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HOMOEOPATHIC MANAGEMENT OF ACNE VULGARIS WITH LONG-TERM REMISSION: A CASE REPORT AT DR BATRA'S

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Abstract

Background

Acne vulgaris is a chronic inflammatory disorder of the pilosebaceous unit affecting adolescents and young adults. Despite conventional therapies, recurrence, post-inflammatory hyperpigmentation (PIH), and psychosocial distress remain major concerns. Individualized homoeopathic treatment aims to address both constitutional susceptibility and cutaneous manifestations.

Case Presentation

A 15-year-old female presented with severe inflammatory acne vulgaris since 2019 involving the face, upper back, and shoulders. Lesions were erythematous, pustular, and healed with post-inflammatory hyperpigmentation. The condition was aggravated by dairy products and chicken. Previous management included prolonged allopathic treatment, oral contraceptive pills, chemical (salicylic) peels, and Ayurvedic medicines with only temporary relief. Constitutional evaluation revealed a confident, disciplined, studious girl experiencing significant academic stress and performance anxiety. Individualized homoeopathic treatment with *Pulsatilla nigricans* as the constitutional remedy, *Natrum muriaticum* during acute phases, and *Nux vomica* as an intercurrent remedy was prescribed.

Results

Over nearly four years of follow-up, inflammatory lesions gradually resolved, new eruptions ceased, oiliness reduced, post-inflammatory hyperpigmentation faded, and long-term remission was maintained. Hair density also improved after later treatment for associated hair fall.

Keywords

Acne vulgaris, Homoeopathy, Pulsatilla, Natrum muriaticum, Post-inflammatory hyperpigmentation, Case Report, Adolescents

Introduction

Acne vulgaris is one of the commonest dermatological disorders affecting adolescents. It results from increased sebum production, follicular hyperkeratinization, Cutibacterium acnes proliferation and inflammation. Although conventional therapy often provides temporary improvement, recurrence is frequent. Individualized homoeopathic management aims to reduce disease susceptibility while improving both local skin lesions and the patient's constitutional state.

Patient Information

Parameter	Details
Age	15 years
Gender	Female
Occupation	Student

Chief Complaints

- Severe inflammatory acne since 2019
- Multiple erythematous papules and pustules over face
- Acne over shoulders and upper back
- Post-inflammatory hyperpigmentation
- Oily skin
- Previous dandruff (improved)

Aggravating Factors

- Dairy products
- Chicken
- Academic stress
- Examination stress

Associated Complaints

- Mild epigastric pain
- Hair fall (developed later during follow-up)
- Oily scalp

Past History

- Three months of oral contraceptive pills
- Long-term allopathic treatment
- Three sessions of salicylic chemical peels
- Ayurvedic treatment

Family History

- Father had acne during adolescence

- Paternal relatives with acne-prone skin

Investigations

- PCOD ruled out
- Thyroid disorder ruled out
- Wood's lamp examination: Normal

Physical Generals

Parameter	Findings
Appetite	Good
Diet	Mixed
Bowels	Clear
Sleep	Sound
Menses	Regular
Thermal	Chilly
Cravings	Salty, sour, spicy
Aversion	Sweets
Thirst	Decreased

Mental Generals

- Studious
- Highly ambitious
- Wants to excel academically
- Performance anxiety
- Confident
- Bold
- Disciplined
- Emotional with mother
- Stress related to studies
- Fear before presentations
- Overthinks examinations
- Friendly but values personal space

Clinical Diagnosis

Acne Vulgaris

Differential Diagnosis

- Acne rosacea
- Folliculitis
- Perioral dermatitis

- Steroid-induced acne

Case Analysis

The chronic recurrent acne with marked academic stress, emotional nature, desire for company with personal space, disciplined temperament and constitutional characteristics indicated *Pulsatilla nigricans* as the constitutional remedy. *Natrum muriaticum* was prescribed during acute flare-ups, while *Nux vomica* was used as an intercurrent remedy to improve constitutional response.

