



HOMOEOPATHIC MANAGEMENT OF ACNE VULGARIS

EVIDENCE BASED CASE STUDY

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Abstract-

Acne is chronic inflammation of the pilosebaceous units. It is extremely common, generally starts during puberty and has been estimated to affect over 90% of adolescents. It is usually most severe in the late teenage years but can persist into the thirties and forties, particularly in females.

This case focuses on 19 years old girl suffering from acne; came to my clinic for homeopathic treatment, after which the patient experienced significant improvement, becoming symptom-free and regained her confidence.

Keywords- Acne Vulgaris, Homoeopathy

Introduction-

Acne is chronic inflammation of the pilosebaceous units. It is extremely common, generally starts during puberty and has been estimated to affect over 90% of adolescents.

Acne vulgaris is most common between the ages of 12 and 20. It often begins around 10-13 years of age, lasts 5-10 years and usually resolves by age 20-25.

Past History-

N.S.

Family History-

Father- HTN

Mother- Fibroid of
uterus Brother (1)-

Healthy **Menstrual**

History- Menarche- 17

years of age

Cycle- Regular- 4-5 days/28-30 days

Character of bleeding- Dark reddish colour, sometimes
clotted C/O- before menses- Pain in abdomen.

C/O- during menses- < Acne.

Mental Generals-

1. Loss of self-esteem since acne has started.
2. Desire for company; find comfort when in company.
3. Avoid solitude as much as possible; fear when alone.
4. Gets angry very easily; tends to overthink which leads to anxiety.
5. Likes to swim, dance

Totality of Symptom-

Mind- Confidence- Want of self esteem Mind -Company- desire for

Mind- Anxiety- alone when Skin- Burning- scratching after

Face- eruptions- acne- menses during Face-eruptions-acne-puberty

Face- eruptions-acne- symmetrical

	Overall GC- good	
6 th Month	Acne- Much better Confidence level- good No any new complaint	Sac Lac
7 th Month	Nearly fully recovered No any new complaints	Sac Lac
8 th Month	No new acne Menses- good No any new complaints. Overall health better	Sac Lac



Before



After

Discussion-

Homoeopathy treats the patient according to the symptomatology and not on the basis of disease diagnosis. In this case despite of taking all sorts of conventional medicines