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## Evidence-Based Homoeopathic Management of *Acne vulgaris*: A Clinical Case Report

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### Abstract

*Acne vulgaris* is a chronic disorder of the pilosebaceous unit that causes non-inflammatory lesions (open and closed comedones), inflammatory lesions (papules, pustules, and nodules), and varying degrees of scarring. Homoeopathic medicines, when prescribed after individualization, can play significant role in achieving cure. A 22-year-old female patient attended outpatient department (OPD) chiefly for the complaints of red, pustular and painful eruptions on the face. She had been on conventional treatment for some time without satisfactory relief, so patient turned to homoeopathic treatment. After detailed case taking and repertorisation, *Natrum muriaticum* 30C was prescribed. Within three months of homoeopathic treatment, the patient showed marked improvement; only residual scars remained, with no recurrence of new eruptions observed during subsequent follow-ups. This case highlights the potential of Individualized Homoeopathic Treatment in the successful management of *Acne vulgaris*.

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### Introduction

*Acne vulgaris* is one of the most common skin disorders which dermatologist has to treat. It mainly affects adolescent, though may present at any age<sup>[2]</sup>. Majority of females suffer from mild to moderate acne at some stage of life although the pathogenesis still stands unknown, but some of the probable reason could be: increase sebum production, ductal keratinization, bacterial colonization of the pilosebaceous duct and inflammation<sup>[3]</sup>, hormonal factors, dietary factors such as dairy, oily or processed food, stress and psychological factors, certain medications, cosmetic products and environmental factors (pollution, humidity, excessive sweating)<sup>[9]</sup>.

According to WHO it initially appears during the onset of puberty at the time when androgenic stimulation triggers excessive production of extracellular products such as lipases, protease hyaluronidases and chemotactic factors<sup>[4]</sup>.

### Prevalence

Globally, *Acne vulgaris* is one of the most common dermatological conditions, affecting nearly 20% of the population, with a prevalence of 80–90% among adolescents in Western countries.

The Global Burden of Disease study (2021) reported an age-standardized prevalence of approximately 9.8% worldwide, accounting for over 633 million affected individuals, ranking acne as the eighth most prevalent disease. In Asia, the prevalence is slightly lower at around 19.4%, while in India, studies show variable figures: hospital-based data report a prevalence of 0.74% in adults above 25 years, whereas community-based observations indicate that 200–300 million Indians suffer from acne, predominantly in the 18–25 years age group, with females comprising up to 81.7% of cases [10].

#### Type of *Acne vulgaris* [5]:

- Mild acne:** This includes white heads (closed clogged pores) and black heads [3]. < 20 comedones < 15 inflammatory lesions, count < 30.
- Moderate and severe inflammatory acne:** Include white heads and black heads plus papules (reddened areas that are elevated above the skin surface) and areas of pustules (pimples- small bumps on the skin that contain visible fluid) [3]. 20-100 comedones, 15-50 inflammatory lesions, or total lesion count <30.
- Nodulocystic acne-** Nodules are deeply embedded solid, often painful lesions. These may develop additional infections and may eventually lead to scarring if not treated. Nodule can be greater than 5mm diameter.

#### Case Presentation

A 22-year-old female patient visited outpatient department (OPD) on 20.02.2025 with the complaints of red pustular eruptions over face. Yellow discharge from the eruptions which are painful and sensitive to touch aggravated from heat and sun exposure and better by applied cold things. (Water, ice)

#### History of presenting complaints

Patient was apparently well 4 years back when he had started complaints of pustular eruptions over face. Eruptions appeared after applied squeezed lemon slice over face. At that time, she received allopathic treatment and applies ointments over eruptions and gets no effect. Her Condition gets worse whenever she came in contact to heat and sun rays. Sometime she felt better when applied cold things (cold water, ice).

#### Past history

No relevant past history.

#### Family history

- Father - Diabetes
- Mother - Hypotension
- Sister - PCOS

#### Physical generals

- Appetite- Good
- Thirst- Large quantity of water
- Desire- Salty things
- Thermal- Hot
- Aversion- Sour things cause swelling in all over body

#### Mentals

- Weeping only when she was alone
- Reserved nature
- She does not want to any one console her
- Dreams of water

#### Menstrual history

Menstrual cycle regular, with white color of Leucorrhea.

#### Totality of symptoms

- Weeping only when she was alone
- She does not want to any one console her
- Reserved nature
- Dreams of water
- Painful eruptions over face which are aggravated from sun and ameliorated from cold application
- Yellow discharge from the eruptions
- Leucorrhea white
- Sour things cause swelling in all over body

Miasmatic evaluation for the presenting symptoms showed the prominence of psora miasm [6]. Considering the above totality, Synthesis repertory was preferred and RADAR software was used for repertorisation chart is given in figure1.


