



Utility of Homoeopathic Medicines in the Management of ACNE

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ABSTRACT :

The skin is a mirror of our internal health. We present ourselves to the world through our skin. Unhealthy skin is the outward manifestation of a healthy body and an "unhealthy" mind. One of the main common cosmetic problems we encounter in our daily practice is acne. Acne has many mysteries in terms of treatment. The importance is given because it is on the face. In search of their original skin, they (patients) run back and forth, from dermatologist to beautician and back. Despite all this, acne can appear again and again. The patient improved, the trouble disappeared for a time, but reappeared. So I would like to understand the reasons why prescribing is based on intercurrent. Internal and external factors and their role in the genesis and development of disease have a "dynamic" aspect to the constitution as a whole. When one is confronted with a number of cases where well-indicated means fail and an IP, for example based on family history, unlocks them? In the above examples, the user is expected to select the drug based on the indications. They can be at the level of physical generals, mental generals (including causative emotional modalities), physical details, causal, miasmatic, essence, theme, soul, personality, disease process evolution, past history, family history, drug miasma, etc. But the crux of the problem is when there are no audio signals and we are confused. We tried to fish out the most similar remedy by considering many layers and levels and still no recovery. We have tried many, with many drugs and in different potencies, but the patient is not on the road to recovery. Your state is confused! Intercurrent prescription has its definitive place in practice in such cases. Although some are not well proven. An observational study was conducted with a sample size of 30.

Keywords: *Acne, Pimples, Homoeopathic Medicines, Obstetrics and Gynaecology, Homoeopathic Medicines Homoeopathy.*

Introduction:

For us, the skin is our furthest physical boundary and at the same time it connects us to the outside world and brings us into contact with our environment. We present ourselves to the world through our skin... and we cannot change our skin.

Acne has affected people all over the world of all races and affects 90% of people at some point in their lives. The age of onset is during puberty. During this period, the condition of the skin is very important to them, and the slightest spot, rash or scar will upset them. Acne can appear again and again. The type of lesion varies from patient to patient, but healing is achieved internally in most patients. Homeopathy addresses this in a curative, cost-effective and humane way.

It is necessary to understand that every concept in homeopathy has evolved out of necessity, given the wide dimensional spectrum of homeopathy. Homeopathy is a humane medicine and its understanding requires countless tools. But we must realize that each concept has its scope and limitations. The concept of intercurrent prescribing is purely in line with the law of similarity and Hering's suggestions of a healing pathway.

Intercurrent prescription fills the gap caused by insufficient data presented by patients, unsatisfactory coverage of the miasmatic background by prescribed drugs, incomplete knowledge of materia medica, incomplete clinical picture, etc. In any case, it is not so easy to get totality. Even if you have quantitative totality, it does not matter less because what is needed is qualitative. Moreover, even if the data is qualified, it must be processed in the right way. Many links are missing in patient data and not coming to the surface because of the "n" number of forces. The human being is a dynamic entity and the system exhibits a constant pattern of activity and reactivity in response to environmental stimuli. The energy pattern in many individuals is variable and erratic and can cause turbulence in the system. There is also a "dynamic" similarity. This aspect of homeopathic clinical practice is a very individualistic perception and cannot be adequately expressed in words.

For each practitioner in homeopathic practice, there is an individual perceptual filter that plays a role in intercurrent prescribing. The concept of a single drug and minimum doses are the basis of homeopathic dosing. But this does not mean that "one dose and the end" occurs in every case. Everyone feels that one dose of medicine should cure every disease, but that could be a delusional expectation.

Literature review

ACNE:

Acne is a general term for pimples and deeper pustules that are clogged pores. If acne is severe enough, it can leave permanent scars.

Acne is an inflammatory skin disease of the sebaceous glands and hair follicles that affects about 80% of people between the ages of 12 and 24. During puberty, high levels of hormones are produced in both girls and boys. This leads to the production of large amounts of sebum. Sebum is an irritant that can clog pores and create a pimple that can become infected and form a pustule. Hormones don't go away after puberty. Many women still suffer from premenstrual acne from the release of progesterone after ovulation.

Acne is a disease that affects the skin's sebaceous glands. Small openings in your skin (pores) connect to oil glands under the skin. These glands produce an oily substance called sebum. The pore is connected to the glands by a duct called a follicle. Inside the follicles, oil transports dead skin cells to the surface of the skin. A thin hair also grows through the follicle and out to the skin. When the follicle of the skin gland becomes blocked, a pimple forms. Most pimples are found on the face, neck, back, chest and shoulders. Acne is not a serious health threat, but it can cause scarring.

