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Acne vulgaris: A homoeopathic approach

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Abstract

Teenage years are fraught with beauty anxiety, and even a minor pimple or blemish can cause them distress. However, adolescence is a time of hormonal changes, which boosts sebaceous gland secretion. If pimples reoccur, they may leave lasting markings. There are several cosmetic treatments available on the market for acne, and some will provide temporary relief to the patient. However, in homoeopathy, we treat the patient rather than the disease, thus by delivering constitutional medicine based on symptom similarity, we can cure not just the pimples, but also the genetic inclination for pimple.

Keywords: Acne vulgaris, adolescence, treatments, homoeopathic approach

Introduction

Acne, also known as acne vulgaris, is a skin condition that occurs when the hair follicles become clogged with oil and dead skin cells. It's also known as blackheads, blemishes, whiteheads, pimples, or zits. Hair follicles are linked to oil glands, often known as sebaceous glands. To keep your skin oily, these glands secrete an oily substance called sebum. Sebum is generally secreted down the hair shafts through skin pore openings ^[1]. When your body creates an overabundance of sebum, it accumulates within the follicle and, when combined with dead skin cells, forms a soft clog. When a clogged pore becomes infected with bacteria, inflammation occurs, causing the follicle wall to bulge out, resulting in acne or pimples ^[2]. Acne is extremely common in children aged 12 to 28 years. However, it can happen at any age. Acne development is not affected by age. It can strike at any age and in either sexes ^[3]. It is divided into two categories.

Non-inflammatory Acne: Non-inflammatory acne is characterised by blackheads and whiteheads. Normally, these do not cause swelling.

Inflammatory Acne: Inflammatory acne refers to pimples that are red and swollen.

- Papules
- Pustules
- Nodules
- Cysts

Blackheads: On the skin of the face, blackheads are clearly evident. They are black and appear on the skin's surface. When a pore is clogged by a combination of sebum and dead skin cells, blackheads form. Despite the fact that the majority of the hole is clogged, the top of the pore remains open.

Whitehead: Whiteheads are a type of minor acne that develops on the skin's surface as small, round, white pimples. When a pore becomes blocked with sebum, dead skin cells, and debris, it does not open outward and is covered by a thin layer of skin. On the surface, it seems white. Whiteheads can appear anywhere on the body, including the face, shoulders, neck, chest, and back.

Papules: Papules are tiny lumps on the face caused by acne vulgaris. This type of acne occurs when a pore becomes clogged with sebum, dead skin cells, and irritation. The inflammation breaks down the surrounding wall of the pores, resulting in bumpy formations. Typically, the skin around these pores is pink and delicate to the touch.

Pustules: Pustules are similar to papules, they are visible on the skin's surface. They are red at the base and have pus at the top, giving them a whitish or yellowish appearance; they are uncomfortable to touch. When it comes to pustules, you should wait until a whitehead is apparent before treating them.

Nobules: This acne is harder and larger than papules and pustules. They are widespread, firm, painful, and nodular in nature, appearing deep within the skin. If not treated promptly, some types of acne might lead to scar formation.

Cysts: Cysts can form when pores become clogged by a mix of bacteria, sebum, and dead skin cells. However, these blocks lie deeper within the skin and below the surface than nodules. They are larger than nodules and have a cystic appearance. They are painful and pus-filled. Scars can be caused by cysts.

Acne is a skin disorder caused by a combination of factors such as hormones, food, climate, an irregular lifestyle, and stress. The homoeopathic medications for acne or pimples are chosen based on the underlying reasons and conditions that contribute to or worsen acne. Some acne vulgaris medications are listed below.

- 1. Calcaria Sulphuricum:** This medication is frequently prescribed for people who have a predisposition to develop pus on their pimples. The individual may have a lower tolerance for heat than for cold. Acne can be big, inflammatory, red, and painful, and it can leave scars. It is one of twelve tissue treatments utilised in both homoeopathy and biochemistry.
- 2. Sulphur:** People who are unclean, prone to skin ailments, and dislike being cleansed. Pustules, pimply eruption Dry, scaly, and unhealthy skin, itching, and burning; worse scratching and washing; and skin affection after local medicine.
- 3. Silica:** A miracle drug derived from sand, the metal Silica, which works on the immune system and a hormone in such a way that the potential to get acne with pus production decreases after a few doses of this medicine. The individual is susceptible to chilly air, breeze, and water. Infected patches are sluggish to manifest and disappear, which may result in scarring. A person who need this cure is normally cold, yet tends to sweat at night. Lean and slim physical structure, keen mind yet shy demeanour, intelligent but insecure. His or her belief system is somewhat strong-headed^[9, 10].
- 4. Dulcamara:** This plant-based treatment treats acne and the blemishes that it leaves behind. Acne may be present, as well as an allergic rash on the face. Remember Dulcamara when

the weather changes from dry to humid.

