



A Comprehensive Analysis of Facial Acne from Kent's Repertory, Complete Repertory and Phatak's Repertory: Patterns, Aggravations, and Associated Conditions

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ABSTRACT:

Facial acne, a common dermatological condition, manifests in various forms and is influenced by a multitude of factors. In Kent's Repertory, numerous rubrics outline the diverse presentations and intricacies of acne, including its localization on specific facial regions, aggravations from different stimuli, and its correlation with concurrent health conditions. This paper aims to elucidate the complexities of facial acne as documented in Kent's Repertory, providing insights into its symptomatic nuances, aggravating factors, and associated comorbidities. By examining the rubrics meticulously, this analysis offers a comprehensive understanding of facial acne.

Introduction

Acne vulgaris is a very common skin condition that affects many individuals at adolescence usually, but also at other times in life. The peak incidence of acne usually observed to be at 18 years of age, but many females and males in the age group of 20–40 can also be affected by it.[1,2] The issue of acne though common and usually temporary, cannot be dismissed or ignored because the condition can have significant psychological effects upon the affected individuals. The various important negative psychosocial consequences can be diminished self-esteem, social withdrawal due to embarrassment, depression, and unemployment. [3,4] Therefore it is important to have effective treatment modalities that can help to rid the individuals from this cosmetic as well psychosocially effecting issue. Homeopathy which is known to provide successful results in the treatment of varying skin conditions, is also very effective in treating acne in most cases. In this paper we will be discussing about the treatment of acne through Homeopathy taking the help of the most important tool of Repertory.

Discussion

Patients with acne are commonly encountered in daily clinical practice and if treated successfully can give a boost to the practice. The conventional treatment of acne vulgaris usually comprises of antibiotics and external applications which provide temporary results [5]. Whereas homeopathy has a significant role in not just treating acne, but also in preventing their recurrence, clearing the skin of all blemishes and pigmentation, as well as improving the over all skin health and general health and immunity of the patients. And we can easily achieve that in a rapid, gentle and permanent way, as mentioned in the definition of ideal cure given in Aphorism 2, of the Organon by the founder of Homeopathy, Dr. Samuel Hahnemann.[6] On the other hand So the next question arises is that when it is possible and within the scope of homeopathy to totally eradicate the acne, why are they not that easy to treat successfully by each and every homeopath? Usually it is observed that most homeopaths practice using some shortcuts or therapeutic tips instead of the detailed individualisation approach as elucidated and advocated by Dr. Hahnemann. It is difficult to eradicate acne with just a small group of commonly used medicines like Silicea, Hepar Sulph, Calcarea Sulph, Kali Sulph, Kali Brom, Arsterias rubens, though they may provide good results in half the cases. In this article we will be discussing the methods to successfully cure all or maximum patients in as short span as possible.

What is required is a detailed case taking, good analysis of the case history, a meticulous search for the most exact rubric and then final confirmation from the materia medica or source books.[7]

In case of acne, the detailed case taking comprises of the following aspects-

1. Location of acne- Forehead, chin, nose, etc
2. Appearance of acne – red, pustular, small, big, angry looking, those leaving deep scars, etc
3. Types of acne- acne Vulgaris, Acne rosacea, etc
4. Sensation in the acne – pain, itching, stinging sensation, no discomfort, etc
5. Causation-
6. Modalities – a. Agg with time, activity, mental state, time of menstrual cycle, etc
b. Ameliorating factors
7. Concomitants – Any physical complaints along with acne like
Knerr - Eyes; Lids; inflammation; food, from indulgence in fat, or from high living, accompanied by acne of face(1) : 3 puls.

8. Mental symptoms of the patient
9. Any clinical condition associated with Acne like Anaemia, typhoid, etc
10. Any changes in physical generals along with the acne.

Once we take a detailed case, then we create a totality and look up the repertory for the most exact symptoms. For this the knowledge of repertory is important.

