

ACNE VULGARIS AND ITS STRUGGLE BUT HOMOEOPATHY HEALS EVERYTHING

DR. RIYA JODHA

B.H.M.S, P.G. SCHOLAR
(DEPARTMENT OF REPRATORY)

JAWAHARLAL NEHRU HOMOEOPATHIC MEDICAL COLLEGE, PARUL UNIVERSITY, VADODARA-391760

ABOUT CO-AUTHOR

Dr. JIGNESH PATEL

M.D.(Hom.), P.G. GUIDE, HOD AND PROFESSOR IN DEPARTMENT OF REPERTORY
JAWAHARLAL NEHRU HOMOEOPATHIC MEDICAL COLLAGE, PARUL UNIVERSITY, VADODARA-391760

Abstract

Acne vulgaris is a common chronic skin disease involving blockage or inflammation of pilosebaceous units i.e. hair follicles and their accompanying sebaceous gland. Acne vulgaris can be present as non inflammatory lesions or mixture of both; affecting mainly face but also chest and back as inflammatory lesions. Pulsatilla used in this case and it showed favorable results.

Keywords

Acne vulgaris\Acne blotches, chronic skin disease, homoeopathy, pulsatilla.

Introduction

In one study entitled effectiveness of Homoeopathic medicine in cases of acne vulgaris in adolescence stated that acne is estimated to effect 9.4% of global population; making it eight most prevalent and most common disease worldwide.

According to epidemiological studies acne is most common in adolescence specially boys. People those who have social, psychological and emotional impairment and are attacked by anxiety, depression, embarrassment, anger also suffer from attack of acne.

Above survey concluded that age group of 18-20 years those who are facing various stress in life lead to various mental and physical problems and these problems act as risk factors for developing acne vulgaris in respective age group.⁽¹⁾

Definition

Acne vulgaris is a chronic skin disease involving blockage or inflammation of pilosebaceous units. Acne can present as non inflammatory lesions or a mixture of both; affecting mainly face.^{(2) (3) (4)}

Etiological factors

- Puberty (Physiological)
- Hormones
- Infections (Propionibacterium bacteria)
- Diet
- Stress
- Smoking^{(2) (3)}

Pathogenesis of acne vulgaris

- Acne vulgaris is an skin disorder of the sebaceous follicles that commonly occurs in adolescence and in young adulthood. The main pathogenic factors involved are hyperkeratinization , obstruction of sebaceous follicles resulting

from abnormal keratinization of the epithelium, stimulation of sebaceous gland secretion by androgens, microbial colonization of pilosebaceous units by propionibacterium acnes, which promotes perifollicular inflammation.⁽⁵⁾⁽⁶⁾

- Increased activity of sebaceous glands elicited by androgen causes proliferation of P. acnes, present within retained sebum in P. ducts. The organism is rich in ribosomes, inflammatory mediators and leucocytes. In inflamed lesions, numerous neutrophils and macrophages infiltrate around hair follicles and sometimes phagocytose P. acnes.⁽⁵⁾⁽⁷⁾

Investigation

- Testosterone
- Sex hormone binding globulin
- Free androgen index
- Dehydroepiandrosterone sulfate
- 17- hydroxyprogesterone
- Synacthen test of adrenal stimulation by adrenocorticotrophic hormone
- Luteinising hormone and follicular stimulating hormone
- Prolactin
- Cortisol⁽⁵⁾⁽⁷⁾⁽⁸⁾

General management+ auxillary treatment

- Avoid fried food , chocolates , skimmed milk, whey and pickles.
- Wash face frequently with normal water , avoid using excessive cosmetics.
- Exercise and meditation.
- Drink plenty of water and eat green vegetables and fresh fruits , fibrous food.⁽⁹⁾⁽¹⁰⁾

Miasmatic approach (191, 192)

According to aphorism 191; that every powerful internal medicine immediately after its ingestion causes important changes in the general health of such a patient even in local diseases of external parts of the body and changes it produce is most salutary, being restoration of entire health, along with disappearance of external affection.⁽¹¹⁾⁽¹²⁾

According to aphorism 192; above effect is only possible when investigation of the case of disease, along with local affection, all the changes, sufferings and symptoms observable in the patients's health and previously noticed sufferings when no medicine had been used, are taken into consideration to form complete picture of the disease before searching for medicine.⁽¹¹⁾⁽¹²⁾

Case Report

Preliminary Data

Mrs. AB,25/F, A student comes with complaint of acne more prominent on cheeks and chin leave acne marks this complaint she was suffering from since one year.

Chief Complaints

Location (Onset,progress,duration)	Sensation	Modality	Concomitant
L-Face (Cheeks, Chin)	Burning and itching sometime	Agg - After fatty meal or junk food (acne increased in number)	NAD
O- Progressive			
P- First started with few bumps followed by pustules after they dried up leave black blotches			
D- Since one year			

Family History

Father- Hypertension, history of recurrent acne.

