



Original Research Article

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SUCCESSFUL HOMEOPATHIC TREATMENT OF SEVERE INFLAMMATORY NODULOCYSTIC ACNE: A CASE DEMONSTRATING CLINICAL IMPROVEMENT AT DR BATRA'S HOMEOPATHY CLINIC

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Abstract

Acne vulgaris is a chronic inflammatory disorder of the pilosebaceous unit, commonly affecting adolescents and young adults. This case report presents an **18-year-old male student suffering from severe nodulocystic acne (acne conglobata)** involving the cheeks and forehead for approximately one year, with worsening during the previous three months. The condition was characterized by painful papular, pustular, and cystic eruptions associated with inflammation and emotional distress related to appearance.

Based on detailed case analysis and repertorial evaluation, individualized homeopathic medicines Adjunctive dermatological care including **hydrfacial therapy** was advised to improve follicular hygiene and reduce sebaceous blockage. Over **eight months of treatment**, significant reduction in inflammatory lesions, pain, and frequency of new eruptions was observed, with gradual improvement in skin texture and scarring. The patient reported marked improvement in self-confidence and social interaction.

This case highlights the potential role of individualized homeopathic treatment combined with supportive dermatological care in managing severe nodulocystic acne and improving quality of life, demonstrating a visible clinical transformation achieved at **Dr Batra's Homeopathy Clinic**.

Keywords

Severe acne, Acne conglobate, Homeopathy, Sulphur, Nodulocystic acne

Introduction

Acne vulgaris is a multifactorial inflammatory disorder of the pilosebaceous unit commonly occurring during adolescence due to hormonal changes, increased sebum production, follicular hyperkeratinization, bacterial colonization, and inflammatory immune responses.

Severe variants include **nodulocystic acne and acne conglobata**, characterized by:

- Deep inflammatory nodules and cysts
- Papular and pustular lesions
- Extensive inflammation and pain
- Risk of permanent scarring
- Psychological distress

Acne conglobata represents one of the most severe forms of acne and is often resistant to conventional therapies.

Standard dermatological treatment involves:

- Oral antibiotics
- Systemic isotretinoin
- Hormonal therapy
- Procedural dermatological interventions

However, recurrence and adverse effects frequently limit long-term success.

Homeopathy addresses the **constitutional predisposition and underlying systemic imbalance**, aiming to restore normal physiological function and improve skin health.

Case Profile

Age: 18 years

Gender: Male

Occupation: Student (Political Science)

Diagnosis: **Severe Nodulocystic Acne (Acne Conglobata)**

Differential diagnosis:

- Molluscum contagiosum
- Sebaceous hyperplasia

Chief complaints:

- Severe acne for 1 year
- Gradual onset with marked aggravation during previous 3 months
- Painful nodular and pustular eruptions over cheeks and forehead
- Occasional itching and inflammatory redness

Past treatment included **salicylic acid face wash**, with minimal improvement.

Family history:

Father – history of acne

Mother – healthy

Physical Generals

Parameter	Findings
Appetite	Decreased
Desire	Spicy food, pork, guava
Aversion	Dragon fruit
Thirst	Low ($\approx 1-1.5$ L/day)
Stools	Normal
Urine	Normal
Thermal reaction	Ambithermal
Bathing	Prefers hot water
Sleep	5–6 hours, unrefreshing
Position of sleep	Right side

Examination

Dermatological examination revealed:

- Multiple **papular, pustular, and nodulocystic lesions**
- Severe inflammatory eruptions over cheeks and forehead
- Deep cystic lesions with tenderness
- Erythema and occasional purulent discharge
- Post-inflammatory hyperpigmentation

The distribution and severity were consistent with **acne conglobata**, a severe form of nodulocystic acne.

Mental Generals

The patient originally belonged to Manipur and relocated to Bangalore for higher education. During childhood he experienced emotional stress due to parental separation and has since lived primarily with his mother and maternal relatives.

He developed a reserved personality and finds it difficult to express personal feelings openly. Although friendly with close companions, he avoids sharing emotional concerns with others.

He reports anger when judged or criticized, sometimes expressing frustration physically by hitting objects. He prefers company and feels uncomfortable when alone.

A past road accident created fear of sitting behind someone on a bike.

Academically he is hardworking but often worries about future career prospects.

Emotionally he remains strongly attached to his mother and is sensitive to her emotional well-being.