PATHOPHYSIOLOGY OF ACNE:

The excessive secretion of oils from the sebaceous glands is accompanied by clogging of the pores with naturally occurring dead skin cells (corneocytes) that block the hair follicles.

The accumulation of these corneocytes in the duct appears to be caused by a failure of the skin's normal keratinization process, which usually results in the sloughing off of the skin cells that line the pores. Sebaceous secretions are said to build up under blocked pores, providing the perfect environment for the skin bacteria *Propionibacterium acnes* and the lipophilic (oil/lipid loving) yeast *Malassezia* to multiply out of control.

However, under the microscope, there is no evidence of accumulated trapped sebum. The oil actually seeps through the clogged pipe to the surface. In response to bacterial and yeast populations, the skin becomes inflamed and causes visual impairment. The face, chest, back, shoulders and upper arms are particularly affected.

SCARS:

Acne scars are the result of inflammation in the dermis caused by acne. A scar forms when a wound tries to heal itself, resulting in too much collagen in one place. Physical acne scars are often referred to as "ice" scars. This is because scars tend to cause indentations on the surface of the skin. There are different types of treatment available. Although relatively rare, atrophiamaculosavarioliformis cutis also results in depressed "acne-like" scars on the face.

1. Ice scars: Deep pits that are the most common and classic sign of acne scars.
2. Car scars: The angular scars, which are usually found on the temples and cheeks and can be superficial or deep, are similar to chicken pox scars.
3. Rolling scars: Scars that give the skin a wavy appearance.
4. Hypertrophic scars: A thickened or keloid scar.

PIGMENTATION

A change in skin pigmentation and the fact that these are real scars; but neither is true. Pigmented scars are usually the result of nodular or cystic acne (painful "bumps" under the skin). Pigmentary scars is a slightly misleading term as it suggests that they often leave inflamed red marks. Pigmentation scars can often be avoided simply by avoiding aggravating the nodule or cyst. Pigmentation scars almost always fade over time, ranging from three months to two years, although they can last indefinitely if left untreated.

DIFFERENT TYPES OF ACNE VULGARIS:

1. Cystic acne on the face
2. Disappearance of tropical acne on the trunk
3. Extensive acne on the chest and shoulders.

CAUSES

Acne is caused by blocked follicles. Hyperkeratinization and the formation of a plug of keratin and sebum (microcomedo) is the earliest change.

With the increased production of androgen (DHEA-S) in the adrenarache, the sebaceous glands enlarge and sebum production increases. A microcomedo can enlarge to the shape of an open comedo (black dot) or a closed comedo.

Comedones are a direct result of sebaceous glands becoming clogged with sebum, naturally occurring oil and dead skin cells.

Under these conditions, the naturally occurring, predominantly commensal bacterium *Propionibacterium acnes* can cause inflammation that leads to inflammatory lesions (papules, infected pustules, or nodules) in the dermis surrounding the microcomedo or comedone, resulting in redness and eventually scarring or hyperpigmentation.

BABY ACNE:

Acne neonatorum is a common condition that affects about 20 percent of newborns. Infants usually develop neonatal acne due to stimulation of the baby's sebaceous glands by the mother's lingering hormones after birth. These hormones cross the placenta to your baby and after birth cause the oil glands on the skin to form bumps that look like pimples. Face with red pimples on cheeks, forehead and chin; white dots may appear.

Baby acne often clears up quickly (usually within 3 weeks); however, in some cases, baby acne persists for months or even longer. Male children are affected more often than female children. It is best to wash the baby's face with warm water two to three times a day and dry it. Do not use lotions, oils or other preparations. Never pick or rub baby acne. You may cause more irritation or infection.

HOMEOPATHIC PREPARATION FOR ACNE:

Sulphur, Sanguinaria, Kali bromatum, Antimonium crudum, Asterias Rubens, Belladonna, Hepar Sulphur, Calcarea Silicata, Nux vomica, Arsenicum iodatum, Causticum, Chelidonium majus, Graphites, Phosphorus, Psorinum, Saborinuium BCalcium, Calcium

HOMEOPATHIC MATERIA MEDICA:

1. Sulphur

Sulfur is perhaps the most commonly indicated remedy for this disease, especially if it is chronic. The skin is rough and hard, and acne is associated with comedones and constipation; great aggravation from water is a characteristic sign leading to sulfur in skin diseases. The face is pale, of an unhealthy color. Warmth and mottled redness of the face. Black pores. Intense itching in the evening and from the heat.