Mother- Hypertension

Past history

She suffered from abdominal cramps and severe constipation ; diarrhea sometimes due to infection. She used to vomit frequently with severe headache. Modern medicinal treatment taken and then improved in few months.

Menstrual History

Cycle	Duration	Character of blood	Leucorrhoea	Concomitant
30 days	5 days; profuse discharge in initial 2 days	Dark red mixed with clots; character changes frequently	2 days before menses; strigy white discharge	Pain in lower abdomen radiate to back and thighs, vomiting.

Physical Generals

Appetite- Adequate(3times a day), Dyspepsia with great tightness after a meal specially fatty meal

Thirst- Thirstless alternatively desire for cold water

Desire- Spicy food++++, tea+++ , Fried food++,pickle+.

Aversion- Fatty food, warm food and drink.

Intolerance- Milk and fatty food as it causes flatulence and bloated abdomen.

Urine-D/N- 3/1

Stool- D/N- 2/1, Excessive flatulence during passing stool, stool character changes (hard and soft normal stool)

Sleep- Refreshing (7-8 hr)

Dreams- Anxious dreams; feel suffocated and fearful in dreams.

Perspiration- Profuse over neck and forehead

Thermal- Chilly

Mental Generals

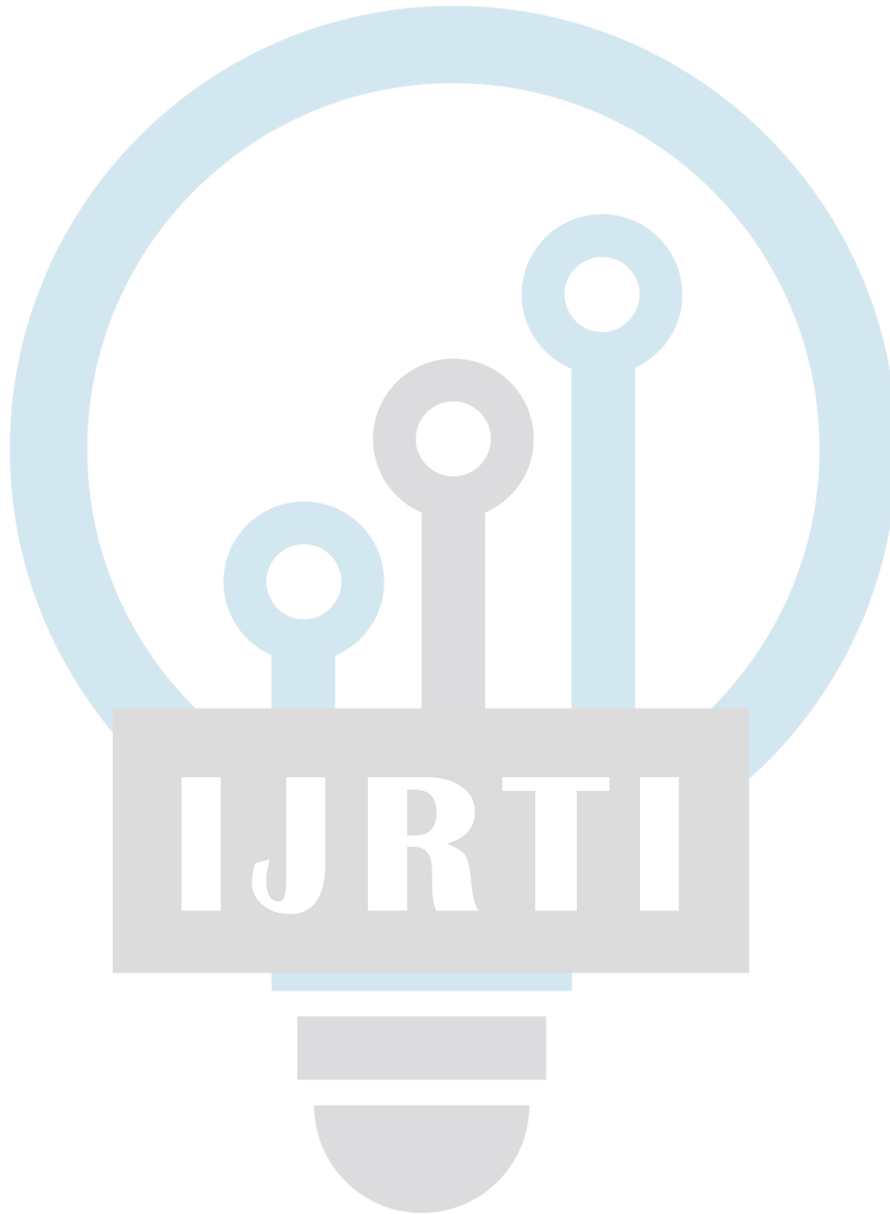
- Fear of ghost and people.
- Timid and slow in every task.
- Want of confidence; weep easily during task.
- No desire for company; indisposed to talk, bunch of people make her irritable.
- Desire for consolation.

