid.

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### I. Background

Testosterone is both directly and indirectly responsible for many types of acne. Inside the pores of male's skin there are particular glands producing sebum. Sebum helps to carry dead skin cells from the follicles to the skin's surface. When there is too much sebum, the follicles can get clogged, and pimples form. It is well acquainted that testosterone increases the production of sebum, and for this reason, the male hormone is the major acne culprit and when pimples grow infected by *Propionibacterium acnes*, almost every type of acne becomes cystic. With cystic acne, for reasons hitherto unknown, the skin's sebum glands become even more hypersensitive to excess male hormones and a vicious circle breaks definitively out.

Young men who are conscripted (men who are forced to live together in jails, cruise or military ships, barracks) and can not have regular sex intercourses with opposite sex do present testosterone blood serum levels extremely high (more than 1050 ng/dL, that is the maximal level in a safe 20-25 y. man). In this study I conducted directly on 14 volunteers (cadets of a Naval Academy in Italy, their age comprised between 19 and 22 y.) I have prayed the individuals to answer to a questionnaire, similar to the ADAM one apt to predict the testosterone serum pool in man avoiding blood withdrawal, but revisited by Freundlich and Najari (1), a series of questions that keep on account certain attitudes and sexual demeanor of the young individuals. Before to introduce the questionnaire it is better to explain some important factors that give reason of the real motive that justify the approximated evaluation of testosterone level in serum (expressed in ng/dL). It is known that a safe man under 50 y., who sleeps 7-8 hours pro night, can sleep without complications of insomnia or dispnea almost for the first 4 hours. During this time, testosterone levels grow inadvertently for the dormant individual, while after the 4th hour the excess of testosterone evokes dispnea and difficulty of a complete repose and relaxation (assence of muscle cramps, brain activity and so on).

So, a normal man who has normal blood testosterone levels, could not sleep well only the remnant 3 or 4 hours. Men who have highest testosterone levels, may incur insomnia and difficulty to have ease and restore during all the 7-8 hours, so that it is strictly necessary to have a real knowledge of how many hours the individual (endowed by high testosterone outfit) sleeps pro night.(2) Men endowed by a highest pool of testosterone in their blood, too often show penis arousal during the latest one or two hours, before awakening. (3) It exist a scale that is able to predict the approximated level of testosterone, knowing how many times pro week the individual wakes up in the morning with a penile erection (4,5)

Number of morning erections pro week	Approximated blood testosterone level (ng/dL)
7	About 1800
6	About 1700
5	About 1500
4	About 1300
3	About 1200
2	About 900
1	< 700
0	About 200-300

Besides, some A.A. assert that in the safe young man, after masturbation, (6) pregnenolone, dehydroepiandrosterone (DHA), androstenedione, testosterone, dihydrotestosterone (DHT), oestrone, oestradiol, cortisol and luteinizing hormone (LH) tend always to surge.

Other A.A. confirm that the action of watching porn pics or videos let cortisol decrease and cortisol suppresses the release of LH, and thus by the fact that cortisol decreases LH does augment. (7)

In male an abrupt elevation of the pool of LH makes he feels his breast nipples hard or rubbery.

As all mammalian males are capable to perceive oestrus in mammalian female, even men (8) can perceive when the woman is ovulating and therefore they grow more excited and feel testicles tingling very distinctly.

There are manifold fragrances (both natural and synthetic) that contains xeno-oestrogens.

A perfume, in the form of deodorant spray, commonly used and venerated by soldiers and detainees, is a fragrance that contains elevated percentages of vetyval acetate (vetyver), and its odour recalls oestrus or the smell of ovulation in female.

Finally, even alcohol consumption by the conscripts, may be kept in consideration:

modest quantities are aphrodisiac (even if do not augment the testosterone levels) though elevated quantities daily ingested may lower drastically (400-600ng/dL) the testosterone level.

And, after this preamble it is right to show the questionnaire, made up of 5 questions:

- 1) How many hours do you sleep in the night with no interruption ?
- 2) How many morning penile erections do you have pro week?
- 3) After watching at porn pics do you feel breast nipples rubbery or hard?
- 4) If you inhale strongly a deodorant containing vetyver, do you feel tingling at your testicles?
- 5) Do you drink alcohol every evening and in positive case, more than 1 liter of wine/beer or ½ liter of spirits or liquors?

