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SUCCESSFUL MANAGEMENT OF CHRONIC PAPULOPUSTULAR ACNE ROSACEA WITH INDIVIDUALIZED CLASSICAL HOMEOPATHY AT DR BATRA'S®

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Abstract

Background: Acne rosacea is a chronic inflammatory dermatosis characterized by recurrent facial erythema, inflammatory papules, pustules, burning, and cosmetic disfigurement. Conventional therapy frequently provides only temporary suppression with repeated relapses.

Case Presentation: A young male presented with chronic papulopustular acne rosacea since 2021 associated with recurrent painful pustules, papules, comedones, facial erythema, swelling, acne scars, burning, itching, and chronic constipation. Previous allopathic treatment provided transient improvement followed by relapse. A detailed constitutional homeopathic evaluation including mental generals, physical constitution, pathological characteristics, and miasmatic background guided individualized remedy selection.

Outcome: Progressive reduction in inflammatory lesions, erythema, swelling, pustule size, frequency of new eruptions, acne scars, and associated constipation was observed during one year of follow-up. Approximately 60–70% reduction in active acne and nearly 50% improvement in acne scarring were documented with sustained clinical improvement. Significant clinical transformation was achieved at **Dr Batra's® Homeopathy Clinic**.

Keywords: Acne rosacea, papulopustular rosacea, constitutional homeopathy, acne scars, individualized treatment.

Introduction

Rosacea is a chronic relapsing inflammatory disorder of the pilosebaceous unit characterized by persistent facial erythema, inflammatory papules, pustules, flushing, burning sensation, and recurrent exacerbations. Papulopustular rosacea often resembles acne vulgaris but differs in its

chronic inflammatory nature and frequent relapses. The disease has a significant psychological impact because facial lesions adversely affect self-esteem and social interactions.

Current conventional management includes topical metronidazole, azelaic acid, ivermectin, oral tetracyclines, isotretinoin, and laser therapy. Although these therapies reduce inflammation, recurrence following discontinuation remains common.

Classical homeopathy emphasizes individualized treatment based on constitutional characteristics, integrating mental disposition, physical generals, pathological findings, and exciting causes rather than treating the diagnosis alone. The present case demonstrates the successful constitutional management of chronic papulopustular acne rosacea at **Dr Batra's® Homeopathy Clinic**.

Case Presentation

A young unmarried male presented with complaints of **recurrent acne rosacea involving the face since 2021**.

Initially, small erythematous papules appeared intermittently over both cheeks. Over time, the lesions became progressively inflammatory, developing into painful pustules associated with marked erythema, burning sensation, itching, tenderness, and facial swelling. Multiple inflammatory papules, pustules, a few comedones, and residual acne scars were present over both cheeks and chin.

During the two to three months preceding consultation, the disease became increasingly active, with new lesions appearing every two to three days. Several lesions were cystic, painful, and occasionally bled following manipulation. The patient reported that facial swelling became prominent during acute inflammatory episodes.

The eruptions were aggravated by warmth. Previous allopathic treatment for one week resulted in temporary improvement, but lesions relapsed shortly after discontinuation.

Associated complaints included chronic constipation with hard stools, unsatisfactory evacuation, and intermittent gastric discomfort.

Past History

The patient had no significant systemic illness.

Childhood history revealed:

- Thin-built constitution
- Nail biting
- Worm infestation
- No history of pica
- No recurrent epistaxis

Family History

The patient belonged to Uttar Pradesh and shifted to Delhi in 2023.

- Father: Private insurance employee, healthy.

- Mother: Homemaker, healthy.
- One elder sibling.
- No significant family history of chronic dermatological disease.

Personal History

Parameter	Observation
Appetite	Normal
Thirst	Moderate
Desire	Sweets
Stool	Constipation, hard stool
Urine	Normal
Sleep	Normal
Thermal State	Hot patient
Tongue	White coated
Hands	Warm
Nails	Corrugated

Evolution of Mental State

The patient described his childhood as generally pleasant without major emotional trauma. Academically, he was an average student and maintained cordial relationships with teachers and classmates. Although he enjoyed company, he preferred interacting only with people whose interests matched his own. Forming new friendships was difficult because he found it hard to trust others.

