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Dr. Bishnu Prasad Maiti

PG Scholar, Department of
Homoeopathic Pharmacy, GD
Memorial Homoeopathic
Medical College & Hospital,
Patna, Bihar, India

Retrospective clinical study for the case of acne vulgaris

Dr. Bishnu Prasad MaitiDOI: <https://doi.org/10.33545/26164485.2023.v7.i3a.889>**Abstract**

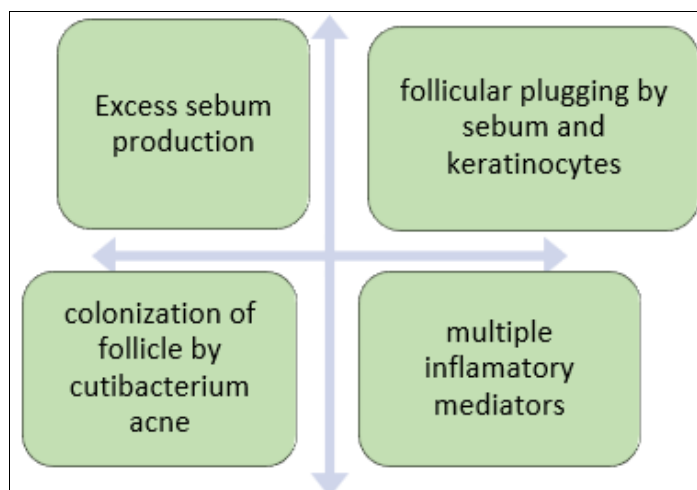
Acne vulgaris is common dermatological disease affecting the pilosebaceous follicles. Epidemiological studies demonstrated that acne is most common in adolescence and psychological problem is the main setback of this problem. The remedy selection based upon the theory of symptom similarity and individualization by using holistic approach. Here is the different case of acne vulgaris treated by homoeopathic medicine. This article reviews the general aspects of acne and its homoeopathic management. Homoeopathy has mentioned treatment for acne and has been used in clinical practice. A retrospective study from the OPD case of GD Memorial Homoeopathic Medical College & Hospital was carried out with the aim to know the efficacy of Homoeopathic medicine in acne. Out of 50 patients, 30 subjects (60%) has resolved completely without any relapse. Whereas 15 subjects (30%) reduced but they were lost to follow up. In 5 subjects (10%) there was no change.

Keywords: Acne, homoeopathic medicine, individualisation**Introduction**

Acne is disease of adolescents in which hair follicle develops obstructing horny plugs ^[1]. These lesions mostly occur on face, trunk, back where sebaceous follicles more in number ^[2]. Patients with this complains have social and psychological impairment. Worldwide studies reported that acne has major effects on quality of life ^[3]. The clinical hallmark of acne vulgaris is Comedone ^[4, 5]. Massive cause of acne are multiple inflammatory mediators, colonization of follicle, follicular plugging ^[5]. According of some author, acnes are 3 graded depend on comedones, pseudocysts, inflammatory lesions ^[6]. Homoeopathy based on individualization, similia similibus curenter, miasmatical theories. Homoeopathy treats the patient, not the disease. In the based-on totality of symptoms individualised homoeopathic remedy can permanently eradicate the symptoms as whole.

Objectives for study

Review to know the efficacy of homoeopathic medicine for treatment of acne.

Cause**Corresponding Author:****Dr. Bishnu Prasad Maiti**

PG Scholar, Department of
Homoeopathic Pharmacy, GD
Memorial Homoeopathic
Medical College & Hospital,
Patna, Bihar, India

