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A case of acne vulgaris treated with kali bromatum 30c: An evidence based case report

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Abstract

Acne vulgaris is a chronic inflammatory disorder affecting the pilosebaceous unit, typically following a prolonged course. It is commonly triggered during adolescence by Cutibacterium acnes. This common skin disorder that can present with both inflammatory and non-inflammatory lesions. The homoeopathic literature shows that acne vulgaris can be treated successfully with homoeopathic medicines with no adverse effect. A case of 14-year-old girl reported with acne vulgaris documented in Manjalumoodu, Rural health centre of Sarada Krishna Homoeopathic Medical College, Kulasekharam, Kanniya kumari district, Tamil Nadu, India. The patient was treated based on totality of symptom by repertorisation using RADAR software, and treatment of the case was over a period of 2 months. There was significant improvement with homoeopathic medicine Kali bromatum 30C, with complete disappearance of the Acne Vulgaris without any recurrence.

Keywords: Acne vulgaris, homoeopathy, inflammation, kali bromatum, pathological similimum

Introduction

Acne vulgaris is a frequent inflammatory skin condition of the pilosebaceous unit, has a chronic course. Although it can also affect the upper arms, trunk, and back, the ailment typically presents as papules, pustules, or nodules on the face. Multiple variables interact during the pathogenesis of acne vulgaris, resulting in the creation of the initial lesion known as a "comedo" [1]. Even though teenagers are the age group most likely to experience acne vulgaris, people of all ages can still be affected. This disorder can appear in a variety of ways, from a mild case with few comedones to more severe types with deformative inflammatory signs that might result in hyperpigmentation, scarring, and adverse psychological effects. It is a disease condition, with a lifetime prevalence of approximately 85%. It occurs mainly during adolescence in both females and males, in relation to sebum production of hair follicles under the action of sex hormones. It has many predisposing factors such as genetic, dietary, cosmetic, menstrual cycle, and psychological [2].

Acne vulgaris is commonly observed in adolescents and young adults. Its prevalence rates are estimated to range from 35% to over 90% among adolescents. The natural course of this disease can commence as early as ages 7-12 (preadolescent acne) and resolve by the thirdecade of an individual's life. However, there are instances where acne can persist into adulthood or even develop for the first-time during adulthood. Adolescent acne is more common in males than in females. On the contrary, post adolescent acne predominantly affects females. Urban populations tend to be more affected by acne vulgaris than rural populations. Approximately 20% of the affected individuals develop severe acne, which results in scarring. Some evidence suggests that certain racial and ethnic groups may experience variations in the severity and prevalence of acne vulgaris. Asians and Africans are more likely to develop severe forms of acne. Whereas mild acne is more commonly seen in the White population. In general, people with darker skin also tend to develop hyperpigmentation [3].

Kali bromatum is a vegetable alkali, exists in all plants, and was originally obtained from the ashes left after burning wood and vegetable structures. Potassium salts play a no less important part in the animal economy. Kali carb. May be regarded as the typical member of the Kali group of homoeopathic remedies [4].

Case Report

A 14-year-old girl reported with extensive Acne Vulgaris in the Manjalumoodu Rural health centre of Sarada Krishna homoeo medical college, Kulasekharam, Kanniyakumari, Tamil Nadu, India. She presented with multiple acne on both the cheeks and forehead which troubled her over one year. The girl was otherwise healthy without any other skin changes or nail changes. There was no previous history of treatment for the presenting illness. In the family history mother was affected with allergy conditions and there is no history of acne vulgaris in the family. During case taking, her mother informed that she is excited easily and gets anger easily, mental exertions, fear of exams, stressful from studies, had desire for spicy food and junk foods, aversion for tea and milk, menarche at 12 years with irregular menstruation, her thermal reaction was chilly patient. The

parent of the patient has given consent for her images and other clinical information.

Mental Generals

Excited, easily gets anger, stressful, mental exertion, fear of exams.

Physical Generals

Desire: spicy food, **Desire:** oily and junk food, **Aversion:** tea and milk, **Thermal:** chilly, Multiple acne on both the cheeks and forehead. Pus and blood mixed discharge oozing from the eruptions. Painful and very sensitive eruptions. Itching around the affected area. Bluish discolouration around the affected area. Ailments from exposure to sunlight, change of weather.