- 5. Natrum Muriaticum:** This homeopathic medicine, sourced from NaCl, simple salt, processed homeopathically through potentization, works as a remedy for many cases of acne. Hormonal disturbances such as PCOD or menstrual irregularities associated with or leading to acne. The face may be oily, a bit hairy, hypertrophied acne, ugly scars, in young girls and boys, may benefit from this medicine. The personality that matches with this medicine is one that is self centred, reserved, brooding over past issues, inability to forget and forgive; kind-hearted yet somewhat egoist, less expressive with emotions, etc.
- 6. Pulsatilla:** This therapy may be beneficial if acne is exacerbated by eating rich or fatty foods and is intensified by warmth or heat. It is recommended especially during adolescence or when acne appears near menstrual periods. The individual usually has a fair complexion and is prone to soft emotions and moodiness, feeling worse in warm or stuffy environments and better in fresh air.
- 7. Kali Brom:** Acnes are postural and indurate in character. Scars that remain after the acne heals up. Suitable to obese, younger person. The individual is uneasy, depressed, and depressed in nature. The despair is mixed with anxiousness, and he feels as if he is going insane. The person has restlessness and lack of sleep at night as a result of concern or grief caused by the loss of a job, a business, property, or reputation, among other things. Melancholy personality
- 8. Berberis Aquifolium:** There is acne, blotches, pimples in girls and boys. Its mother tocture can be applied externally to clear the scar mark of acne.
- 9. Calcarea carb:** It is an excellent constitutional medicine for any condition, including acne. People of psoric constitution who are pale, feeble, timid, shy, and easily weary from physical exertion. Though he feels tired or weak, his body composition is fatty and obese, and he gains weight readily. This therapy may help enhance the skin's resistance to infection if a person with recurrent pimples and skin eruptions is chilly with clammy hands and feet, quickly tired by effort, flabby or overweight. He sweats profusely with the least physical activity. Forehead, there are little eruptions that look like black heads.
- 10. Calcarea Phos:** Acne is more common in younger age groups of boys and girls who are physically slender and skinny. Acne appears in adolescent girls who are anaemic and frequently complain of headaches and gas problems.



Fig 1: Acne Vulgaris

General Management

- **Maintain a Healthy Lifestyle:** The primary components that everyone should follow are daily physical activity, eating healthy foods, drinking enough of water, yoga, and meditation.
- 6-8 hours of sleep per night – Sleep deprivation raises the danger of psychological stress. Stress causes a rise in glucocorticoid production, which can cause irregularities in skin structure and function, exacerbating your acne. As a

result, sleeping for at least 6 to 8 hours is vital for everyone.

- **Healthy food habits:** Some foods quickly spike blood sugar, causing an increase in insulin. Too much insulin in your blood might stimulate your sebaceous gland to secrete more oil, which can lead to acne. As a result, you should eat healthy foods that will not alter your blood sugar level. You should eat more whole grains, beans, and vegetables and limit your intake of junk foods, fast foods, pasta, white rice, white bread, chocolate, and sugar.

- Daily Exercise: Daily exercise can help reduce stress, which can contribute to acne problems. Physical activity on a daily basis also helps to boost blood flow to your skin, which offers more oxygen to your skin cells and transports cell waste away. Showering after exercise is essential since sweat from activity can irritate your skin.
- Drink more water: Drinking extra water is an excellent approach to flush out impurities and hydrate your skin from within.
- Increase your intake of omega-3 fatty acids. Omega-3 fatty acids have anti-inflammatory properties because they regulate the formation of leukotriene, a chemical that can increase sebum and cause inflammatory acne. Foods high in omega-3 fatty acids include walnuts, avocados, flax seed oil, and salmon. Apply ice on the swelled acne areas-For swollen pimples, gently apply ice for a minute or so. Just don't keep the ice on so long that it irritates your skin.
- Avoid scrubbing the skin or popping pimples, as this may push the infection deeper into the skin, causing further blockage, swelling, and redness. Avoid popping pimples, as this makes scarring.
- Avoid touching your face.
- When conversing on the phone, keep it away from your face because it is likely to collect sebum and skin residue.
- Wash your hands frequently, especially before applying lotions, creams, or makeup.
- If you have acne on your back, shoulders, or chest, wear loose clothing and avoid tight apparel such as caps, headbands, and scarves. If you use them, make sure to wash them on a regular basis.
- Avoid using oil-based makeup products. Before going to bed, take off your makeup.
- Wash your hair every day because it accumulates sebum and skin residue. Avoid using greasy or oily hair products.
- Avoid excessive sun exposure, since it might encourage sebum production.

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