In this paper, 3 repertories were studied for the symptoms of facial acne- the Kent Repertory, Complete repertory and Phatak repertory. Below are various rubrics of facial acne from these 3 repertories-

RUBRICS FROM KENT REPERTORY:-

Kent - Face; Eruptions.; acne(41) : 2 ant-c., 2 ars-i., 2 ars., 3 aur., bar-c., bell., 2 calc-s., 3 calc-sil., 2 calc., 3 carb-an., 3 carb-v., 3 carbn-s., 3 caust., chel., 2 con., 2 cop., 2 crot-h., 2 eug., 3 hep., iod., 3 kali-br., 2 kreos., 2 lach., led., med., 2 nat-m., 2 nit-ac., 3 nux-v., 2 ph-ac., 2 psor., 2 puls., sabin., sanic., sel., 3 sep., 3 sil., sul-i., 2 sulph., 2 thuj., 2 tub., uran-n.

Kent - Face; Eruptions.; acne; becoming heated agg.(1) : 2 caust.

Kent - Face; Eruptions.; acne; nose(7) : calc-p., cann-s., caps., 3 caust., graph., sel., 2 sulph.

Kent - Face; Eruptions.; acne; chin(3) : 2 hydr., verat., 2 viol-t.

Kent - Face; Eruptions.; acne; rosacea; bluish(2) : 2 lach., 2 sulph.

Kent - Face; Eruptions.; acne; rosacea(37) : 2 ars., 2 aur-m., aur., 2 calc-p., 3 calc-sil., canth., 2 caps., carb-ac., 3 carb-an., 3 carb-v., carbn-s., 3 caust., chel., 2 cic., clem., 3 eug., 2 hydr-ac., iris, kali-br., 2 kreos., 3 lach., led., 2 mez., 2 petr., 2 plb., 3 psor., 2 rad-br., 3 rhus-t., 2 ruta, 2 sep., 2 sil., sul-ac., 2 sulph., 2 tub., 2 verat., viol-o., 2 viol-t.

Kent - Face; Eruptions.; acne; forehead; lips(3) : cadm-s., caps., hydr.

Kent - Face; Eruptions.; acne; rosacea; groups, in(1) : 3 caust.

Kent - Face; Eruptions.; acne; rosacea; on nose(4) : calc-p., cann-s., 3 caust., 2 psor.

Kent - Face; Eruptions.; acne; forehead(26) : ant-c., 2 ars., aur., bar-c., bell., 2 calc., 2 caps., 3 carb-an., 3 carb-v., 3 carbn-s., 3 caust., 2 cic., clem., 3 hep., 2 kreos., led., 2 nat-m., 2 nit-ac., 3 nux-v., 2 ph-ac., 3 psor., 3 rhus-t., 3 sep., 3 sil., 3 sulph., viol-t.

Kent - Face; Eruptions.; acne; fire, near a(1) : 2 ant-c.[8]

Rubrics from complete Repertory

CR21 - face; eruptions; acne; alternating with digestive complaints(1) : graph.

CR21 - face; eruptions; acne; left, more on(4) : aids, gink., pitu-a., prom-m.

CR21 - face; eruptions; acne; children, in tuberculous(1) : tub.

CR21 - face; eruptions; acne; summer(2) : bov., kali-br.

CR21 - face; eruptions; acne; coffee agg.(1) : psor.

CR21 - face; eruptions; acne; cheese, after(1) : nux-v.

CR21 - face; eruptions; acne; cachexia, emaciation, with(4) : ars., carb-v., nat-m., sil.

CR21 - face; eruptions; acne; cosmetics, from(1) : bov.

CR21 - face; eruptions; acne; drunkards, in(11) : 4 ant-c., 3 ars., 4 bar-c., carbn-s., 4 kreos., 3 lach., 4 led., 4 nux-v., 3 puls., rhus-t., 4 sulph.

CR21 - face; eruptions; acne; fat food agg.(2) : psor., 3 puls.

CR21 - face; eruptions; acne; fire, near(1) : 3 ant-c.

CR21 - face; eruptions; acne; fleshy young people, in, with coarse habits, bluish red pustules on face, chest and shoulders(1) : kali-br.

CR21 - face; eruptions; acne; heated, after becoming(2) : 3 caust., led.

CR21 - face; eruptions; acne; kalium iodatum, after abuse of(1) : aur.

CR21 - face; eruptions; acne; leucorrhea, with(1) : calc-p.

CR21 - face; eruptions; acne; masturbation, from(3) : bell-p., kali-br., ph-ac.

CR21 - face; eruptions; acne; meat agg.(1) : psor.

CR21 - face; eruptions; acne; birth control pill amel.(1) : med.