125 %

Millennium view (progressive)

J.Sherr

Luc

Rajan's Miasms

1.  Clipboard 1

1. MIND - WEEPING - alone, when

(9) 1

2. MIND - CONSOLATION - agg.

(48) 1

3. MIND - RESERVED

(116) 1

4. DREAMS - WATER

(97) 1

5. FACE - ERUPTIONS - acne

(143) 1

6. FACE - ERUPTIONS - painful

(19) 1

7. FACE - ERUPTIONS - sun agg.

(1) 1

8. FACE - COLD - application - amel.

(1) 1

9. SKIN - ERUPTIONS - discharging - yellow

(42) 1

10. FEMALE GENITALIA/SEX - LEUKORRHEA - white

(109) 1

11. GENERALS - FOOD and DRINKS - sour food, acids - agg.

(66) 1

nat-m.	sulph.	sep.	ars.	bell.	calc.	sil.	graph.	phos.	lyc.	merc.	thui.	carb-v.	puls.	ign.	nux-v.
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
8	8	7	7	7	7	6	6	6	6	6	6	5	5	5	5
19	15	18	12	12	11	13	12	12	10	9	9	12	12	8	8
2	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-
4	1	4	2	2	1	3	1	-	1	1	1	-	-	3	1
3	1	1	1	1	2	1	1	3	1	1	1	-	2	2	1
1	1	-	2	2	-	2	2	-	2	2	2	1	-	1	-
3	3	4	2	1	2	3	3	3	3	2	2	3	3	1	3
-	3	1	-	2	1	-	-	1	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2	3	3	1	-	2	3	2	3	2	1	2	3	3	-	-
3	1	3	2	2	2	1	3	1	1	2	-	2	2	-	2
1	2	2	2	2	1	-	-	1	-	-	1	3	2	-	1

Fig 1: Repertorisation of case from synthesis repertory<sup>7</sup> using RADAR software<sup>8</sup>

**Reportorial analysis**

On the reportorial analysis Natrum muriaticum has scored highest marks (19/8) followed by Sulphur (15/8), Sepia (18/7), Arsenicum album (12/7) and Belladonna (12/7).

**First prescription**

On 20/02/25 Natrum muriaticum 30C was prescribed for 7 days on first visit on the basis of reportorial totality and considering the miasmatic background.

**Follow ups**

Date	Symptoms	Prescription
27/02/25	<ul style="list-style-type: none"> <li>Red pustular eruptions over face</li> <li>Discharge from the eruptions present</li> <li>Eruptions are sensitive to touch and painful</li> </ul>	Natrum muriaticum 30C TDS for 15days
14/03/25	<ul style="list-style-type: none"> <li>Discharge from the eruptions present but patient feeling well</li> </ul>	Rubrum 30 TDS for 15 days
30/03/25	<ul style="list-style-type: none"> <li>No of eruptions are decreased</li> <li>Discharge from the eruptions subside</li> <li>Intensity of pain decreased</li> </ul>	Natrum muriaticum 30C TDS for 15 days
15/04/25	<ul style="list-style-type: none"> <li>No new eruption appears</li> <li>Intensity of pain decreased</li> </ul>	Rubrum 30 TDS for 15 days
01/05/25	<ul style="list-style-type: none"> <li>Eruptions decreased in size</li> <li>Slight burning over face</li> </ul>	Natrum muriaticum 30C TDS for 15 days
16/05/25	<ul style="list-style-type: none"> <li>No of eruptions are decreased</li> <li>On and off burning start over face but patient feeling well</li> </ul>	Rubrum 30 TDS for 15 days
31/05/25	<ul style="list-style-type: none"> <li>Eruptions subside only scar remaining over face</li> <li>No pain and burning</li> </ul>	Rubrum 30 TDS for 15 days

**Before Treatment****After Treatment****General management**

Avoid exposure to direct sunlight, maintain hygiene.

**Dietary Management****Foods to Prefer**

Fruits and Vegetables  
Probiotics diet like curd

Increase intake of Vitamin C diet

Zinc (Pumpkin seeds, lentils, chickpeas)

Rich in Vitamin A diet (carrot, spinach, sweet potatoes)

Vitamin D- sources- Moderate sunlight exposure 15-20 min/day

Vitamin E & Selenium (nuts, sunflower seeds)

Hydration 8-10 glasses of water daily

**Foods to avoid**

Avoid excessive Caffeine and Alcohol  
 Dairy Products  
 Fast food or Oily foods  
 Refined sugar

**Lifestyle Advice**

Maintain stress management (yoga, meditation, deep breathing)  
 Avoid harsh soaps and chemical cosmetics  
 Adequate sleep

**Result**

Improved

**Conclusion**

Individualized homoeopathic treatment showed significant improvement in this case of *Acne vulgaris*, both in skin lesions and overall well-being. This highlights the potential role of classical homoeopathy as a safe and holistic approach in managing *Acne vulgaris*.

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