Type

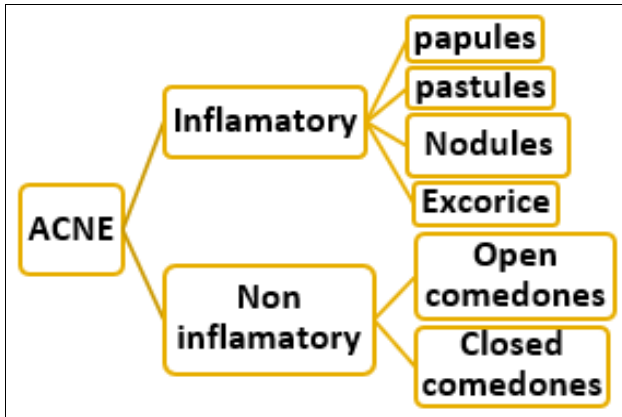


Table 1: Grading

	Mild	Moderate	Severe
Comedones	< 20	20-100	> 100
Inflammatory lesion	< 15	15-50	> 50
Total lesion	< 30	30-125	> 125
pseudocysts	----	----	>5

Signs and Symptom

- Whiteheads (Closed plugged pores).
- Blackheads (Open plugged pores).
- Small red, tender bumps (papules).
- Pimples (Pustules), which are papules with pus at their tips.
- Large, solid, painful lumps under the skin (nodules).
- Painful, pus-filled lumps under the skin (cystic lesions).

Miasmatical evolution

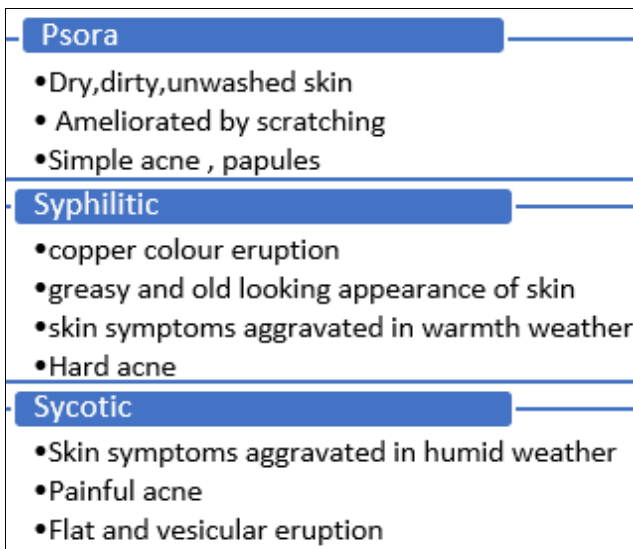


Fig 1: Show Psora, Syphilitic, Sycotic

Repertory related to acne

Kent: Skin, eruption, pimples.

Bbcr: Face, Acne.

Boericke: Skin, face, eruption on face, Acne rosacea / Acne simplex.

Case Discussion

Most of patients with Acne have painless but some patients complaining itching in face, after 1-2 months of treatment

itching become subside but complete spontaneous resolution rarely occurs. Maintaining proper diet, exercise as a conservative treatment includes in modern literature most of the case of mild acne has resolute itself.

Some of the patients of moderate and massive Acne experience sensitivity or a resistance to a systemic use of antibiotics or anti-inflammatory drug. So, by considering above limitation of conventional treatment, a systemic homoeopathic medicine was used for this condition.

Rubric related to repertory book

1. Homoeopathic material medica & repertory- willam Boericke

Acne

Rosacea: Agar, Ars, *Ars. Br.*, Ars. IOD, Bell, *Carbo An.*, Caust, Chrysar, Eug. J., *Hydrocot.*, Kali Br., Kali IOD., Kreos, Nux V, Oophor., Petrol., Psor., Radium, Rhus R., Rhus T., Sep., Sul., *Sul IOD.*, Sulphurous ac.

Acne Simplex: *Ant. C*, *Ant. SA*, *Ant. T*, Ars, *Ars. Br.*, Ars. IOD, Ars. Sul. Rub, Asimina, *Aster*, Bell, Bellis, *Berb. Aq.*, Bov, Calc. Picr, Calc. Sil. Calc. S., Carb. Ac., *Carbo An.*, *Carbo V.*, Cic, Cim, Cob, Echin, Eug. J., Granat, Graph, Hep, *Hydrocot*, Jugl C., Jugl R., Kali Br., Kali Bich, Kali IOD, Kali M., Lappa, Led, Lyc, Nabul. S., Nat. Br., Nat. M., Nit. Ac., *Nux V.*, Oleand, Phos. AC., Psor, Puls, Radium, Selen, Sep., Sil., Staph., Sul., *Sul. IOD*, Sumb, Thuya.