Acne punctata is the variety that most closely resembles sulfur. Simple forms are subject to Belladonna or Pulsatilla. Acne rosacea is subject to Arsenicum iodatum or sulfur iodide. Itchy, sore, inflamed rashes with reddened or dirty-looking skin often indicate a need for sulfur. Itching can be worse with scratching and worse with any form of heat – especially bathing or washing. Individuals in need of this drug are often prone to complex mental imagery and tend to place order and neatness as a low priority.

2. Sanguinaria

It is another useful remedy for acne, especially for women with weak periods and irregular blood circulation. Other remedies for acne dependent on female sexual disorders are Calcarea carbonica and Aurum muriaticum natronatum.

3. Potassium bromate

Acne on the face, neck and shoulders. Acne often occurs in epileptics who have been poorly treated with bromides. This medicine is specially adapted for acne simplex and acne indurata, especially in hyperesthetic, nervous women.

Face flushed. Facial acne, pustules. General failure of mental power, loss of memory, melancholy, anesthesia of mucous membranes.

Suicidal mania with tremors. Worse itching of skin on chest, shoulders and face. Skin anesthesia.

This remedy may be given if Asterias Rubens fails. Dr. J.H. Clarke says: "I know of no remedy of such universal use in cases of simple acne as Kali bromatum 30," and the late Dr. A.M. Cushing recommends Arsenicum bromatum 4x as very effective. Thuja is one of our best remedies for acne facialis. Calcarea picrata is also a useful remedy for acne; clinically found to be one of the good medicines. Calcarea sulfurica is indicated where the pimples fester.

4. Antimonium Crudum

Small red pimples on the face, drunkards acne with upset stomach, thirst and white tongue.

A face with a sad expression Fat, irritated, contrite and angry; cries when seen, touched or washed. Ecstatic, dreamy, sentimental. Pustules.

5. Antimonium Tartaricum

More severe cases with a tendency to pustulation are treatable with this remedy.

6. Berberis Aquifolium

It is useful where the skin is rough and acne persists.

7. Natrum Muriaticum

It acts primarily on the sebaceous glands and is a very useful remedy for acne.

With this affliction, attention must be focused primarily on the type of patient, his temperament and inclinations, and general symptoms are much more important than local ones.

8. Asterias Rubens

Pimples on the face at the age of puberty. A remedy for sycotic diathesis; flabby, lymphatic constitution, flabby with a red face. Nervous disorders. Pimples on the side of the nose, chin and mouth.

9. Belladonna

Acne rosacea. Alternating redness and pallor of the skin. Skin dry, hot and swollen, pustules on face. The face is red, bluish-red, hot, swollen and glowing. The patient is restless and talks fast. Sharpness of all senses.

10. Hepar Sulfur

Papules prone to suppuration and elongation. Acne in youth. It festers with prickly pain. Bleed easily.

Unhealthy skin; every little wound festers. He cannot bear to be exposed; he wants to be wrapped up warm. Sticking or stinging in the affected parts.

Great sensitivity to the slightest touch. A constant offensive exhalation from the Face's body,

Yellowish skin. It suits especially scrofulous and lymphatic constitutions, which are prone to eruptions and swelling of the glands.

Unhealthy skin. Great sensitivity to all impressions. The lesion spreads by the formation of small papules on the side of the old lesion. Chilliness, hypersensitivity, lacrimation pains, craving for sour and strong are very characteristic.

11. Calcarea Silicata

Pimples, comedones. A deep, long-acting remedy for problems that start slowly and reach their final development only after a long time.

Hydrogenoid constitution. Skin Itching, burning, cold and blue, very sensitive. very sensitive to cold. The patient is weak, emaciated, cold and chilly, but worse from overheating; generally sensitive.

12. Nux vomica

Acne; skin red and blotchy. Body hot, especially face; yet he cannot move or reveal himself without being cold. A typical Nux patient is rather thin, reserved, quick, active, nervous and irritable. Nux patients get cold easily, avoid open air.

Very irritable: sensitive to all impressions. Ugly, malicious. He doesn't want to be touched. Face Pale, yellowish, earthy or furious. Yellow around the nose, mouth or eyes. Red, swollen.

13. Arsenicum Iodatum

Acne hard, swollen, indurated crust with pustules on top. It is manifested by deep relief, rapid, irritating pulse and severe cases of acne vulgaris. Great emaciation. The skin is dry, scaly, itchy. Debilitating night sweats.

14. Causticum

Acne rosacea. Acne in groups, aggravated by heat. Acne especially on the nose Adapted for people with dark hair and stiff fibers; weak, psoric, with excessively yellow, yellowish skin; Diseases from suppressed eruptions. Burning pimple with itching.

