



Homeopathic Approach to Acne Rosacea: A Case Study

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ABSTRACT:

Acne Rosacea is a continual inflammatory pores and skin sickness characterised through facial redness, pustules, and excessive oil secretion. It considerably influences an character' s self notion and first-class of life. This article explores an extensive homeopathic case study of a 35-12 months-vintage affected man or woman recognized with Acne Rosacea, highlighting the effectiveness of individualized homeopathic treatment. The patient exhibited signs and symptoms which consist of chronic facial redness, flare-united statestriggered thru external elements, and emotional distress. A repertorial assessment led to the prescription of Sulphur, which confirmed sizable improvement in signs and symptoms and signs through the years. This case take a look at underscores the capacity of homeopathy as a holistic technique to coping with Acne Rosacea through addressing every physical and emotional factors.

Introduction

Acne Rosacea is a continual inflammatory skin condition that generally affects the face, inflicting redness, pimples, pustules, and immoderate oil secretion. It could have a huge impact on a person' s vanity and pleasant of life. This article offers an in depth homeopathic case test of Acne Rosacea, accompanied by using way of a speak on its causes, signs and symptoms, and holistic manage. Understanding Acne Rosacea..

What is Acne Rosacea?

Acne Rosacea is a chronic skin ailment that causes continual redness, visible blood vessels, and acne-like eruptions on the face, particularly the cheeks and nose. Unlike everyday zits, rosacea is characterised through common flare-u.S.A.And remissions, frequently aggravated by means of the use of out of doors and internal factors at the side of warmth, pressure, and nice ingredients.

Causes and Triggers of Acne Rosacea:

While the precise motive remains unknown, several factors contribute to Acne Rosacea: Genetic Predisposition: Family statistics plays a position.

Environmental Factors: Sun publicity, excessive temperatures, and pollutants can irritate signs.

Dietary Triggers: Spicy meals, caffeine, and alcohol regularly result in flare-ups.

Hormonal Influence: Hormonal imbalances can make a contribution to extended oil production.

Immune System Dysfunction: An overactive immune response can cause contamination.

Case Study:

Homeopathic Treatment of Acne Rosacea

Patient Details:

Name: Abc

Age: 35 years

Occupation: Private job

Chief Complaint:

Persistent redness, pimples, and pustules on the face, primarily affecting the cheeks and nose, along with excessive oiliness and occasional burning sensations since one year.

History of Present Illness: Onset: Gradual onset over one years.

Duration: Chronic with periodic flare-ups.

Physical Generals

Appetite: Good

Thirst: Normal

Desire: Likes spicy and salty food

Aversions: dislikes oily food.

Perspiration: Excessive facial sweating.

Thermal Sensitivity: Hot

Aggravating Factors: Heat, sun exposure, spicy food, emotional stress, alcohol, and exertion.

Amelioration: Cold applications, washing with mild cleansers, staying indoors.

Mental State: Irritable and emotionally sensitive due to appearance concerns.

Homeopathic Repertorial Analysis

Face - Acne - rosacea

Face - Eruptions - pustular - cheeks

Face - Eruptions - red - nose

Face - Sebaceous glands - overactive

Skin - Oily - face

Skin - Burning - face - washing ameliorates

Mind - Irritability - appearance about, from

Homeopathic Prescription & Follow-up

Initial Treatment (07 Nov 2022):

Sulphur 30C: One dose in the morning for 3 days.

Follow-up (07 Dec 2022):

Improvements: Significant reduction in redness and pustules.

Decreased oiliness of the skin.

Flare-ups reduced but still present under stress.

New Prescription: Sulphur 200C: One dose weekly for a month.

Suggested stress management techniques like meditation and yoga.

Follow-up (05 Jan 2023):

Improvements: redness decreased ,no pustules

Decreased oiliness of the skin.

Flare-ups reduced further.

Prescription: SL BD for 1 month



Conclusion:

This case have a look at demonstrates that homeopathic treatment, at the same time as prescribed based totally on an individualized approach, can efficaciously manage Acne Rosacea with the resource of decreasing contamination, controlling oil secretion, and stopping flare-ups. The affected person's extraordinary improvement after Sulphur administration highlights the function of homeopathy in treating persistent dermatological conditions holistically. In addition to treatment, life-style changes together with strain manipulate and dietary modifications in addition stepped forward the treatment outcome.