Physical Examination

Built	Neither obese nor lean thin	Gait	Normal
Height	5'4''	Weight	58 kgs
Temperature	97.4* F	Icterus	Absent
Pulse	78/ min	Clubbing	Absent
BP	130/80 mmhg	Edema	Absent
Respiratory rate	16/min	Cyanosis	Absent

Pallor Face	/Skin/ Fair complexion, acne on cheeks and chin with blotches. Oily skin.	Lymph nodes	Not enlarged
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General Examination



Totality of Symptoms

- Fear of ghost
- Fear of people
- No desire for company
- Weeps very easily and like consolation but doesn't want company.
- Timid; want of confidence.
- Thirstless alternatively excessive desire for cold water.
- Dyspepsia with great tightness after a meal.
- Desire for tea, spicy food, fatty food
- Intolerance to milk and fatty food.
- Stool character changes frequently
- Acne on cheeks and chin with acne marks.

Repertory Sheet

is analysis contains 293 remedies and 16
ensity is considered
m of symptoms (sorted degrees)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
Clipboard 3																				
1. MIND - COMPANY, - aversion to - avoids th... (1) 1																				
2. MIND - TALK, - indisposed to desire to be sil... (153) 1	3	3	2	2	3	2	2	2	3	2	2	1	2	1	1	2	1	1	2	1
3. MIND - FEAR - ghosts, of (24) 1	2	2	2	1	2	2		2												
4. SLEEP - DREAMS, - anxious (187) 1	3	3	2	2	3	3	3	3	1	3	3	3	3	3	3	3	2	3	2	3
5. MIND - WEeping, tearful mood, etc. (167) 1	3	3	2	1	2	3	3	1	1	1	3	1	3	3	3	2	2	2	1	2
6. MIND - CONSOLATION - amel. (1) 1	2																			
7. MIND - TIMIDITY (78) 1	2	3	2	2	3	3	3	2	1	3	2	3	2	3	2					
8. MIND - DISCOURAGED - weeping, amel. (1) 1																				
9. MIND - CONFIDENCE, want of self (52) 1	2	1	1	2	1	2	1													
10. MIND - FEAR - people, of (55) 1	2	1	2	1	1	3	1													
1. STOMACH - THIRSTLESS - desire to drink, ... (10) 1																				
2. STOMACH - INDIGESTION (Includes Compl... (56) 1	3	3	3	3																
3. STOMACH - DISTENSION - eating, - after (48) 1	2	1	3	3	2	3	2													
4. STOMACH - DESIRES - tea (5) 1																				
5. STOMACH - EMPTINESS, weak feeling, faint... (188) 1	3	3	1	2	3	2	2	2	2	2	2	2	2	2	3	2	1	1	3	2
5. STOMACH - AVERSION to - fats and rich f... (34) 1	3	2	2	3	1															

Prescription

Rx(3/3/2021)

Pulsatilla 200 BD

4-0-4-0 * 2 days/wk

SL 30* 15 days

General management/advice

- Drink plenty of water.
- Eat fresh green vegetables and fruits rich in vat C and vat E
- Avoid excess intake of spicy, junk food and pickles.
- Avoid excess intake of tea or any other sweet.
- Exercise and meditation daily at least for 30 minutes.

Follow Ups

Date	Symptoms	Prescription
17/03/2021	She started interacting with others. Acne on chin started decreasing++ Acne on cheeks +++++. Dyspepsia +++ Fear from darkness and ghost reduced++, Level of irritation ++. Dyspepsia+ Acne on chin +. Acne on cheeks and itching +++	Pulsatilla 200 BD 4-0-4-0*2days/wk for 15 days
1/04/2021	Fear from darkness and ghost++ Dyspepsia improved Itching on cheeks ++ Acne on chin improved Acne on cheeks+++ Sudden attack of headache and coryza ++ (acute attack)	Pulsatilla 1M BD 4-0-4-0* 2 days SL 30 BD * 15 days
16/05/2021 (On call)	Fear from darkness and ghost improved. Itching intensity on cheeks+ Acne on cheeks start to disappear++ Coryza and headache improved. Itching intensity improved. Acne and blotches disappeared. Abdominal cramps with diarrhea and vomiting reappeared++	Allium Ceba 30 BD 4-0-4-0 for 4 days SL 30 BD* 15 days
21/05/2021 (after 4 days)	Diarrhea and vomiting + Abdominal colic ++	

31/05/2021	Diarrhea and vomiting improved Abdominal colic improved	SL 30 BD* 15 days
15/06/2021		Pulsatilla 1M BD 4-0-4-0* 2 days SL 30 BD * 7 days
23/06/2021		SL 30 BD* 7 days
1/07/2021		SL 30 BD * 7 days

**BEFORE****AFTER**

Conclusion

Case of acne vulgaris having complaints of excessive acne on cheeks and chin along with excess burning and itching is treated with Pulsatilla which was selected after reportorization on the basis of strong mental and physical general along with particular symptom. Pulsatilla have affinity towards acne, urticaria from fatty food intake, erysipelas, redness, shiny round red ulcers, putrid ulcers, varices.

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