



Original Research Article

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CONSTITUTIONAL HOMEOPATHIC MANAGEMENT OF CHRONIC ACNE ROSACEA: A CASE REPORT FROM DR BATRA'S®

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Abstract

Background: Acne rosacea is a chronic inflammatory dermatosis characterized by recurrent erythema and inflammatory papules that significantly impair quality of life. Psychological stress, dietary triggers, and environmental factors frequently precipitate disease exacerbations, while conventional therapy often provides only temporary relief.

Case Presentation: A young female presented with chronic papular acne rosacea involving the cheeks, forehead, and chin for over five years. The disease began during prolonged mask usage in the COVID-19 pandemic and subsequently worsened following the death of her pet dog. Multiple conventional treatments produced only temporary improvement. Individualized classical homeopathic treatment was prescribed after detailed constitutional evaluation emphasizing characteristic mental generals, physical generals, clinical examination, repertorial analysis, and dietary modification based on food intolerance testing.

Results: Progressive reduction in erythema, papular eruptions, itching, frequency of relapse, and inflammatory activity was observed over successive follow-ups, with marked improvement in quality of life.

Conclusion: Individualized constitutional homeopathy, integrated with trigger avoidance and dietary correction, produced sustained clinical improvement in chronic acne rosacea managed at **Dr Batra's® Homeopathy Clinic**.

Keywords: Acne Rosacea, Classical Homeopathy, Natrum muriaticum, Psychodermatology, Food Intolerance, Constitutional Prescription, Chronic Inflammatory Dermatitis, Dr Batra's® Homeopathy Clinic.

Introduction

Acne rosacea is a chronic inflammatory disorder of the pilosebaceous unit characterized by recurrent facial erythema, papules, pustules, telangiectasia, and episodic flare-ups. Genetic susceptibility, ultraviolet exposure, psychological stress, dietary triggers, microbial dysbiosis, and immune dysfunction all contribute to disease activity. The chronic relapsing course often affects self-esteem and psychosocial well-being. Conventional treatment with topical metronidazole, ivermectin, oral antibiotics, and isotretinoin may reduce inflammation; however, relapses are common once treatment is discontinued.

Classical homeopathy emphasizes individualized constitutional prescribing by integrating mental characteristics, physical generals, disease susceptibility, and characteristic local symptoms. This report describes the successful constitutional homeopathic management of chronic acne rosacea following unsuccessful conventional treatment.

Case Profile

A young unmarried female presented to **Dr Batra's® Homeopathy Clinic** with complaints of severe papular acne over both cheeks, forehead, and chin since 4–5 years. The disease had a sudden onset during prolonged mask usage in the COVID-19 pandemic. The lesions were confined to the face and appeared predominantly as erythematous papules associated with itching and redness. Individual lesions persisted for several days before partially resolving, while new eruptions continued to develop.

The patient reported aggravation after sun exposure, consumption of non-vegetarian food, emotional stress, and around menstruation. There was no pain, discharge, seasonal variation, or family history of similar complaints. Facial skin was oily, and despite regular sunscreen, moisturizer, and serum use, the disease continued to relapse.

She had previously undergone multiple courses of conventional treatment with topical lotions and oral medications that produced only temporary improvement. She was not taking any medications at presentation.

Associated complaints included excessive facial hair growth for the previous two years. Menstrual cycles were regular but short (20-day cycle, 2-day flow), with occasional leucorrhoea. Obstetric history revealed one previous medically terminated pregnancy (G1P0L0A1).

Past History

- No major systemic illness.
- No significant surgical history.
- Previous allopathic treatment for acne with only temporary relief.

Physical Generals

Parameter	Findings
Appetite	Normal
Craving	Meat
Aversion	Vegetables

Thirst	Normal (1-2 L/day)
Perspiration	Scanty
Thermal State	Hot patient
Bathing	Prefers cold water
Sleep	Disturbed, unrefreshing (4-5 hours/day)
Stool	Regular and satisfactory
Urine	Normal
Menses	Regular, 20-day cycle, 2-day flow
Leucorrhoea	Occasional

Food Intolerance Assessment

FOOD INTOLERANCE TEST (FOOD IgG)

Name : Miss.Reena . **EnquiryId :** 110009041797

Gender : Female



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0-CONSUME	Rice, Corn, Semolina, Barley, Walnut, Soyabean, Chicken, Lamb, Pork, Kingfish, Mackerel, Broccoli, Carrot, Potato, Tomato, Onion, Brinjal, Cabbage, Banana, Olive, Black Current, Strawberry, Tea, Cucumber, Garlic
1-OBSERVE	Cashew, Peanuts, Cocoa Powder, Apple, Black Raisin, Ginger, Rye, Flax Seed
2-REDUCE	Oats, Wheat, Gluten, Chana Dal, Mung Dal, Almond, Prawn, Crab, Shrimp, Cow Milk
3-AVOID	Lentil, Tur Dal, Egg

Figure 1: Food intolerance assessment report.