CR21 - face; eruptions; acne; menses; before(13) : arist-cl., blatta, caras., cath-a., caust., dulc., graph., lyc., mag-m., pitu-a., psor., 3 sep., ser-ang.

CR21 - face; eruptions; acne; menses; after(1) : med.

CR21 - face; eruptions; acne; menses; during(10) : cycl., dulc., graph., hoch., kali-br., mag-m., med., pitu-a., psor., sang.

CR21 - face; eruptions; acne; menses; delayed, with(1) : crot-h.

CR21 - face; eruptions; acne; menstrual complaints, with(20) : aur-m-n., bell-p., bell., 3 berb-a., berb., calc., 3 cemic., con., eug., 3 graph., kali-br., kali-c., kreos., nat-m., psor., 3 puls., 3 sang., sars., thuj., verat.

CR21 - face; eruptions; acne; mercury, after abuse of(3) : kali-i., 3 mez., nit-ac.

CR21 - face; eruptions; acne; stomach complaints, in(7) : 3 ant-c., 3 carb-v., cemic., lyc., 3 nux-v., puls., rob.

CR21 - face; eruptions; acne; sugar agg.(2) : dys-co., psor.

CR21 - face; eruptions; acne; pregnancy, in(4) : 3 bell., sabin., sars., sep.

CR21 - face; eruptions; acne; rheumatic complaints, in(2) : led., rhus-t.

CR21 - face; eruptions; acne; puberty(0) :

CR21 - face; eruptions; acne; swelling of lymphatic tissue, with(3) : brom., calc-s., merc.

CR21 - face; eruptions; acne; urinary complaints, in(1) : 3 cop.

CR21 - face; eruptions; acne; vaccination, after(5) : cupre-l., maland., sabin., sil., thuj.

CR21 - face; eruptions; acne; syphilis, in(4) : aur., 3 kali-i., 3 merc., nit-ac.

CR21 - face; eruptions; acne; sexual excesses, with(10) : 3 aur., 3 calc., 3 crot-h., 3 eug., 3 kali-br., 3 ph-ac., rhus-t., sep., sulph., thuj.

CR21 - face; eruptions; acne; wet, from getting(2) : bell-p., rhus-t.

CR21 - face; eruptions; acne; women, in blond(1) : kreos.

CR21 - face; eruptions; acne; women, in young, plethoric(1) : bor.

CR21 - face; eruptions; acne; forehead(47) : 2 acon-ac., agar., ant-c., aran-ix., 3 ars., aur-ar., aur., bamb-a., bar-c., bell., calc-pic., 3 calc., cand-a., 3 caps., 4 carb-an., 4 carb-v., 4 carbn-s., 4 caust., chir-f., 3 cic., clem., colch., gink., 4 hep., kali-br., 3 kreos., led., 3 mangi., 3 nat-m., 3 nit-ac., 4 nux-v., 3 ph-ac., pitu-a., plac., prom-m., 4 psor., 4 rhus-t., ros-d., sanic., 4 sep., 4 sil., 4 sulph., tax., thuj., toxop-p., tritic-v., viol-t.

CR21 - face; eruptions; acne; cheek bone, left(0) :

CR21 - face; eruptions; acne; eyebrows(1) : hydr-ac.

CR21 - face; eruptions; acne; cheeks(0) :

CR21 - face; eruptions; acne; nose(33) : 2 acon-ac., am-c., 3 ars-br., ars., aster., bor., calc-p., calc-pic., cann-s., caps., carb-an., 4 caust., clem., elaps, gins., graph., kali-br., kali-i., lac-cpr., led., nat-c., prom-m., psor., rhus-t., ros-d., 2 sals-t., sars., sel., sep., sil., 3 sulph., tax-br., zing.

CR21 - face; eruptions; acne; sexual excesses, with(10) : 3 aur., 3 calc., 3 crot-h., 3 eug., 3 kali-br., 3 ph-ac., rhus-t., sep., sulph., thuj.

CR21 - face; eruptions; acne; rosacea; chin(2) : agar., viol-t.

CR21 - face; eruptions; acne; rosacea; bluish(2) : 3 lach., 3 sulph.

CR21 - face; eruptions; acne; scars, leaving(17) : ant-c., arg-n., art-v., brom., calc-ar., calc-sil., carb-an., caust., coenz-q., 3 cop., 3 kali-br., kali-i., mag-m., merc., sanic., sil., thuj.