Abuse of KI [from] -- Aur.

Abuse of mercury [from] -- Kali IOD., Mez, Nit. Ac.

Cheese [from] -- Nux V.

Cosmetics [from] -- Bov.

Syphilis [from] (See Male Sexual System.) -- Aur., Kali IOD., Merc. S., Nit. AC.

Anémic girls at puberty [in], with vertex headache, flatulent dyspepsia, better by eating -- Calc. P.

Drunkards [in] -- Ant. C., Bar. C., Led., *Nux V.*, Rhus T.

Fleshy young people [in], with coarse habits; bluish red, pustules on the face, chest, shoulders -- Kali Br.

Scrofulous [in] -- Bar C., Brom, Calc. C., Calc. P., Con., IOD., Merc. S., Mez, Sil, Sul.

Tubercular children [In] -- Tub.

Cachexia [with] -- Ars, Carbo V., Nat. M., Sil.

Gastric derangements [with] -- Ant. C., *Carbo V.*, Cim, Lyc, *Nux V.*, Puls, Robin.

Glandular swellings [with] -- Brom, Calc. S., Merc S.

Indurated papules [with] -- Agar., Arn., Ars. IOD, *Berb. V.*, Bov, Brom, *Carbo An.*, Cob, Con., Eug. J., IOD, Kali br., Kali IOD, Nat. Br., Nit. Ac., Robin, Sul, Thuya.

Menstrual irregularities [with] -- Aur. M.N., Bell, Bellis, *Berb. AQ.*, *Berb. V.*, Calc. C., Cim, Con., Eug. J., Graph., Kali Br., Kali C., Kreos., Nat. M., Psor., Puls., Sang., Sars., Thuya, Ver. A.

Pregnancy [With] -- Bell., Sab., Sars., Sep.

Rheumatism [With] -- Led., Rhus T.

Sexual excesses [With] -- Aur., Calc. C., Kali Br., Phos. AC., Rhus T., Sep., Thuya.

Scars unsightly [with] -- Carbo an., Kali Br.

Symmetrical distribution [With] -- Arn.

2. Repertory of the homoeopathic materia medica – J.T. Kent

Kent

Acne: Ant-C., Ars-I., Ars., Aur., Bar-C., Bell., Calc-S.,

Calc-sil., Calc., Carb-an., Carb-s., Carb-V., Caust., Chel., Con., Cop., Crot-H., Eug., Hep., IOD., Kali-Br., Kreos., Lach., Led., Med., Nat-M., Nit-AC., Nux-V., Ph-AC., PSOR., Puls., Sabin., Sanic., Sel., Sep., Sil., Sul-I., Sulph., Thuju., Tub., Uran. Becoming heated Agg.: Caust. Fire, near A: Ant-C. Rosacea: Ars., Aur-M., Aur., Calc-P., Calc-sil., Canth., Caps., Carb-AC., Carb-AN., Carb-S., Carb-V., Caust., Chel., Cic., Clem., Eug., *hydr-ac.*, Iris., Kali-br., kreos., Lach., Led., Mez., Petr., PLB., Psor., rad., Rhus-t., Ruta., sep., Sil., sul-ac., Sulph., Tub., Verat., Viol-o., Viol-t. Bluish: Lach, Sulph. Groups, In Caust on the nose: Calc-P., Cann-s., Caust, Psor. Chin: Hydr, Verat, Viol-T. forehead: Ant-c., Ars., Aur., Bar-C., bell., Calc., Caps., Carb-an., Carb-S., Carb-V., Caust., Cic., Clem., Hep., Kreos., led., Nat-M., Nit-AC., Nux-V., *ph-ac.*, Psor., Rhus-T., Sep., Sil., Sulph., Viol-T. Lips: Cadm, caps., hydro. Nose: Calc-P., Cann-S., caps., Caust, graph. sel., Sulph. Biting: Bry, Merc., Nat-M., plat., Sil. Blackish: Ares., spin.

