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A CLASSICAL HOMEOPATHIC APPROACH IN THE MANAGEMENT OF ADOLESCENT ACNE VULGARIS: A CASE SUCCESSFULLY TREATED AT DR BATRA'S HOMEOPATHY CLINIC

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Abstract

Acne vulgaris is a common chronic inflammatory condition of adolescence, often associated with significant psychological distress and reduced self-esteem. Conventional topical and systemic treatments frequently offer temporary relief with recurrence on discontinuation. This case report presents a 17-year-old female with Grade 1–2 acne vulgaris involving the face, neck, and back, associated with oily skin, painful pustules, and aggravation from washing and oily food. A comprehensive classical homeopathic approach was adopted, emphasizing individualization, mental–emotional assessment, and constitutional prescribing. Progressive improvement was observed over sequential follow-ups with marked reduction in lesions, oiliness, and emotional stress. This case highlights holistic healing and internal balance achieved through individualized homeopathic treatment, demonstrating a clear transformation at **Dr Batra's Homeopathy Clinic**.

Keywords

Acne vulgaris, Adolescence, Classical homeopathy, Individualization, Constitutional treatment, Dr Batra's Homeopathy Clinic

Introduction

Acne vulgaris affects nearly 85% of adolescents and is influenced by hormonal changes, sebaceous activity, diet, stress, and emotional factors. Beyond cutaneous manifestations, acne significantly impacts confidence, emotional well-being, and social behavior, especially in young females. Homeopathy, with its holistic and individualized approach, aims not merely at lesion suppression but at correcting internal imbalance by addressing physical, emotional, and constitutional dimensions. This case illustrates classical homeopathic case-solving principles applied in a real-world clinical setting.

Case Profile

- **Age / Sex:** 17 years / Female
- **Occupation:** Student
- **Marital Status:** Unmarried
- **Diagnosis:** Acne vulgaris Grade 1–2
- **Duration:** Chronic, with recent aggravation over 10–12 days
- **Associated Complaints:** None
- **Past / Family History:** Non-contributory

Clinical Presentation (LSMC)

Location: Face, neck, upper back

Sensation: Painful, pustular eruptions

Modalities:

- **Aggravation:** Getting wet, washing face, oily & spicy food, humid climate
- **Amelioration:** Not marked
- **Concomitants:** Oily skin, comedones (++) , reduced thirst

Generalities

- **Thermal Reaction:** Towards hot
- **Thirst:** Thirstless
- **Appetite:** Normal
- **Cravings:** Fried food, junk food
- **Aggravation from Food:** Oily, spicy food

- **Sleep:** Light, 5–6 hours
- **Perspiration:** Scanty
- **Menstrual History:** Menarche at 15 years; regular cycles

Mental

From early childhood, the patient was described as a calm, well-behaved, and mild-natured child, deeply attached to her mother and maternal relatives. Growing up in a single-parent environment following parental separation, she adapted quietly without questioning or expressing grief, indicating emotional suppression rather than expression. During school years, she was academically sound, participative in extracurricular activities, and well-regarded by teachers, yet inherently shy and lacking self-confidence.

As she entered adolescence, emotional sensitivity became more pronounced. She reported becoming anxious over minor matters, easily stressed, and emotionally fragile, often crying over trivial issues. Trusting people easily, especially friends, made her vulnerable to emotional hurt. Anger was short-lived; during episodes, she preferred isolation or sleep, after which she returned to baseline calmness. She disliked being alone and sought company, reflecting a need for emotional security. During menstrual periods, emotional reactivity increased. Overall, her mental state evolved from childhood mildness into adolescent timidity, emotional sensitivity, lack of confidence, and internalized stress—closely mirroring her dermatological expression.