Totality of Symptoms

Mental Generals

- Studious
- Performance anxiety
- Stress from studies
- Emotional with mother
- Confident
- Bold
- Disciplined
- Friendly
- Wants company but personal space
- Fear before presentations
- Overthinking examinations

Physical Generals

- Chilly patient
- Appetite good
- Desire salty, sour and spicy food
- Aversion sweets
- Menses regular
- Sleep sound
- Oily skin

Particular Symptoms

- Severe inflammatory acne vulgaris
- Papulo-pustular eruptions
- Oily skin
- PIH
- Acne over shoulders and back
- Worse dairy products
- Worse chicken
- Hair fall during later follow-up

- Oily scalp

Miasmatic Analysis

Predominantly Psoric with Sycotic Component

Psoric Features

- Chronic inflammatory eruptions
- Recurrent acne
- Functional skin disorder

Sycotic Features

- Oily skin
- Persistent papulo-pustular lesions
- Recurrence despite treatment
- Post-inflammatory pigmentation

Susceptibility

Moderate to High susceptibility with excellent response following individualized constitutional treatment.

Remedy Selection

Constitutional Remedy

Pulsatilla nigricans

Selected because of

- Emotional disposition
- Mild yielding temperament
- Desire for company
- Acne associated with hormonal influence
- Stress-related aggravation
- Good constitutional correspondence

Acute Remedy

Natrum muriaticum

Selected for

- Acne with oily skin
- Facial eruptions
- Chronic tendency
- Emotional stress

Intercurrent Remedy

Nux vomica

Used to improve constitutional response and remove treatment obstacles.

Medicine Given

- Pulsatilla nigricans
- Natrum muriaticum
- Nux vomica

Potency Selection

Potencies were selected according to:

- Chronicity of disease
- Severity of lesions
- Constitutional susceptibility
- Response during follow-up

Follow-up Summary

The patient was followed for approximately 46 months. Progressive reduction in inflammatory lesions was observed with each follow-up. New eruptions gradually stopped, oiliness decreased, and post-inflammatory hyperpigmentation faded significantly. Chemical peels and prolonged conventional medication were no longer required. During later follow-up, associated hair fall also improved with constitutional treatment and nutritional support. At the final follow-up, acne remained in sustained remission with no significant recurrence.

Outcome Assessment

Parameter	Before Treatment	After Treatment
Acne lesions	Severe	Completely resolved
New eruptions	Frequent	Nil
Oiliness	Severe	Minimal
PIH	Marked	Nearly resolved
Painful lesions	Present	Absent
Dandruff	Present	Resolved
Hair fall	Moderate	Minimal
Quality of life	Poor	Excellent



Figure 1.

Diagnosis

Acne Vulgaris

Differential Diagnosis

- Acne rosacea
- Folliculitis
- Perioral dermatitis
- Steroid acne

Medicine Given

- Pulsatilla nigricans
- Natrum muriaticum
- Nux vomica

Duration of Treatment

Approximately 46 months

Duration of Remission

More than 2 years with sustained remission and no significant recurrence

Brief Case Summary

A 15-year-old female presented with severe chronic papulo-pustular acne vulgaris involving the face, upper back and shoulders since 2019. She had previously received prolonged conventional treatment including oral medications, salicylic peels, oral contraceptive pills and Ayurvedic therapy with only temporary improvement. Individualized constitutional homoeopathic treatment led to gradual resolution of inflammatory lesions, disappearance of recurrent outbreaks, reduction of oiliness, marked fading of post-inflammatory hyperpigmentation and sustained long-term remission. Later associated hair fall also improved.

Learning from the Case

- Individualized constitutional homoeopathy can provide sustained long-term remission in chronic recurrent acne vulgaris.
- Management of constitutional susceptibility reduced recurrence despite previous treatment failures.
- Improvement extended beyond skin lesions to scalp health, hair density and overall quality of life.
- Long-term follow-up demonstrated stable clinical recovery without dependence on repeated conventional therapies.

Prognosis

Curable

Excellent prognosis because hormonal causes were excluded (PCOD and thyroid disorders ruled out), and the patient demonstrated excellent compliance with treatment and lifestyle recommendations.

Reason for Prescribing

Constitutional Prescription

The prescription was based on complete individualization, integrating mental generals, physical generals, modalities and local dermatological findings rather than the diagnosis alone.

Differential Remedies Considered

- Natrum muriaticum
- Sulphur
- Kali bromatum
- Berberis aquifolium
- Sepia

Health-Related Quality of Life (HRQL)

Following individualized homoeopathic treatment:

- Complete cessation of new acne outbreaks.
- Significant reduction in oiliness and post-inflammatory pigmentation.
- Improved self-confidence and body image.

- Reduced anxiety related to appearance.
- Better participation in academic and social activities.
- Marked improvement in overall dermatological and psychological well-being.

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