3. BCCR Repetory

Acne

Comedo: Abrot., ANT-C., ARS., Bar-c., Bell., Brom., Bry., Calc., Carb-v., Dig., Dros., GRAPH., Hep., Kali-BR., Lach., LYC., Mez., Nat-c., Nat-m., Nit-ac., Petr., Plb., PSOR., Sabin., SEP., Sul-i., SULPH., Sumb., Thuju.

Rosacea: Bufo, Caust, Kali-bi., Rhus-T.

Homoeopathic Medicine

Sulphur
<ul style="list-style-type: none"> ▪ Rough and hard skin, ▪ Acne associated with comedones and constipation ▪ spotted redness of face with black pores ▪ Itching intensely in the evening and from the warmth

Sanguinaria
<ul style="list-style-type: none"> ▪ Burning sensation like from hot water, ▪ redness and burning of cheeks, ▪ useful remedy for acne especially in women with scanty periods and irregular circulation of blood.

Kali Bromatum
<ul style="list-style-type: none"> ▪ Acne with persistent acne ▪ The acne might be indurated ▪ Pustular or simplex ▪ Formation of scars is very common

Antimonium Crudum
<ul style="list-style-type: none"> ▪ Small red pimples on the face ▪ condition aggravated by heat and cold bathing. ▪ Pustular and popular in nature.

Artium Lappa
<ul style="list-style-type: none"> ▪ Its effectiveness has been proven in homoeopathic treatment of acne especially of the inflammatory type. ▪ Pimples on the head, face and neck.

Natrum Muriaticum
<ul style="list-style-type: none"> ▪ Greasy oily skin ▪ good Remedy for acne remedy acts on sebaceous glands ▪ Anaemic girl treated by this.

Asterias Rubens
<ul style="list-style-type: none"> ▪ Disposition to pimples in adolescence ▪ Red face pimples on side of nose, chin and mouth.

Belladonna
<ul style="list-style-type: none"> ▪ Indicated in acne Rosaceae ▪ Alternate redness and pimples of skin ▪ Dry hot and swollen skin.

Nux Vomica
<ul style="list-style-type: none"> ▪ Body burning hot ▪ Acne red and blotchy

Graphites
<ul style="list-style-type: none"> ▪ Dry hard rough skin ▪ Symptoms worse with warmth, before and after periods

Calcarea Phosphoricum
<ul style="list-style-type: none"> ▪ Indicated in anaemic girls in puberty Skin red ▪ pricking like nettles after a bath.

Bovista
<ul style="list-style-type: none"> ▪ Indicated for acne from the use of cosmetics ▪ Itchy skin especially in warm conditions ▪ pale swelling of cheeks

Differential Discussion

Age

1. Below 12 years – 5 patients (10%).
2. (12-15) years – 8 patients (16%).
3. (15-18) years – 7 patients (14%).
4. (18-20) years – 8 patients (16%).
5. (20-25) years - 10 patients (20%).
6. (25-30) years – 8 patients (16%).
7. Above 30 years – 4 patients (8%).