Mental General	Physical General	Reactions To
Excited, Easily gets anger, Stressful, Mental exertion, Fear of exams,	Multiple acne on both the cheeks and forehead. Pus and blood mixed discharge oozing from the eruptions. Painful and very sensitive eruptions. Itching around the affected area. Bluish discolouration around the affected area.	Desire: spicy food. Desire: oily and junk food. Aversion: tea and milk. Thermal: chilly. Ailments from exposure to sunlight and change of weather.

The following characteristics symptoms were considered for forming the totality of the case

- Excited
- Easily gets anger
- Stressful
- Mental exertion
- Fear of exams
- Desire:** Spicy food
- Desire:** Oily and junk food
- Aversion:** Tea and milk
- Thermal:** Chilly
- Multiple acnes on both the cheeks and forehead
- Pus and blood mixed discharge oozing from the

- eruptions
- Painful and very sensitive eruptions
- Itching around the affected area.
- Bluish discolouration around the affected area.
- Ailments from: exposure to sunlight, change of weather.

Repertorial totality

Face-Eruptions-Acne-Menses -Irregular
Face-Eruptions-Acne-Papules; With Indurated Face-Eruptions-Acne-Pustular
Face-Eruptions-Acne-Rosacea
Face-Eruptions-Acne-Menses -During-Agg

The screenshot shows the RADAR 10.5.003 for Windows software interface. The main window displays a repertorial totality table for the symptom 'FACE - ERUPTIONS - acne - menses - during - agg.'. The table lists 34 remedies across 6 columns (1-6) and 5 rows of symptoms. The symptoms listed are:

- FACE - ERUPTIONS - acne - menses - during - agg. (6)
- FACE - ERUPTIONS - acne - menses - irregular (20)
- FACE - ERUPTIONS - acne - papules; with indurated (19)
- FACE - ERUPTIONS - acne - pustular (7)
- FACE - ERUPTIONS - acne - rosacea (71)

The remedies listed at the top of the table are: kali-br., evg., psor., carb-an., sulph., berb., thuji., calc., cic., kali-i., kreos., sang., sul-i., verat., calc-sil., carb-v., caust., lach., mus-t., agar., ars-i., bell., con., kali-c., nit-ac., sears., ars-br., aur-m., berba., calc-p., caps., cimic., grr.

Repertorial result

1. Kali brom-6/5
2. Eugenia-6/3
3. Psor-5/3
4. Carb an-5/2
5. Sulph-4/2
6. Berb-3/3
7. Thuj-3/3
8. Calc-3/2
9. Cic-3/2
10. Kali iod-3/2

Analysis of the case

After analysis of the case and repertorisation with RADAR software. Kali bromatum 30C single dose in 10 ml water $\times 10$ drops $\times 3$ hourly $\times 1$ day was prescribed as similimum followed by placebo with improvement. There was a progressive reduction in the number of acnes and completely disappear within 2 months.

Intervention

First prescription: On 6 September 2023, Kali bromatum 30 C, (1 Dose in 10ml water $\times 10$ drops $\times 3$ hourly $\times 1$ Day) $\times 2$ weeks

Basis of prescription

Medicine selected on the basis of repertorisation and in consultation with Materia medica was Kali Bromatum. Furthermore, Kali Bromatum was chosen as it covers the totality of symptom and the patient's thermal reaction was chilly. Kali bromatum 30C, one dose in 10 ml aqua in 10gtt in 3 hourly once in a week, was prescribed. On subsequent follow-ups, plain liquid was prescribed in order to avoid aggravation and repetitions were made based on the assessment of improvement in the number of acnes.

Follow up and Outcomes

Follow up of the patient was assessed in 2 weeks or as required by the patient. The data wise detailed follow ups are summarised in table 1.