CR21 - face; eruptions; acne; rosacea; nose(18) : 3 agar., 3 aur., calc-p., calc-pic., cann-s., 3 carb-an., 4 caust., 3 kali-i., 3 lach., 3 led., 3 petr., 3 psor., 3 rhus-r., rhus-t., 3 ruta, sars., 3 sul-ac., 3 sulph.

CR21 - face; eruptions; acne; rosacea(88) : aesc., 2 agar., alco., ambr., amph., amygd., ant-c., 3 ars-br., 3 ars-i., 3 ars., aster., aur-ar., 3 aur-m., aur-s., 3 aur., bell., bufo, 3 calc-p., calc-pic., 4 calc-sil., 3 calc., cann-s., canth., 3 caps., carb-ac., 4 carb-an., 4 carb-v., carbn-s., 4 caust., chel., chloram., chrysar., 3 cic., clem., con., cortico., cur., diosm., 4 eug., 2 foll., graph., guare., hep., 3 hydr-ac., 3 hydr-c., ichth., iris, 2 jug-c., jug-r., kali-bi., kali-br., 3 kali-i., 3 kreos., 4 lach., lap-laz., 3 led., mag-p., 3 mez., morg., nat-c., nux-v., ov., ox-ac., 3 petr., phos., 3 plb., 4 psor., 3 rad-br., 3 rhus-r., 4 rhus-t., rob., 3 ruta, saroth., sars., 2 sec., 3 sep., 3 sil., 3 sul-ac., 3 sulo-ac., 3 sulph., syc-co., tell., thuj., tub-m., 3 tub., 3 verat., viol-o., 3 viol-t.

CR21 - face; eruptions; acne; rosacea; menses, before(1) : caust.

CR21 - face; eruptions; acne; pustular(5) : ant-s., calc-hp., gunp., thuj., vario.

CR21 - face; eruptions; acne; rheumatic complaints, in(2) : led., rhus-t.

CR21 - face; eruptions; acne; rosacea; spring(1) : ars-br.

CR21 - face; eruptions; acne; punctata, black pores; small puncta with black tips and small red bases(2) : art-v., aster.

CR21 - face; eruptions; acne; punctata, black pores; forehead(2) : 3 ars., 4 sulph.

CR21 - face; eruptions; acne; rosacea; groups, in(1) : 4 caust.

CR21 - face; eruptions; acne; punctata, black pores(32) : 3 ars., art-v., aster., aur., 3 bell., 3 bry., calc., carb-an., 3 carb-v., dig., dios., dros., eug., graph., grat., 3 hep., hydr., jug-r., kali-br., nat-c., nat-m., nit-ac., ph-ac., rhus-t., sabad., sabin., sel., sep., sul-i., 4 sulph., sumb., thuj.

CR21 - face; eruptions; acne; puberty; since(1) : med.

CR21 - face; eruptions; acne; puberty; in; girls, in anemic(18) : arist-cl., ars-br., aster., bar-c., 3 calc-p., calc., con., cycl., graph., hep., kali-c., nat-c., nat-m., puls., sabin., sel., sulph., thuj.

CR21 - face; eruptions; acne; painful(6) : arn., caps., citl-l., gryl-a., lyc., ros-d.

CR21 - face; eruptions; acne; painful; lip, upper, when touched(1) : ros-d.

CR21 - face; eruptions; acne; painful; nose(1) : caps.

CR21 - face; eruptions; acne; pregnancy, in(4) : 3 bell., sabin., sars., sep.

CR21 - face; eruptions; acne; puberty; in(39) : arist-cl., 4 ars-br., 3 ars-i., 3 ars., aster., bac, bar-c., 4 bell., 4 brom., 3 calc-p., 3 calc., 4 carb-v., 3 caust., con., cycl., diosm., 3 eug., foll., graph., 4 hep., 3 jug-r., 3 kali-br., kali-c., 3 lach., 3 led., manc., med., 3 nat-br., nat-c., 3 nat-m., 3 nit-ac., 4 nux-v., 3 ph-ac., 3 puls., 3 sabin., 3 sel., 3 sul-i., 4 sulph., thuj.