He considered himself reserved and shy while meeting unfamiliar people, although he became talkative among close friends and family. His confidence remained low, especially in unfamiliar social situations. He admitted postponing responsibilities, procrastinating frequently, and described himself as somewhat lazy regarding daily routine. Despite this, he was practical regarding financial decisions and believed money was more valuable than power or fame.

The most significant emotional event in his life was a relationship breakup in **August 2023**, which he described as the saddest and most stressful period of his life. Although he did not openly express emotions, the experience remained deeply disturbing. Subsequently, beginning a new relationship in March improved his emotional outlook.

He generally suppressed anger rather than expressing it outwardly. Consolation aggravated him, and he preferred dealing with emotional situations independently. He enjoyed playing basketball and spending time in open air.

Overall, the constitutional picture reflected a reserved, emotionally guarded individual with selective sociability, low confidence, suppressed emotions, relationship sensitivity, procrastination, and chronic gastrointestinal disturbance.

Clinical Examination

General examination revealed a healthy young male with stable vital parameters.

Dermatological examination demonstrated:

- Multiple inflammatory papules
- Numerous pustules
- Few comedones
- Diffuse facial erythema
- Marked inflammatory swelling
- Tender cystic lesions
- Post-inflammatory acne scars
- Predominant involvement of left cheek and chin
- Oily facial skin

No systemic abnormality was detected.

Clinical Diagnosis

Chronic Papulopustular Acne Rosacea with Post-inflammatory Acne Scarring and Chronic Functional Constipation

Case Analysis

The case was analyzed according to the principles of classical constitutional homeopathy. Although the pathology represented chronic inflammatory acne rosacea, the prescription was based on constitutional individuality rather than diagnosis alone.

The disease had followed a chronic relapsing course for nearly four years with repeated failure of conventional treatment. Chronic constipation suggested an underlying disturbance of gastrointestinal function frequently observed in constitutional prescribing.

The emotional sphere revealed an introverted yet company-desiring personality with low self-confidence, selective friendships, difficulty trusting others, suppressed anger, aggravation from consolation, and emotional disturbance following relationship failure. These constitutional features assumed greater importance than the local pathology during remedy selection.

Physical generals including hot thermal state, desire for sweets, white-coated tongue, constipation, and gastric disturbance further completed the constitutional picture.

Homeopathic Case Analysis (LSMC)

Location

- Bilateral cheeks
- Chin
- Facial skin

Sensation

- Burning
- Pain
- Itching
- Swelling
- Redness

Modalities

Aggravation

- Warmth
- Recurrent inflammatory episodes

Amelioration

- Partial temporary relief after allopathic medicines

Concomitants

- Chronic constipation
- Hard stools
- White-coated tongue
- Low confidence
- Suppressed emotions

Evaluation of Symptoms

Mental Generals

- Reserved
- Selective company
- Difficulty trusting others
- Low confidence
- Consolation aggravates
- Suppressed anger
- Relationship disappointment
- Procrastination
- Laziness

Physical Generals

- Hot patient
- Desire sweets
- Constipation

- White-coated tongue

Particular Symptoms

- Papulopustular acne rosacea
- Burning
- Pain
- Itching
- Facial erythema
- Cystic lesions
- Acne scars
- Left-sided predominance

Totality of Symptoms

- Reserved personality.
- Desire for company but difficulty trusting others.
- Low confidence.
- Suppressed anger.
- Consolation aggravates.
- Emotional stress following relationship breakup.
- Procrastination.
- Hot patient.
- Desire for sweets.
- Chronic constipation.
- White-coated tongue.
- Papulopustular acne rosacea.
- Burning and erythema.
- Cystic painful acne.
- Post-inflammatory acne scars.

Repertorial Analysis

The case was repertorized using characteristic mental generals, physical generals, and pathological particulars. Greater importance was given to the patient's constitutional individuality than to the diagnosis alone.

