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Beyond the surface: Evaluating LM potency outcomes in acne vulgaris - A case insight

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Abstract

Acne vulgaris is a common chronic inflammatory disorder affecting the face, impacting both appearance and quality of life. This case report describes a 19-year-old female with moderate to severe acne, marked by pustular eruptions, facial perspiration, thirst, aversion to sweets, and premenstrual aggravation. Based on totality of symptoms, Arsenicum album in LM potency was prescribed, with dosage adjusted over follow-ups. The patient showed progressive improvement, with reduced frequency and severity of eruptions. This case highlights the potential role of individualized homeopathic LM treatment in chronic acne vulgaris.

Keywords: Acne vulgaris, homeopathy, arsenicum album, LM potency, 50-millesimal potency, repertorization, miasmatic analysis, chronic skin disorders, individualized treatment, psora

Introduction

Acne vulgaris is a common chronic inflammatory disorder of the pilosebaceous unit, presenting with comedones, papules, pustules, and sometimes nodules or scarring. It most often begins in adolescence due to hormonal influences on sebaceous glands but may continue into adulthood. Its development is influenced by increased sebum production, follicular blockage, Cutibacterium acnes activity, and inflammation. Although not medically dangerous, acne can significantly affect self-esteem, emotional well-being, and quality of life, making effective treatment important.

LM (50-millesimal or Q) potencies are regarded by homeopathic practitioners as gentle yet deep-acting, with a low risk of aggravation. Because they can be adjusted frequently and individualized precisely, LM potencies are considered suitable for long-standing, sensitive, or fluctuating cases such as acne vulgaris. Though scientific evidence is limited and standard dermatologic therapies remain primary, LM potencies are used in homeopathic practice with the intention of supporting systemic balance rather than treating only the visible lesions. Patient was scored on the basis of lesion severity thorough GAGs score.

Diagnosis

1. Adolescent patients, may persist into adults
2. Skin is usually greasy/oily with prominent follicular openings
3. Polymorphic eruptions of papules, pustules, nodules with typical scarring.
4. Usually chronic in nature

Case summary

A 19-year-old unmarried female college student presented with complaints of acne vulgaris over the face for the past 1 year. The acne is moderate to severe, characterized by papular and pustular eruptions, mainly involving the cheeks and forehead. The lesions are associated with oily skin, increased facial sweating, and occasional itching, with no history of scarring. She also reports moderate hair fall, noticeable during combing and bathing, along with dandruff presenting as flaky white scales on the scalp, worse in winter, with mild itching. Her menstrual history is normal, with regular cycles of 28–30 days, moderate flow lasting 4–5 days, and no associated complaints. General symptoms include a strong craving for spicy food, excessive thirst (4–5 litres/day), and increased perspiration, especially on the face.

Mentally, she prefers company, feels better when surrounded by people, likes things to be kept in proper order, and feels refreshed in open air. Overall, the case suggests acne vulgaris with associated seborrheic scalp condition in an otherwise healthy young female.

General physical examination

- **Built:** Normal
- **Height:** 5'2
- **Weight:** 48 kg
- **Pulse:** 74/min
- **Temperature:** 37 deg cel
- **B.P.:** 122/70 mm hg
- **Respiratory rate:** 16/min
- **Pallor:** Absent
- **Icterus:** Absent
- No history of diabetes, thyroid disorders, or PCOS
- Family history negative for acne or autoimmune disorders

Provisional diagnosis

Acne vulgaris

Repertorial chart

Prescription

Arsenic Album 0/1, once daily for 15 days along with saccharum lactis for 15 days.

Medicine justification

- Acts deeply on chronic skin diseases
- Dry, rough, unhealthy skin
- Papular, pustular, vesicular eruptions
- Skin looks dirty, greasy
- Dandruff with hair fall and scalp itching

Differential diagnosis

Acne rosacea
Acne conglobata

Baseline score

GAG score: 15-Mild

Case analysis

Totality of symptoms	Repertorial totality
Company desire	1. Mind - company desire
Wants things to be kept at the original place where it was before	2. Mind - rest- cannot- when things are not in place
Papular and pustular eruption on face	3. Face - eruptions
Sweat is more on face	4. Face - perspiration
Likes to be in open air	5. Generals - air - open - desire for open air
Does not like sweet	6. Generals - food and drinks - sweet- aversion
Feels cold easily and gets tired easily	7. Generals - heat - lack of vital heat

- Thirst and restlessness present
- Fastidious, wants order and cleanliness
- Worse from cold, better from heat

Potency justification

LM potency is the finest and most advanced scale of potency introduced by Hahnemann in the 6th edition of the Organon of Medicine. It acts gently and deeply on the vital force and can be repeated frequently without causing aggravation. Constitutional deep-acting remedies can be

safely continued for long periods, making LM potencies especially useful in chronic diseases and sensitive patients,

with gradual and sustained improvement.

Follow up

S. No.	Date	Progress	Treatment	GAGS score
1.	13/02/2025	Pauplar and pustular eruptions	Rx Arsenic Album 0/1	15
2.	4/03/2025	Slight improvement in previous eruption and few new eruptions.	Rx Arsenic Album 0/2	8
3.	4/04/2025	The face was comparatively clear and no new eruptions were seen by the patient.	Rx Arsenic Album 0/3	4
4.	21/04/2025	Better than before	Rx Sac lac 30/TDS	Face was clear with only light scars left behind

Photographic presentation



First visit

Second visit

Third visit

Miasmatic analysis

Psora	Sycosis	Syphilis
Psoric face mostly shows scanty perspiration but otherwise can be true as well. Dry, itching pimples and simple acne	Perspiration here shows fishy odour Face is usually pale, shallow and edematous appearance	In syphilis there is hard acne on the face.

Discussion

Based on the totality of symptoms, Arsenicum album exhibits the highest intensity and closest correspondence to the patient's presentation. The patient shows a marked aversion to sweets, an uncommon modality in acne vulgaris, yet one that repertorizes with higher gradation under Arsenicum album compared with Sepia and Natrum muriaticum. Additionally, thirst is pronounced, further strengthening the indication for Arsenicum album. In such chronic skin conditions, the use of LM potency is often preferred because of its gentle yet deep action; LM potencies can be repeated frequently in adjusted doses, helping to maintain a steady curative influence while minimizing aggravations. This makes LM potency particularly suitable for acne, as it allows progressive improvement of the skin without suppression and offers

flexible adjustment of the dose according to the patient's sensitivity and response.

Conclusion

This case demonstrates the potential role of individualized homeopathic treatment specifically Arsenicum album in LM potency in the management of acne vulgaris. The remedy selection was guided by a clear totality of symptoms, notably marked thirst, aversion to sweets, desire for company, increased facial perspiration. The use of LM potency provided a gentle yet sustained therapeutic effect, with the flexibility to adjust dosage according to the patient's response. Over the course of treatment, gradual and consistent improvement was observed, with a reduction in both the intensity and frequency of eruptions. Although conventional dermatological therapy remains the primary evidence-based approach for acne, this case illustrates how LM potencies may offer supportive benefits in chronic and sensitive cases when applied through individualized homeopathic principles. Further clinical studies are required to substantiate these observations and to better evaluate the broader applicability of LM potencies in acne management.

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