Foods to Avoid

- Egg
- Tur dal
- Lentils

Foods to Reduce

- Oats
- Wheat gluten
- Chana dal
- Moong dal
- Almond
- Prawn
- Crab
- Shrimp
- Cow's milk

Dietary counselling emphasized elimination of highly reactive foods together with reduction of fried foods, excessive meat intake, and improvement in daily water consumption.

Life Space and Mental Generals

The patient belonged to a close-knit family consisting of her parents and an elder brother. She was born and brought up in Port Blair, Andaman, where she enjoyed a happy childhood with supportive parents and no major developmental stress. She completed her Bachelor's degree in English and was employed as a Data Analyst.

The most significant emotional event in her life occurred in 2021 following the death of her pet dog, to whom she was deeply attached. She described becoming socially withdrawn, remaining alone for prolonged periods, crying frequently, and overthinking the event. While narrating the incident during consultation, she became visibly emotional, indicating unresolved grief. Interestingly, the severity of acne noticeably increased after this event.

The patient described herself as extremely short-tempered, with violent anger triggered by trivial issues. During intense anger she occasionally picked up a knife, shouted irrespective of her surroundings, and later regretted her behaviour. Despite this, she remained emotionally sensitive and responded positively to consolation.

She preferred selective social interaction, generally remained reserved, and often desired solitude. She reported work-related stress and manageable financial concerns. Her fears included insects and large water bodies, believing she would die if she accidentally fell into deep water.

Her hobbies included travelling, cooking, and exploring new places.

Clinical Examination

General examination revealed multiple inflammatory papules distributed over both cheeks, forehead, and chin with diffuse erythema. Mild itching was present without pain or discharge. The skin was oily with post-inflammatory erythema but without nodulocystic lesions or scarring. Clinical examination was consistent with chronic papular acne rosacea.

Clinical Diagnosis

Chronic Papular Acne Rosacea with recurrent inflammatory exacerbations.

Case Analysis

The case demonstrated a chronic inflammatory skin disorder strongly influenced by emotional factors. Although local symptoms were significant, the constitutional portrait was dominated by unresolved grief following the death of a loved companion, desire for solitude, emotional sensitivity, violent anger, consolation amelioration, reserved disposition, craving for meat, scanty perspiration, and facial eruptions aggravated by sunlight and emotional stress.

The combination of mental generals, physical generals, food triggers, and characteristic local symptoms formed the basis for constitutional analysis.

Totality of Symptoms

Mental Generals

- Ailments after death of loved one.
- Reserved nature.
- Desire for solitude.
- Emotional and sensitive.
- Consolation ameliorates.
- Violent anger.
- Fear of insects.
- Fear of deep water.
- Work-related stress.

Physical Generals

- Hot patient.
- Scanty perspiration.
- Desire for meat.
- Aversion to vegetables.
- Disturbed unrefreshing sleep.
- Acne aggravated by sunlight.
- Acne aggravated by meat.
- Acne aggravated before menses.

Particulars

- Chronic papular acne rosacea.
- Facial erythema.
- Itching.
- Oily skin.
- Chronic relapsing course.
- Excess facial hair.

LSMC

The patient demonstrated moderate-to-high susceptibility, evidenced by chronic inflammatory acne of five years' duration with repeated relapses despite conventional therapy. The disease showed clear emotional and dietary aggravating factors and was associated with constitutional mental symptoms. Previous topical and systemic allopathic treatment produced only temporary suppression without altering disease tendency, suggesting an active constitutional disturbance. The predominance of chronic inflammation, recurrent papules, emotional causation, and persistent relapses indicated a predominantly Psoro-Sycotic miasmatic background.

Repertorial Totality

The following characteristic rubrics were selected for repertorization:

1. Mind – Ailments from death of loved ones
2. Mind – Company – aversion to
3. Mind – Anger – violent
4. Mind – Reserved disposition
5. Mind – Fear – large water bodies
6. Generalities – Desire for meat
7. Face – Eruptions – Acne
8. Face – Eruptions – Red
9. Face – Eruptions – Itching
10. Generalities – Light aggravates
11. Generalities – Heat aggravates
12. Perspiration – Scanty

Repertorization

Kent's Repertory repertorization placed the following remedies prominently:

Remedy	Result
Natrum muriaticum	Highest constitutional similarity
Causticum	Close differential
Nux vomica	Differential

Sepia	Differential
Staphysagria	Differential
Sulphur	Differential
Calcarea carbonica	Differential

Although several remedies covered the local pathology, Natrum muriaticum corresponded most closely with the complete constitutional picture, particularly:

- Ailments after grief
- Desire for solitude
- Reserved nature
- Emotional sensitivity
- Facial eruptions
- Desire for meat
- Scanty perspiration
- Chronic relapsing skin disease