Selected Repertorial Rubrics

Mind

- Mind – Company – desire for, yet selective
- Mind – Confidence – want of self-confidence

- Mind – Reserved disposition
- Mind – Anger – suppressed
- Mind – Consolation – aggravates
- Mind – Ailments from disappointed love
- Mind – Procrastination
- Mind – Suspicious / difficult to trust
- Mind – Timidity with strangers

Generalities

- Generalities – Heat – aggravates
- Generalities – Open air – desire for
- Generalities – Food – sweets – desire
- Generalities – Constipation

Face

- Face – Acne
- Face – Rosacea
- Face – Eruptions – pustules
- Face – Eruptions – papules
- Face – Redness
- Face – Inflammation

Skin

- Skin – Burning
- Skin – Itching
- Skin – Scars

Repertorial Result

The leading remedies obtained after repertorial analysis were:

- **Lycopodium clavatum**
- Natrum muriaticum
- Sulphur
- Pulsatilla
- Calcarea carbonica

Among these remedies, **Lycopodium** corresponded most closely with the patient's constitutional picture, gastrointestinal complaints, emotional profile, and chronic inflammatory skin condition.

Remedies	ars.	lyc.	sep.	aur.	dig.	nit-ac.	phos.	alram.	kali-br.	nat-s.	am-m.	apis.	cmic.	cycl.	graph.	ign.	nat-m.	path.	puta.	stann.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Symptoms Covered	2	2	2	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1
Intensity	5	5	4	2	2	2	2	4	3	3	2	2	2	2	2	2	2	2	2	2
Result	2/5	2/5	2/4	2/2	2/2	2/2	2/2	1/4	1/3	1/3	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2
Clipboard 4																				
MIND - Company - desires, wants	4	4	2				1	4	3	3								2		
MIND - Secretive				1	1	1	1													
Materia medica - Gelsemium sempervirens - Respiratory organs - Severe attacks of dyspnoea, with fulness in the chest, threatening suffocation; desire for fresh air; cold extremities.																				
MIND - Mood; disposition - Tearful - weeping	1	1	2	1	1	1					2	2	2	2	2	2	2		2	2

Figure 1: Repertorization chart

Remedy Selection

Constitutional Remedy

Lycopodium clavatum 200C

Basis of Prescription

The constitutional prescription was based upon the following characteristic features:

- Low self-confidence despite intelligence
- Difficulty trusting others
- Reserved nature
- Selective company
- Suppressed anger
- Consolation aggravates
- Emotional disturbance following relationship failure
- Chronic constipation
- Gastric disturbance
- Desire for sweets
- Hot patient
- Chronic recurrent inflammatory acne

The coexistence of gastrointestinal dysfunction and emotional suppression strongly supported Lycopodium as the constitutional similimum.



Figure 2: Clinical photograph showing facial lesions

Differential Remedy Analysis

Why Lycopodium?

Lycopodium covered both constitutional and pathological dimensions of the case.

The patient demonstrated:

- Lack of confidence
- Reserved behaviour
- Difficulty trusting people
- Desire for selective company
- Gastric disturbances
- Constipation
- Hot patient
- Desire for sweets
- Chronic inflammatory skin disease

Acute Prescription

Berberis aquifolium Q

Administered as an adjunctive remedy for active inflammatory acne lesions and post-inflammatory hyperpigmentation according to clinic protocol.

Intercurrent Remedy

Thuja occidentalis

Given intermittently as an anti-miasmatic intercurrent remedy considering the chronic recurrent nature of the disease and constitutional susceptibility.

Miasmatic Analysis

The case represented a predominantly **Sycotic miasm** with an underlying **Psoric** background.

Psoric Features

- Functional constipation
- Emotional insecurity
- Burning
- Itching
- Hypersensitivity
- Chronic inflammatory tendency

Sycotic Features

- Recurrent papulopustular eruptions
- Oily skin
- Cystic lesions
- Comedones
- Chronicity
- Acne scarring

Homeopathic Working

The case demonstrates the importance of constitutional prescribing in chronic inflammatory dermatological disorders. Although acne rosacea was the presenting complaint, remedy selection was based upon the patient's constitutional characteristics rather than local pathology alone.

The emotional disturbance following relationship failure, selective social interaction, poor confidence, suppressed emotions, procrastination, and chronic constipation formed the central constitutional picture. Lycopodium addressed both the psychological and gastrointestinal disturbances, while Berberis aquifolium was used as supportive therapy for active inflammatory lesions. Thuja was administered intermittently to address the underlying chronic miasmatic tendency.