CR21 - face; eruptions; acne; puberty; in; girls, in anemic(18) : arist-cl., ars-br., aster., bar-c., 3 calc-p., calc., con., cycl., graph., hep., kali-c., nat-c., nat-m., puls., sabin., sel., sulph., thuj.

CR21 - face; eruptions; acne; puberty; since(1) : med.

CR21 - face; eruptions; acne; pustular(5) : ant-s., calc-hp., gunp., thuj., vario.

CR21 - face; eruptions; acne; rheumatic complaints, in(2) : led., rhus-t.

CR21 - face; eruptions; acne; punctata, black pores; forehead(2) : 3 ars., 4 sulph.

CR21 - face; eruptions; acne; punctata, black pores(32) : 3 ars., art-v., aster., aur., 3 bell., 3 bry., calc., carb-an., 3 carb-v., dig., dios., dros., eug., graph., grat., 3 hep., hydr., jug-r., kali-br., nat-c., nat-m., nit-ac., ph-ac., rhus-t., sabad., sabin., sel., sep., sul-i., 4 sulph., sumb., thuj.

CR21 - face; eruptions; acne; rosacea(88) : aesc., 2 agar., alco., ambr., amph., amygd., ant-c., 3 ars-br., 3 ars-i., 3 ars., aster., aur-ar., 3 aur-m., aur-s., 3 aur., bell., bufo, 3 calc-p., calc-pic., 4 calc-sil., 3 calc., cann-s., canth., 3 caps., carb-ac., 4 carb-an., 4 carb-v., carbn-s., 4 caust., chel., chloram., chrysar., 3 cic., clem., con., cortico., cur., diosm., 4 eug., 2 foll., graph., guare., hep., 3 hydr-ac., 3 hydr-c., ichth., iris, 2 jug-c., jug-r., kali-bi., kali-br., 3 kali-i., 3 kreos., 4 lach., lap-laz., 3 led., mag-p., 3 mez., morg., nat-c., nux-v., ov., ox-ac., 3 petr., phos., 3 plb., 4 psor., 3 rad-br., 3 rhus-r., 4 rhus-t., rob., 3 ruta, saroth., sars., 2 sec., 3 sep., 3 sil., 3 sul-ac., 3 sulo-ac., 3 sulph., syc-co., tell., thuj., tub-m., 3 tub., 3 verat., viol-o., 3 viol-t.

CR21 - face; eruptions; acne; punctata, black pores; small puncta with black tips and small red bases(2) : art-v., aster.

CR21 - face; eruptions; acne; rosacea; bluish(2) : 3 lach., 3 sulph.

CR21 - face; eruptions; acne; rosacea; chin(2) : agar., viol-t.

CR21 - face; eruptions; acne; rosacea; groups, in(1) : 4 caust.

CR21 - face; eruptions; acne; rosacea; menses, before(1) : caust.

CR21 - face; eruptions; acne; rosacea; nose(18) : 3 agar., 3 aur., calc-p., calc-pic., cann-s., 3 carb-an., 4 caust., 3 kali-i., 3 lach., 3 led., 3 petr., 3 psor., 3 rhus-r., rhus-t., 3 ruta, sars., 3 sul-ac., 3 sulph.

CR21 - face; eruptions; acne; rosacea; spring(1) : ars-br.

CR21 - face; eruptions; acne; scars, leaving(17) : ant-c., arg-n., art-v., brom., calc-ar., calc-sil., carb-an., caust., coenz-q., 3 cop., 3 kali-br., kali-i., mag-m., merc., sanic., sil., thuj.

CR21 - face; eruptions; acne; sexual excesses, with(10) : 3 aur., 3 calc., 3 crot-h., 3 eug., 3 kali-br., 3 ph-ac., rhus-t., sep., sulph., thuj.

CR21 - face; eruptions; acne; spots, in elliptical(1) : amph.

CR21 - face; eruptions; acne; stomach complaints, in(7) : 3 ant-c., 3 carb-v., cemic., lyc., 3 nux-v., puls., rob.

CR21 - face; eruptions; acne; sugar agg.(2) : dys-co., psor.

CR21 - face; eruptions; acne; swelling of lymphatic tissue, with(3) : brom., calc-s., merc.

CR21 - face; eruptions; acne; summer(2) : bov., kali-br.