Remedies	Calc.	Sep.	Flux.	Flux.	Flux.	Flux.	Calc.	Calc.	Calc.	Calc.	Calc.	Calc.	Calc.	Calc.	Calc.	Calc.	Calc.	Calc.	Calc.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	9	8	8	8	8	8	8	8	8	7	7	7	7	7	7	7	7	6	6
Intensity	13	18	17	15	15	15	14	12	9	13	13	12	11	10	10	9	8	11	10
Result	9/13	8/18	8/17	8/15	8/15	8/15	8/14	8/12	8/9	7/13	7/13	7/12	7/11	7/10	7/10	7/9	7/8	6/11	6/10
Clipboard 1																			
MIND - AILMENTS																			
FROM - death of loved ones	1		1	1	1	1	1	1	1		1		1			1	1	1	1
MIND - COMPANY	1	1	1	1	1	1	1	1	1	1	1	1		1	1	1	1	1	1
aversion to	1	1	1	1	1	1	1	1	1	1	1	1		1	1	1	1	1	1
MIND - ANGER - violent	1	1	1	1	1	1	1	1	1	1	1	1	1		1	1	1	1	1
GENERAL -	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
FOOD and DRINKS	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
meat - desire	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
PERSPIRATION	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
SCANTY SWEAT	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
FACE -	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
ERUPTIONS - acne	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
FACE -	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
ERUPTIONS - red	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
FACE -	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
ERUPTIONS - itching	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
GENERAL -	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
LIGHT. Hum. - wgs	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1

Figure 2: Repertorial chart showing remedy differentiation across selected rubrics.

Remedy Selection

Constitutional Remedy

Natrum muriaticum

Selected because the patient's constitutional picture strongly reflected:

- Ailments following grief (death of beloved pet)
- Silent emotional suffering
- Reserved disposition

- Desire to remain alone
- Consolation ameliorates partially
- Chronic facial inflammatory eruptions
- Emotional aggravation of skin disease

Acute Remedies

- Kali bromatum – active inflammatory papules
- Berberis aquifolium – pigmentation and post-inflammatory marks

Intercurrent Remedy

Pyrogenium

Administered during phases of inflammatory activity according to the evolving clinical picture.

Treatment Protocol

Medicine	Clinical Indication
Natrum muriaticum	Constitutional remedy
Kali bromatum	Active inflammatory acne
Berberis aquifolium	Pigmentation and complexion
Pyrogenium	Intercurrent during inflammatory phase

Treatment duration: 4 months

Clinical remission achieved: 3 months

Potency selection was individualized according to susceptibility, disease chronicity, and response at follow-up.

Follow-up Summary

Follow-up	Clinical Findings
Baseline	Severe papular acne, erythema, itching, active inflammatory lesions, frequent relapse
1 Month	Approximately 30–40% reduction in redness; itching persisted occasionally; dietary non-compliance noted
2 Months	Papules smaller; inflammatory activity reduced; water intake improved; fewer new lesions
3 Months	Marked reduction in erythema and inflammatory papules; overall facial appearance improved; relapse mild compared to baseline
4 Months	Stable improvement maintained; redness minimal; inflammatory lesions significantly reduced; patient reported improved confidence and quality of life

Transformation Table

Parameter	Before Treatment	After Treatment
Papular eruptions	Numerous active lesions	Markedly reduced
Facial erythema	Severe	Mild
Itching	Frequent	Occasional
Inflammatory activity	Persistent	Greatly reduced
Frequency of relapse	Frequent	Significantly reduced
New lesion formation	Continuous	Occasional, smaller lesions
Quality of life	Poor	Improved
Confidence	Low	Significantly improved



Figure 3: Face before and after treatment.

Discussion

Acne rosacea is a chronic inflammatory dermatosis influenced by neurovascular dysregulation, innate immune activation, microbial factors, ultraviolet radiation, dietary triggers, and psychological stress. Emotional disturbances are well recognized as precipitating and aggravating factors.

This patient demonstrated a strong psychodermatological relationship. The onset of persistent worsening following the death of her pet dog suggested unresolved grief as an important maintaining factor. Constitutional analysis revealed a characteristic *Natrum muriaticum* picture dominated by grief, emotional sensitivity, reserved disposition, and desire for solitude.

Individualized constitutional prescribing, together with acute support during inflammatory phases, dietary correction based on food intolerance assessment, trigger avoidance, adequate hydration, and lifestyle counselling resulted in progressive clinical improvement. The reduction

in erythema, inflammatory papules, itching, and relapse frequency was accompanied by improvement in self-confidence and quality of life.

This case illustrates the importance of treating both the constitutional susceptibility and external aggravating factors rather than focusing solely on local skin manifestations.

Conclusion

This case demonstrates successful constitutional homeopathic management of chronic acne rosacea using individualized remedy selection supported by dietary modification and lifestyle counselling. The patient experienced sustained reduction in inflammatory lesions, erythema, itching, and recurrence following four months of treatment, with maintenance of remission for three months.

A comprehensive approach addressing constitutional characteristics, emotional stressors, environmental triggers, and food intolerance may contribute to improved long-term outcomes in selected patients with chronic inflammatory skin disorders. Further prospective controlled studies are warranted to evaluate the role of individualized homeopathy as an integrative approach in acne rosacea.

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