Totality of Symptoms

Non-Repertorial Totality

- Thirstlessness
- Mild, shy disposition
- Emotional sensitivity
- Craving for fried & junk food
- Acne aggravated by oily food

Repertorial Totality

- Timidity
- Mildness

- Want of self-confidence
- Acne aggravated by getting wet
- Desire for fat and rich food

Remedy Name	Puls	Sil	Lyc	Calc	Sep	Ars	Causa	Kali-c	Hai-m	Sulph	Rhus-t	Chin
Totality	18	13	11	10	10	9	9	9	9	9	9	9
Symptom Covered	5	5	5	5	4	5	5	5	5	5	4	5
[C] [Mind]Timidity:	4	4	3	3	3	2	2	3	2	3	2	2
[C] [Mind]Mildness:	3	3	2	2	2	3	1	1	3	2	3	1
[C] [Generalities]Wet: Getting:	3	2	2	3	3	1	3	2	1	1	3	2
[C] [Generalities]Food and drinks:Fats and rich fo	3	1	2	1	2	2	2	1	1	2		1
[C] [Mind]Confidence:Want of self:	2	3	2	1		1	1	2	2	1	1	2

Repertorization

A structured repertorial analysis was carried out using standard homeopathic repertories, giving due weightage to mental generals, physical generals, and characteristic particulars. Mental symptoms were prioritized in accordance with classical homeopathic philosophy.

Homeopathic Working & Remedy Selection

Pulsatilla 200 was selected based on:

- Clear mental–emotional constitution
- Physical generals (thirstlessness, thermal state)
- Characteristic modalities of acne
- Food desires and aggravations

The approach aimed at stimulating the vital force to restore internal balance rather than suppressing skin symptoms.

Miasmatic Assessment

The case predominantly reflected a **psoric miasm**, evident through:

- Functional skin disorder
- Emotional sensitivity

- Lack of confidence
- Tendency for superficial inflammatory eruptions

Follow-Up

Date	Follow-Up	Patient's Observation	Clinical Assessment	Treatment
15/04/2015	Case taking	Active painful acne	Papules & pustules, oily skin	Pulsatilla 200 – 2 doses (1st week); SL pills BD; Diet & skin care advice
12/05/2015	1st Follow-up	Size & frequency reduced	Reduced pustular tendency; fewer comedones	SL pills BD
14/06/2015	2nd Follow-up	Much better; 2–3 acne/month	Oiliness reduced	SL pills BD
15/07/2015	3rd Follow-up	Almost clear skin	No whiteheads or blackheads	SL pills BD

Transformation Table

Parameter	Before Treatment	After Treatment
Acne lesions	Frequent, painful pustules	Occasional to none
Oiliness	Excessive	Markedly reduced
Comedones	Multiple	Absent
Emotional state	Anxious, low confidence	Calm, improved confidence
Stress handling	Poor	Better coping ability
Quality of life	Affected	Significantly improved



Discussion

This case demonstrates the effectiveness of classical homeopathy in managing adolescent acne vulgaris through holistic individualization. The patient's skin condition closely reflected her internal emotional state, particularly suppressed emotions, lack of confidence, and stress sensitivity. Rather than targeting acne as a local pathology, the homeopathic approach addressed the patient as a whole—mind and body. Gradual but sustained improvement without recurrence highlights the importance of constitutional prescribing. Dietary advice and skin care acted as supportive measures, while the core healing was achieved through internal balance. The absence of suppressive topical agents allowed true resolution. This case reinforces that acne in adolescence is not merely hormonal but psychosomatic in nature. Classical homeopathy, when applied methodically, can bring lasting results where conventional approaches often fail.

Conclusion

This case underscores the value of individualized classical homeopathy in treating acne vulgaris by addressing deeper constitutional and emotional factors. The sustained clinical improvement, enhanced emotional stability, and improved quality of life reflect true healing rather than symptomatic suppression. The transformation observed confirms the role of homeopathy as a safe, holistic, and effective therapeutic modality in adolescent dermatological conditions, as successfully demonstrated at **Dr Batra's Homeopathy Clinic**.

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