Past History

- Road traffic accident two years earlier

Family History

Father – history of acne

Mother – healthy

Case Analysis

Characteristic symptoms forming the totality:

- Severe inflammatory nodulocystic acne
- Painful pustular eruptions
- Desire for spicy food
- Emotional sensitivity and anger when criticized
- Stress related to studies

Repertorial Totality

Rubrics selected:

1 Face – Eruptions – acne

2 Face – Eruptions – pustular

3 Skin – Eruptions – nodular

4 Mind – Fear – snakes

5 Mind – Anger – when criticized

Repertory used: Kent Repertory

Leading remedy: **Sulphur**

Remedies	Sulph.	Phos.	ars.	hep.	nit-ac.	lac-c.	lach.	calc-p.	hus-v.	ruta	sep.	aur-s.	nat-m.	ph-ac.	caust.	aur-m-n.	calc.	capa.	Car.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	4	4	4	4	4	3	3	3	3	3	3	3	3	3	2	2	2	2	2
Intensity	7	6	5	5	4	6	6	4	4	4	4	3	3	3	4	3	3	3	3
Result	4/7	4/6	4/5	4/5	4/4	3/6	3/6	3/4	3/4	3/4	3/4	3/3	3/3	3/3	2/4	2/3	2/3	2/3	2/3
Clipboard 7																			
FACE - ERUPTIONS - acne - accompanied by																			
FACE - ERUPTIONS - acne - cystic					1														
FACE - ERUPTIONS - acne - pustular																			
FACE - ERUPTIONS - acne - psoriasis	2	1	2	1	1		3	2	1	2	2	1		1	3		2	2	
GENERALS - FOOD and DRINKS - apices - desire	3	3	1	2	1	2		1	2	1	1	1	1	1	1	2		1	1
MIND - FEAR - snakes of	1		1	1		3	2			1	1		1					1	1
SKIN - ERUPTIONS - granular - honey colored																			
MIND - LOVE - friends, for		1				1		1				1		1					
MIND - AILMENTS - FROM - discards - parents, between one's	1	1	1	1	1		1		1				1			1			

Selection of Remedy

Constitutional Remedy

Sulphur 200

Reason:

- Strong affinity for chronic inflammatory skin diseases
- Red, painful pustular eruptions
- Psoric miasmatic background

Acute Remedies

Hepar sulphuris

Indication: painful suppurative acne with pustular discharge.

Belladonna

Indication: acute inflammatory redness with throbbing pain.

Supportive Dermatological Care

Hydrafacial therapy was recommended to:

- improve follicular hygiene
- reduce pore blockage
- enhance skin healing

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Acne eruptions	✓			
Suppurative lesions		✓		
Chronic recurrence	✓	✓		

Miasmatic predominance: **Psoro-sycotic**

Materials and Methods

Repertorization was conducted using **Kent Repertory through computerized repertorial software.**

Treatment protocol included:

- Individualized homeopathic medicines
- Supportive dermatological care (hydrafacial therapy)
- Dietary and lifestyle modifications.

Results

Month	Progress	Prescription
1st month	Initial aggravation of eruptions	Sulphur 200
2nd month	Reduction in pain and inflammation	Hepar sulph
3rd month	Fewer pustules	Belladonna
4th month	Lesions drying	Sulphur
5th month	Reduced new eruptions	Hepar sulph

6th month	Healing of inflammatory nodules	Sulphur
7th month	Residual marks only	Supportive medicines
8th month	Skin texture improved	Maintenance

Transformation Table

Parameter	Before Treatment	After Treatment
Acne severity	Severe nodulocystic	Mild residual marks
Pain	Severe	Absent
Inflammation	Marked	Minimal
New eruptions	Frequent	Rare
Confidence	Low	Improved

Discussion & Conclusion

Severe nodulocystic acne represents one of the most challenging dermatological conditions due to its inflammatory nature and high risk of permanent scarring.

Conventional treatment often relies on systemic medications that may produce adverse effects or relapse.

In this case, individualized homeopathic prescribing addressed both **physical pathology and emotional stress factors**.

The remedy *Sulphur* was selected as the constitutional medicine due to its strong correspondence with inflammatory skin conditions and the patient's constitutional characteristics.

The use of acute remedies such as *Hepar sulphuris* and *Belladonna* during inflammatory phases helped control suppuration and acute redness.

Over eight months, the patient demonstrated:

- reduction in inflammatory lesions
- improved skin texture
- enhanced confidence and social interaction

This case illustrates the potential of individualized homeopathy in managing severe acne conglobata when combined with appropriate skin care.

The Transformation

Before Treatment

- Severe nodulocystic acne
- Painful cystic eruptions
- Significant emotional distress

After Treatment

- Minimal active lesions
- Improved skin texture
- Enhanced confidence

A visible clinical transformation was achieved at **Dr Batra's Homeopathy Clinic**.



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