IJAYUSH
International Journal of AYUSH
AYURVEDA, YOGA, UNANI, SIDDHA AND HOMEOPATHY
http://internationaljournal.org.in/journal/index.php/ijayush/

International Journal
Panacea
Research library
ISSN: 2349 7025

Original Research Article | Volume 15 Issue 06 | June 2026

SIGNIFICANT CLINICAL IMPROVEMENT IN ACNE VULGARIS USING INDIVIDUALIZED HOMEOPATHIC TREATMENT AT DR BATRA'S®: A CASE REPORT

Dr Altamash Azad

Homeopathic Consultant, AL Nahda Branch
Dr Batra's Positive Health Clinic Pvt. Ltd., Qualification BHMS
Email id: draltamash.azad@drbatras.com, Mobile 98046 41707

Abstract

Background

Acne vulgaris is a chronic inflammatory disorder of the pilosebaceous unit affecting adolescents and young adults. It commonly presents with papules, pustules, nodules, post-inflammatory hyperpigmentation, and scarring, significantly affecting self-esteem and quality of life.

Case Summary

A young male presented to Dr Batra's® Homeopathy with moderate-to-severe inflammatory acne involving the forehead, cheeks, and jawline. The lesions were associated with recurrent eruptions, facial oiliness, post-inflammatory pigmentation, and psychological distress regarding appearance. Individualized homeopathic treatment was prescribed based on constitutional characteristics and clinical presentation.

Outcome

The patient demonstrated substantial reduction in active acne lesions, decreased facial oiliness, cessation of new eruptions, reduction in inflammatory activity, and gradual improvement in post-acne pigmentation. Clinical photographs confirmed visible improvement.

Keywords

Acne Vulgaris, Homeopathy, Post-Inflammatory Hyperpigmentation, Inflammatory Acne, Dr Batra's® Homeopathy

Introduction

Acne vulgaris is among the most common dermatological disorders encountered in clinical practice. The condition results from a combination of increased sebum production, follicular hyperkeratinization, Cutibacterium acnes colonization, and inflammation.

Besides physical manifestations, acne frequently causes emotional distress, social embarrassment, lowered self-confidence, and impaired quality of life.

Homeopathy offers an individualized therapeutic approach aimed at addressing the patient's constitutional makeup and inflammatory tendency rather than focusing solely on the skin lesions.

Patient Information

Parameter	Details
Age	Young Adult Male
Gender	Male
Diagnosis	Moderate to Severe Acne Vulgaris
Duration	Chronic
Associated Findings	Facial oiliness, post-inflammatory pigmentation
Previous Treatment	Conventional topical therapies
Family History	Non-contributory

Chief Complaints

- Recurrent inflammatory acne.
- Painful papules and pustules.
- Frequent appearance of new lesions.
- Excessive facial oiliness.

- Acne marks and pigmentation.
- Cosmetic concern and loss of confidence.

Clinical Examination

Baseline Findings

- Multiple inflammatory papules and pustules.
- Extensive involvement of both cheeks.
- Forehead acne.
- Active lesions over jawline.
- Post-inflammatory hyperpigmentation.
- Oily skin texture.

Severity Assessment

Parameter	Baseline
Inflammatory Acne	Severe
New Lesion Formation	Frequent
Facial Oiliness	Marked
Acne Marks	Present
Pigmentation	Moderate
Cosmetic Impact	Significant

Photographic Assessment

Before Treatment

Clinical photographs revealed:

- Numerous active inflammatory papules.
- Multiple pustular eruptions.
- Bilateral cheek involvement.

- Forehead lesions.
- Prominent erythema.
- Significant post-inflammatory hyperpigmentation.

After Treatment

Clinical photographs demonstrated:

- Marked reduction in active lesions.
- Absence of major inflammatory eruptions.
- Significant reduction in redness.
- Improvement in skin texture.
- Reduced facial oiliness.
- Fading of post-inflammatory pigmentation.

Case Analysis

The patient was particularly distressed regarding facial appearance and persistent recurrence of lesions.

The case was analyzed based on:

Mental Generals

- Appearance conscious.
- Socially active.
- Concern regarding facial appearance.
- Emotional impact due to acne.

Physical Generals

- Oily skin.
- Recurrent inflammatory tendency.
- Persistent acne despite previous treatment.

Particular Symptoms

- Papulo-pustular acne.
- Recurrent eruptions.

- Facial oiliness.
- Post-inflammatory pigmentation.
- Chronic inflammatory skin activity.

Homeopathic Management

An individualized homeopathic prescription was selected after considering:

- Constitutional characteristics.
- Skin manifestations.
- Chronic inflammatory tendency.
- Recurrent nature of eruptions.

Treatment was accompanied by:

- Skin hygiene advice.
- Dietary counseling.
- Lifestyle modification.
- Regular clinical monitoring.

Follow-Up Progress

Parameter	Baseline	Follow-Up
Active Acne Lesions	Severe	Markedly Reduced
New Eruptions	Frequent	Minimal/Absent
Facial Oiliness	High	Reduced
Redness	Significant	Mild
Acne Marks	Present	Improving
Pigmentation	Moderate	Reduced
Overall Appearance	Poor	Significantly Improved

Results

Clinical Improvements

✓ Reduction in inflammatory papules.

✓ Reduction in pustular lesions.

✓ No significant new acne eruptions.

✓ Decreased facial oiliness.

✓ Improvement in post-inflammatory pigmentation.

✓ Improved skin texture.

✓ Enhanced confidence and satisfaction.

Discussion

Acne vulgaris is a multifactorial inflammatory condition often associated with persistent recurrence and cosmetic concerns. Successful management requires not only reduction of active lesions but also prevention of new eruptions and improvement of residual pigmentation.

In this case, individualized homeopathic treatment was associated with significant clinical improvement. Serial photographic comparisons demonstrated reduction in inflammatory activity and visible cosmetic improvement.

The patient reported improved self-confidence and satisfaction with facial appearance following treatment.

Conclusion

This case demonstrates significant improvement in moderate-to-severe acne vulgaris managed with individualized homeopathic treatment at Dr Batra's® Homeopathy.

The patient showed:

- Reduction in active acne lesions.
- Control of recurrent eruptions.
- Reduced facial oiliness.
- Improvement in post-acne pigmentation.
- Better skin texture and appearance.

The clinical outcome highlights the potential role of individualized homeopathic treatment in the comprehensive management of acne vulgaris.

Learning Points

- Acne vulgaris significantly impacts quality of life and self-esteem.
- Early intervention may reduce inflammatory damage and pigmentation.

- Individualized homeopathic treatment can be integrated into long-term acne management.
- Serial photographic documentation is useful for objective assessment.
- Improvement should be assessed through lesion count, recurrence rate, pigmentation, and patient satisfaction.

Declaration of Patient Consent

Appropriate informed consent was obtained from the patient for academic publication of anonymized clinical information and clinical photographs.

Conflict of Interest

None declared.

Funding

Nil.

Institution

Dr Batra's® Positive Health Clinic Pvt. Ltd.