15. Chelidonium Majus

Painful red pimples and pustules; especially on the nose and cheeks. Saggy skin. Dry heat of the skin with itching. Painful red pimples and pustules. Face red, without heat. Itching all over face and forehead. Depression and sadness, even to the point of crying. Restlessness and worry about the present and the future.

16. Graphites

Pimples and acne; itch. The skin is rough, hard, persistent dryness of parts of the skin. Unhealthy skin; every little wound festers. Rather stout, light-skinned patients, prone to skin affections and constipation, fat, chilly and heavy, with delayed menstruation, easily succumb to colds. They have a special tendency to develop the skin phase of internal disorders. Anemia with flushing of the face. A tendency to obesity. Shy. Unable to decide.

17. Psorinum

Acne rosacea. Greasy face. A pale, sickly look. The skin is yellow, dirty and greasy. Rough joints. Pimples with black dots in the middle. Small numerous pustules, unhealthy itching. Itching, vesicles form when touched after scratching. Acne worse during menses, from fats, sugar, coffee, meat.

18. Calcarea phosphoricum

Acne in anemic girls at puberty, with vertex headache and gassy dyspepsia, relieved by food. The skin is dark - brown, yellowish. Red, it stings like nettles after a bath.

19. Thuja occidentalis

Pimples on the face. A face glowing all over, with a fine network of blood vessels as if they were marbled. oily skin. Burning heat and redness. Hot flushes inside. Sweating, especially on the non-lying side. Pimples on the upper lip and chin. Lips, etc. All eruptions burn violently after cold washing. Corrosive itching. Better scratching, but then comes the burning.

Painful tenderness of the affected part. Skin feels better.

20. *Ledum palustre*

Angry mood. Love of solitude. Great seriousness. Face, alternately pale and red. Dry pimples like millet on the forehead. Red nodules boil on the forehead. Dry skin, need for natural sweating.

21. *Bovista*

Acne from the use of cosmetics; especially during the summer. Pale swelling of cheeks. Itching of the skin, especially during heating, better not to scratch. Sadness, with restlessness. He is easily offended: he takes everything the wrong way.

22. *Tuberculinum*

Acne simplex in children with tuberculosis. Quick breakdown. Easily accepts cold; ends with diarrhea. Seizures of a violent nature. Craves cold milk or sweets. Drum belly. Skin dry, rough, sensitive, tans easily; itching in cold air. Cold; still wants fresh air. Hot flashes.

23. *Hepar sulphuris calcareum*

This medication may be indicated when the skin is easily infected, slow to heal, and painful eruptions such as ulcers appear. Pimples are very sensitive to the touch and slowly reach the head; eventually, offensive-smelling pus may form. A person who needs *Hepar sulph* is usually cold, sensitive to cold in any form and feels irritable and impatient.

24. *Pulsatilla*

This remedy can be helpful if acne is aggravated by eating rich or fatty foods and worsened by heat or heat. It is especially indicated around puberty or when acne breaks out around menstruation.

A person often has fair skin and is prone to delicate emotions and moodiness, feeling worse in warm or stuffy rooms and better in the fresh air.

25. *Silicea* (also called *Silica*)

A person with deep-seated acne along with generally low immune resistance, swollen lymph nodes, and a tendency to fatigue and nervousness can benefit from this remedy. Infected areas are slow to appear and also slow to resolve, so they can result in scarring. Cold patient. Prone to sweating.

Conclusion:

After examining all the cases, I have come to the conclusion that...

Homeopathy has a greater scope than any other system of medicine with minimum dosage and provides complete cure to the patient

He has a holistic approach to treatment.

It has also been observed that all patients suffering from acne vulgaris use over the counter cosmetic products as the first step to get rid of acne.

A systematic approach to each individual case with proper history taking is required.

As a constitutional medicine, it is derived after a detailed evaluation of the patient's case. The most essential part of the treatment is the case report, in which various aspects of the patient's lifestyle, personality, eating habits, emotional adjustment, personal and family history are appropriately evaluated in order to decide on the right medicine. As the entire constitution (physical and psychological) of the patient is systematically evaluated, constitutional medicine helps maintain an individualistic approach.

Like acne vulgaris or indeed all diseases are the result of a thought process as explained above in my work. We can conclude that the cause is dynamic, which is the mind, and that is why homeopathy is the ideal method of treatment, because it is also a dynamic path and helps the body's own healing mechanism, increasing the body's self-healing ability and leading to a complete cure.

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