



Original Research Article

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## HOMOEOPATHIC MANAGEMENT OF ACNE VULGARIS

### EVIDENCE BASED CASE STUDY

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#### **Abstract-**

Acne is chronic inflammation of the pilosebaceous units. It is extremely common, generally starts during puberty and has been estimated to affect over 90% of adolescents. It is usually most severe in the late teenage years but can persist into the thirties and forties, particularly in females.

This case focuses on 19 years old girl suffering from acne; came to my clinic for homeopathic treatment, after which the patient experienced significant improvement, becoming symptom-free and regained her confidence.

**Keywords-** Acne Vulgaris, Homoeopathy

#### **Introduction-**

Acne is chronic inflammation of the pilosebaceous units. It is extremely common, generally starts during puberty and has been estimated to affect over 90% of adolescents.

Acne vulgaris is most common between the ages of 12 and 20. It often begins around 10-13 years of age, lasts 5-10 years and usually resolves by age 20-25.

**Emotional effects:** at all ages acne can have negative effects on self-esteem, but it is especially important to assess how it affects an adolescent. Depression and suicidal ideation may occur. The consequences (whether acne is objectively severe or not) can be devastating, leading to embarrassment, school avoidance, and life-long effects on ability to form friendships, attract partners, and acquire and keep employment.

### Case Profile-

Location	Sensation	Modality	Concomitant
1. Forehead 2. B/L- Cheeks 3. Anterior portion of Neck	Discharge of pus from the site. Itching++ Burning++	<Menses <Itching+ < Sun++ <Oily + Spicy Food++ >Cold application >Night	-

The patient was apparently well 3-4 years back. Ever since she got her first menses, she started to have eruptions on her entire face; which are dirty, filthy looking with yellowish discharge from the eruption. She also experiences burning sensation on face which is better by cold water application. The complaints are aggravated during menses, by itching, going into the sun, eating oily and spicy food. Despite of using allopathic medicines patient found no relief.

### Personal History-

Diet	Vegetarian
Appetite	Good
Thirst	1.5 lit-2lit/ day
Desire	Sweet
Aversion	N.S.
Bowel	Normal
Bladder	Normal
Sleep	Refreshing (7-8 Hours)
Dream	N.S.
Perspiration	Only on exertion
Thermal Reaction	Hot

### **Past History-**

N.S.

### **Family History-**

Father- HTN

Mother- Fibroid of  
uterus Brother (1)-

Healthy **Menstrual**

**History-** Menarche- 17  
years of age

Cycle- Regular- 4-5 days/28-30 days

Character of bleeding- Dark reddish colour, sometimes  
clotted C/O- before menses- Pain in abdomen.

C/O- during menses- < Acne.

### **Mental Generals-**

1. Loss of self-esteem since acne has started.
2. Desire for company; find comfort when in company.
3. Avoid solitude as much as possible; fear when alone.
4. Gets angry very easily; tends to overthink which leads to anxiety.
5. Likes to swim, dance

### ***Totality of Symptom-***

Mind- Confidence- Want of self esteem Mind -Company- desire for

Mind- Anxiety- alone when Skin- Burning- scratching after

Face- eruptions- acne- menses during Face-eruptions-acne-puberty

Face- eruptions-acne- symmetrical

## Repertorial Sheet-

	phos.	ars.	kali-c.	caust.	dros.	kali-br.	nit-ac.	zinc.	lac-c.	lyc.	rhust.	sil.	arg-n.	sep.	bry.	merc.	mez.	nux-v.	puls.	sulph.	bell.	calc.	con.	hep.	kali-v.
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	4	4	4	4	4	4	4	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	10	9	7	6	5	5	4	4	7	7	7	7	6	6	5	5	5	5	5	5	4	4	4	4	4
1. MIND - CONFIDENCE - want of se... (164) 1																									
2. MIND - COMPANY - desire for (137) 1																									
3. MIND - ANXIETY - alone; when (30) 1																									
4. SKIN - BURNING - scratching; after (96) 1																									
5. FACE - ERUPTIONS - acne - menses... (7) 1																									
6. FACE - ERUPTIONS - acne - puberty... (1) 1																									
7. FACE - ERUPTIONS - acne - symme... (1) 1																									

## tion of Remedy-

Constitutional Remedy – Kali carb was chosen.

Kali Carb 30 x OD x 15days

Follow-up after 15 days.

## Results-

Month	Progress	Prescription given
1 <sup>st</sup> Month	Acne Aggravates Itching++ Burning++	Sulphur 1M stat Sac Lac
2 <sup>nd</sup> Month	Acne-SQ Dysmenorrhoea++ Itching-better Burning-better	Kali Carb 30 Sac Lac
3 <sup>rd</sup> Month	Acne- improved No any complaints during menses Not using cold creams.	Sac Lac
4 <sup>th</sup> Month	Acne- improved Sleep- disturbed+	Kali Carb 30 Sac Lac
5 <sup>th</sup> Month	Acne- Improved New acne on back with absent itching, burning	Kali Carb 30 Sac Lac

	Overall GC- good	
6 <sup>th</sup> Month	Acne- Much better Confidence level- good No any new complaint	Sac Lac
7 <sup>th</sup> Month	Nearly fully recovered No any new complaints	Sac Lac
8 <sup>th</sup> Month	No new acne Menses- good No any new complaints. Overall health better	Sac Lac

**Before****After****Discussion-**

Homoeopathy treats the patient according to the symptomatology and not on the basis of disease diagnosis. In this case despite of taking all sorts of conventional medicines

symptoms were relapsing. Patient had suffered low self-esteem. It was a great challenge for me to treat this case. Homoeopathic medicines do not produce any side effects. It helps the patient mentally as well as physically.

### **Conclusion-**

This case highlights the effectiveness of homoeopathic medicines in management of acne vulgaris especially when conventional medicines failed to relive. The patients condition improved gradually at mental and physical level. Homeopathy provides long term relief in cases of acne vulgaris with holistic approach.