Sex

1. Male – 30 patients (60%).
2. Female – 20 patients (40%).

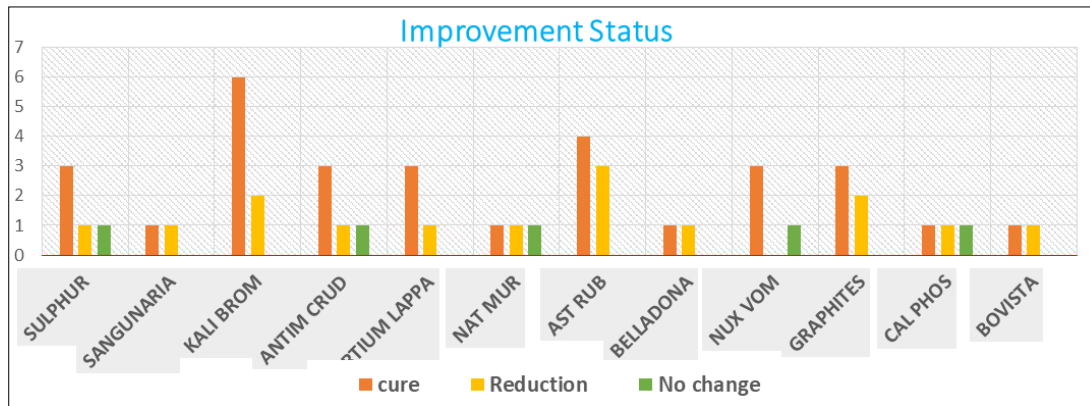
Stage

1. **Mild:** 10 patients (20%).
2. **Moderate:** 20 patients (40%).
3. **Severe:** 20 patients (40%).

Associated Disease

1. Associated with other complaints – 50 patients (100%).
2. Only acne – No patient.

Medicine prescribed	No of patients		Improvement assessment		
	n	%	cured	reduction	No-change
Sulphur	5	10	3	1	1
Sanguinaria	2	4	1	1	
Kali bromatum	8	16	6	2	
Antimonium crudum	5	10	3	1	1
Artium lappa	4	8	3	1	
Natrum muriaticum	3	6	1	1	1
Asterias rubens	7	14	4	3	
Belladonna	2	4	1	1	
Nux vomica	4	8	3		1
Graphites	5	10	3	2	
Calcarea phosphoricum	3	6	1	1	1
Bovista	2	4	1	1	



Graph 1: Improvement status

Result

Out of total 50 cases in 30 (60%) acne subside completely without any recurrence. whereas in 15 (30%) has subside but not gone completely. In 5 (10%) cases of acne remained in a status Of no change, probably patient might not have taken the medicine regularly. Probable mode of action in concerned, medicine might have removed the sign and symptoms and resolution of acne without giving any recurrence. This has occurred as medicines were prescribed

by consideration associated local and systemic complaints that may be a causative factor for acne. This clinical study results are generalizable. Each patient was given an individualistic treatment as per the of sign, symptoms, and causative factor, so it has resulted in complete resolution of acne in majority of cases. Medicines were sweet and easy to administer so everyone took it regularly and showed a better compliance.

Case 1



Fig 1: A) Before Treatment

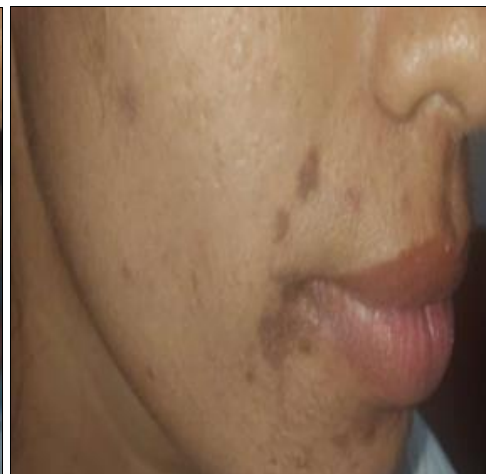


Fig 1: B) After Treatment

Case 2



Fig 2: A) Before Treatment



Fig 2: B) After Treatment

Case 3



Fig 3: A) Before Treatment



Fig 3: B) After Treatment

Case 4



Fig 4: A) Before Treatment



Fig 4: B) After Treatment

Case 5



Fig 5: A) Before Treatment



Fig 5: B) After treatment

Case 6



Fig 6: A) Before Treatment



Fig 6: B) After Treatment

Case 7



Fig 7: A) Before Treatment



Fig 7: B) After Treatment

Case 8



Fig 8: A) Before Treatment



Fig 8: B) After Treatment

Conclusions

Systemic homoeopathic medicine was effective in controlling all types of acne without the help of conventional medication. This clinical study has shown positive results however it is difficult to attribute these results solely to medical therapy as the use of conservative treatment might have helped in the resolution of acne. So further controlled clinical study must be needed with patients undergoing as a control arm for validation.

Conflict of Interest

Not available

Financial Support

Not available

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