Clinical improvement followed a logical sequence. Facial swelling reduced first, followed by reduction in inflammatory activity, decrease in frequency of new eruptions, reduction in lesion size, gradual fading of erythema, improvement in acne scars, and sustained reduction in disease recurrence.

Follow-up Summary

Date	Clinical Progress	Prescription
Initial Visit	Numerous inflammatory papules, pustules, cystic lesions, facial swelling, erythema, acne scars, constipation	Lycopodium 200C + Berberis aquifolium Q

April 2025	Swelling reduced, breakouts reduced, redness persisted, new lesions smaller	Continued constitutional treatment
May 2025	New lesions every 2-3 days but reduced in size, painful pustules persisted	Continued Lycopodium
June 2025	Both cheeks largely clear, only chin lesions active, scars persisted	Continued treatment
July 2025	Swelling completely resolved, frequency markedly reduced, lesion size smaller	Continued treatment
August 2025	Redness reduced, occasional small pustules over chin	Same prescription
September 2025	Mild flare over left cheek, scars improving	Continued constitutional remedy
October 2025	Left cheek active, right cheek and forehead improved	Same prescription
November 2025	Frequency reduced, cystic lesions confined to left cheek	Continued treatment
December 2025	Acne frequency reduced, chin clear, right cheek clear	Maintenance treatment
January-February 2026	Sustained improvement with occasional small lesions	Continued follow-up
March 2026	New lesions smaller, scars improving	Continued treatment
April 2026	Active acne reduced by 60-70%, scars improved by nearly 50%	Maintenance constitutional treatment
May-June 2026	Stable improvement, only occasional minor eruptions	Follow-up continued

Transformation Table

Parameter	Before Treatment	After Treatment
Frequency of Acne	New lesions every 2-3 days	Markedly reduced
Size of Lesions	Large cystic painful pustules	Small occasional lesions
Facial Swelling	Marked	Completely resolved
Redness	Severe	Mild
Pain	Severe	Minimal
Burning	Marked	Absent
Acne Scars	Prominent	Approximately 50% improved
Active Acne	Numerous papules and pustules	Reduced by approximately 60-70%

Constipation	Hard stools, unsatisfactory evacuation	Improved
Quality of Life	Significantly affected	Markedly improved

Discussion

Rosacea is a chronic inflammatory dermatosis with a relapsing course and substantial psychosocial burden. Conventional treatment primarily targets inflammation but often fails to provide long-term remission, resulting in frequent recurrences after discontinuation.

In the present case, the disease had persisted for nearly four years despite conventional therapy. The individualized homeopathic approach focused on constitutional characteristics rather than merely suppressing cutaneous manifestations. Emotional stress related to relationship disappointment, low confidence, selective sociability, suppressed anger, chronic constipation, and characteristic physical generals formed the basis of remedy selection.

Lycopodium closely corresponded to the constitutional picture and was supported by *Berberis aquifolium* for active inflammatory lesions. Progressive reduction in swelling, erythema, lesion size, inflammatory activity, and acne frequency was observed during follow-up. Acne scarring also showed appreciable improvement, suggesting sustained control of the inflammatory process.

Improvement in bowel habits paralleled dermatological recovery, indicating constitutional action rather than isolated local treatment. The absence of significant relapse and the progressive reduction in inflammatory lesions support the effectiveness of individualized classical homeopathy in chronic inflammatory skin disorders.

Although this report represents a single case and cannot establish efficacy, it demonstrates the potential role of constitutional homeopathy as a complementary therapeutic approach for chronic papulopustular acne rosacea and warrants further prospective controlled studies.

Conclusion

This case highlights the successful management of chronic papulopustular acne rosacea through individualized classical homeopathy at **Dr Batra's® Homeopathy Clinic**. Constitutional prescribing based on detailed evaluation of mental generals, physical constitution, gastrointestinal symptoms, and pathological characteristics resulted in sustained reduction of inflammatory acne, erythema, swelling, acne scarring, and constipation. The improvement observed extended beyond cutaneous lesions to overall constitutional well-being, emphasizing the holistic scope of individualized homeopathic treatment in chronic inflammatory dermatological disorders.

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