## II. Materials and methods

I have recruited 14 volunteers (19-22 y.old) from a Naval Academy, all affected by cystic acne , characterised by redness and itching. Since from the first approach I had deduced they were not accustomed to have regulare sexual intercourses (two of these cases, idest B and O, have a fiancée , but since the difficulties encountered in finding places or rooms and especially time to have the serenity to make love, they declared to have only one or two copulations pro week).

It is important that sex should be made with a member of the opposite genre, since only by this way the chance of secreting edorphins is guaranteed and endorphins actually that are responsible of a skin cleansed and smooth so that insurgence of acne that could be become cystic is exorcised.

The 14 volunteers underwent to my questionnaire and they pretended it was a distraction or a simplest joke.

In the following five Tables , scores regarding each of every case are recorded.

**Table I:** How many hours do you sleep in the night with no interruption ?

Case	Number of hours the individual declares he can sleep pro night
A	3
B	6
C	2
D	3
E	4
F	1
G	3
H	2
I	4
L	3
M	2
N	1
O	5
P	3

**Table II:** How many morning penile erections do you have pro week?

Case	Number of penile erections pro week and consequent approx blood testosterone level	
A	6	1700
B	4	1300
C	6	1700
D	7	1800
E	6	1700
F	5	1500
G	7	1800
H	7	1800
I	6	1700
L	5	1500
M	7	1800
N	6	1700
O	3	1200
P	7	1800

**Table III:** After watching at porn pics do you feel breast nipples rubbery or hard?

Case	Presence of feeling of breast nipples tingling
A	yes
B	no
C	Yes
D	Yes
E	Yes
F	Yes
G	Yes
H	Yes
I	yes
L	yes
M	yes
N	yes
O	no
P	yes

**Table IV:** If you inhale strongly a deodorant containing vetyver, do you feel tingling at your testicles?

Case	Presence of feeling of testicles tingling
A	Yes
B	Yes
C	Yes
D	Yes
E	Yes
F	Yes
G	Yes
H	Yes
I	Yes
L	Yes
M	Yes
N	Yes
O	No
P	Yes

**Table V:** Do you drink alcohol every evening and in positive case, more than 1 liter of wine/beer or ½ liter of spirits or liquors?

Case	Lure of alcohol
A	No
B	No
C	No
D	No
E	No
F	Yes
G	No
H	No
I	No
L	No
M	No
N	No
O	yes
P	No

It is indisputable and overall accepted that a treatment via topical usage of exfoliating agents or tretinoin (0.05%) necessities of almost 12 weeks to behold a complete remission, with no scare or redness.(9,10)

In this study I pre-treated the young men by a solution of an exscariotic agent, Zinc chloride, at minimal dosage (1.5%, that is the maximal percentage admitted by the INCI) and levulinic acid, that besides to be considered as a natural plant acid, which helps to maintain the acid balance of products and the skin to increase resistance to microbial infection, is an exceptional skin conditioning agent as well.

The solution must be applied two hours before the treatment with another gel made up with xanthan gum (1.5%) containing mandelic acid at high dosage (12%, when exfoliating emulsions or lotions or scrubbing gels do contain only from 2% till 10% of mandelic acid).

The results are clear and do not need too many explanations: it is observable that higher is the blood testosterone level in the young man, major is the number of weeks of complete treatment (consisting in pre-treatment and the real treatment) to the complete remission that let to observe a smooth and cleansed face skin in cadets.

**Table VI:** number of weeks to achieve the complete remission of cystic acne in cadets, case by case.

Case	Number of weeks to obtain a full remission
A	6
B	4
C	6
D	7
E	6
F	5
G	7
H	7
I	6
L	5
M	7
N	6
O	3
P	7

### III. Discussions and conclusions

It could be considered awful and suggestive the odd fact that almost the cases need a number of weeks to complete remission from cystic acne equal to the morning erections.

It should be reputed even a very fancy and extravagant phenomenon.

Case O, the young man who has rare even if regular sexual intercourse with an individual of opposite sex, but who declares to drink almost every night and so his blood testosterone level is lower than the other companions, is the crystalline hypotyposis of all that I had chosen as chief scope of my study.

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