Table 1: Time line including follow-up of the case

Date	Symptom	Inference	Prescription	Justification
20/9/2023	Painful acnes with pus and bloody discharge	Persist	Rx 1. PL/ 10ML AQUA $\times 10$ GTT $\times 3$ HOURLY $\times 1$ DAY 2. B. PILLS 3 \times TDS 3. B. DISK 1 \times BID <hr/> X 2 Weeks	As there were pain in the affected area, plain liquid was prescribed allowing the previous medicine to act.
11/10/2023	No new eruptions Pus filled eruptions present	Persist	Rx 1. KALI BROMATUM 30C / 10ML AQUA $\times 10$ GTT $\times 3$ HOURLY $\times 1$ DAY 2. B. PILLS 3 \times TDS 3. B. DISK 1 \times BID <hr/> X 2 Weeks	As there were pus filled eruptions present and changes in the number of acnes and no new eruptions, the Kali bromatum was repeated.
18/10/2023	Oily skin No new eruptions and slight relief	Slightly better	Rx 1. PL / 10ML AQUA $\times 10$ GTT $\times 3$ HOURLY $\times 1$ DAY 2. B. PILLS 3 \times TDS 3. B. DISK 1 \times BID <hr/> X 2 Weeks	As there were reduction in number of acnes, plain liquid was prescribed.
15/11/2023	Eruption ruptured out with bad odour	Persist	Rx 1. PL / 10ML AQUA $\times 10$ GTT $\times 3$ HOURLY $\times 1$ DAY 2. B. PILLS 3 \times TDS 3. B. DISK 1 \times BID <hr/> X 2 Weeks	As there were changes and rupture of eruptions plain liquid were given.
29/11/2023	Marked improvement with no new eruptions and complete absence of acnes.	Relieved	Rx 1. PL / 10ML AQUA $\times 10$ GTT $\times 3$ HOURLY $\times 1$ DAY 2. B. PILLS 3 \times TDS 3. B. DISK 1 \times BID <hr/> X 2 Weeks	Complete disappearance of the acnes without any recurrence of the acnes for over a period of 1-year, plain liquid was prescribed.

Discussion

The patient presented with multiple acnes in both the cheeks and forehead which had troubled her over one year. The girl was otherwise healthy without any other skin changes or nail changes. There was no previous history of treatment for

the presenting illness. In the family history mother had allergy conditions. There was no history of acne vulgaris in the family. This case was treated based on totality of symptom and on consultation with Materia medica was Kali Bromatum showed complete reduction in the number of

eruptions and without any recurrence in follow-up period. As there is no effective conventional medicine, a substantial number of Acne Vulgaris resorted. In an Observational study of Acne Vulgaris were treated with *Arctium lappa* [2]. This study was conducted on the acne vulgaris patients attending the Homoeopathic OPD of Ahmedabad Homoeopathic Medical College, the incidence of acne was seen in adolescents with the highest incidence of acne at 17 years of age which is consistent with the evidence that the acne occurrence is highest among teenagers [6]. In this case, after careful history recording, and forming totality of symptom by repertorisation using RADAR software and on consultation with *Materia medica*, *Kali bromatum* medicine was prescribed. The patient showed improvement in the beginning which proved correct selection of the medicine, but there was slow improvement with low potency *Kali bromatum* 30C. However, marked improvement was observed. This case shows the effective role of homoeopathic medicine in treating Acne Vulgaris when prescribed on the basis of homoeopathic principles.

Case report of acne vulgaris



Fig 1: Before treatment



Fig 2: After treatment

Conclusion

Homeopathy is a specialised system of medicine. It treats patient as a whole and not just the symptoms. Homeopathic medicines may be useful as stand-alone treatment of patients with severe Acne Vulgaris [5]. A case series suggested a remission rate of more than 80% using individualized homeopathic treatment [6]. A complete absence of Acne vulgaris without any recurrence of the acne is documentary evidence. (Figure 1-2). This case shows a positive role of homeopathy in treating Acne vulgaris. However, as this is a single case study and Acne Vulgaris is associated with a variable and unpredictable remission, well designed studies may be taken up for scientific validation of results [7].

Declaration of Patient Consent

The authors certify that they have obtained all appropriate patient consent forms. In the form, the parent of the patient has given her consent for her images and other clinical information to be reported in the journal as the patient is minor. The patient understands that her name and initials will not be published, and due efforts will be made to conceal her identity, but anonymity cannot be guaranteed.

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