CR21 - face; eruptions; acne; vaccination, after(5) : cupre-l., maland., sabin., sil., thuj.

CR21 - face; eruptions; acne; wet, from getting(2) : bell-p., rhus-t.

CR21 - face; eruptions; acne; symmetric distribution, with(2) : arn., nept-m.

CR21 - face; eruptions; acne; women, in blond(1) : kreos.

CR21 - face; eruptions; acne; syphilis, in(4) : aur., 3 kali-i., 3 merc., nit-ac.

CR21 - face; eruptions; acne; tuberculous(12) : bac, bar-c., brom., calc-p., 3 calc., con., 3 iod., merc., mez., sil., 3 sulph., tub.

CR21 - face; eruptions; acne; women, in young, plethoric(1) : bor.

CR21 - face; eruptions; acne; yellow tips, with(1) : kali-br.

CR21 - face; nodosities; nose; swelling like acne rosacea around nose, with red(1) : cann-s.

CR21 - face; eruptions; acne; urinary complaints, in(1) : 3 cop.[9]

Rubrics from Phatak Repertory

Phatak - Phatak repertory; Axillae; acne(1) : carb-v.

Phatak - Phatak repertory; Eruptions; acne; emaciation, with(1) : abrot.

Phatak - Phatak repertory; Back; acne(2) : carb-v., rumx.

Phatak - Phatak repertory; Eruptions; acne(14) : aster., bar-c., bell., carb-v., 2 cycl., graph., 2 hep., kali-br., 2 merc., nux-v., sel., sep., sul-i., sulph.

Phatak - Phatak repertory; Eruptions; acne; face, disfiguring(1) : cop.

Phatak - Phatak repertory; Eruptions; acne; hard(1) : ars-i.

Phatak - Phatak repertory; Eruptions; acne; masturbation, from(2) : crot-h., ph-ac.

Phatak - Phatak repertory; Eruptions; acne; cheese agg(1) : nux-v.

Phatak - Phatak repertory; Eruptions; acne; menses., after agg(1) : med.

Phatak - Phatak repertory; Eruptions; acne; menses., before agg(4) : graph., mag-m., psor., sep.

Phatak - Phatak repertory; Eruptions; acne; black(2) : ars., aster.

Phatak - Phatak repertory; Eruptions; acne; menses., delayed(1) : crot-h.

Phatak - Phatak repertory; Eruptions; acne; menses., scanty, with(1) : sang.

Phatak - Phatak repertory; Eruptions; acne; nose, on(1) : ars.

Phatak - Phatak repertory; Eruptions; acne; obstinate(1) : lappa

Phatak - Phatak repertory; Eruptions; acne; pustular; body, all over(1) : calc-hp.

Phatak - Phatak repertory; Eruptions; acne; pustular(2) : berb., sul-i.

Phatak - Phatak repertory; Eruptions; acne; pustular; menses, during(1) : kali-ar.

Phatak - Phatak repertory; Eruptions; acne; rosacia(2) : psor., rad-br.

Phatak - Phatak repertory; Eruptions; acne; scars, remaining, after(3) : carb-an., cop., kali-br.

Phatak - Phatak repertory; Eruptions; acne; sore(1) : arn.

Phatak - Phatak repertory; Eruptions; acne; summer agg(1) : bov.

Phatak - Phatak repertory; Eruptions; acne; women, young(1) : cycl.

Phatak - Phatak repertory; Nose; acne(1) : ars.[10]

Thus we have a wide range of rubrics to choose from, for the exact symptoms of the patient. These help to individualise the patient and the remedy. In Homeopathy, individualization plays a very important role in the selection of the most suitable remedy or the similimum. This individualization is both on the mental and physical plane. The various rubrics collected scrutinizingly from the three repertories cover all the various aspects like the actual location, ailments from, physical and mental constitution and the like.

Conclusion

Thus we observe that there are a large number of remedies and rubrics covering almost all the possible aspects of acne in homeopathy. When the case is well taken and understood, a robust totality of symptoms can be erected which corresponds to the exact blueprint of the remedy required for the patient in question. The precise rubrics can then be chosen depending upon the picture of totality created. Those rubrics when repertorised give us the exact similimum for our patients. When prescribed according to the exact nature of the disease and the patient, homeopathy treats the acne and other dermatological conditions very effectively.

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