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## **Role of Homoeopathy in Acne**

**Vishnu Sharma**

State Govt. Homoeopathic Medical College and Hospital, Aligarh, Uttar Pradesh, India

### **Abstract-**

Acne is common human skin disease mostly found in adults during their teenage. Characterized by seborrhoea (red skin), comedones (blackheads), papules (pinheads), pustules (pimples), nodules, etc. Acne affects skin over face, the upper part of the chest, back where skin contains hair follicles, sebaceous glands. Mostly, acne is seen in adolescents because of increased testosterone levels or androgens. Homeopathy for acne is different from conventional treatment in that a homeopathic remedy is individualized to the person. Because every person is different, no single homeopathic remedy will work for everyone. A remedy is selected based on a person's unique set of symptoms, including their acne symptoms.

**Key word:** Acne, Homoeopathy, Seborrhoea, Comedones etc.

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**Corresponding author: Vishnu Sharma**, State Govt. Homoeopathic Medical College and Hospital, Aligarh, Uttar Pradesh, India

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### **Introduction-**

Acne is the commonest kind of skin issue and nearly all people are suffering from them. Acne happens once small holes on the surface of the skin, known as pores, become clogged. Every pore is an opening to a canal known as a follicle that contains a hair and an exocrine gland known as oil gland. Normally, the oil glands facilitate keep the skin lubricated. Once the oily glands turn out an excessive amount of oil, the pores will become blocked, accumulating dirt, debris, and bacterium. The additional production of secretion is caused by

the hormonal changes, resulting in increased activity in oil manufacturing Glands or greasy glands. Acne typically appears on face, neck, back and chest because of the abundance of oil gland units in these areas. Though acne may be a disorder related to teenagers or Young age or puberty however it will occur at any age of life. Acne, or acne vulgaris, may be a skin problem happens when the Hair Follicles become obstructed with oil and dead skin cells. Some individuals call it blackheads, blemishes, whiteheads, pimples.

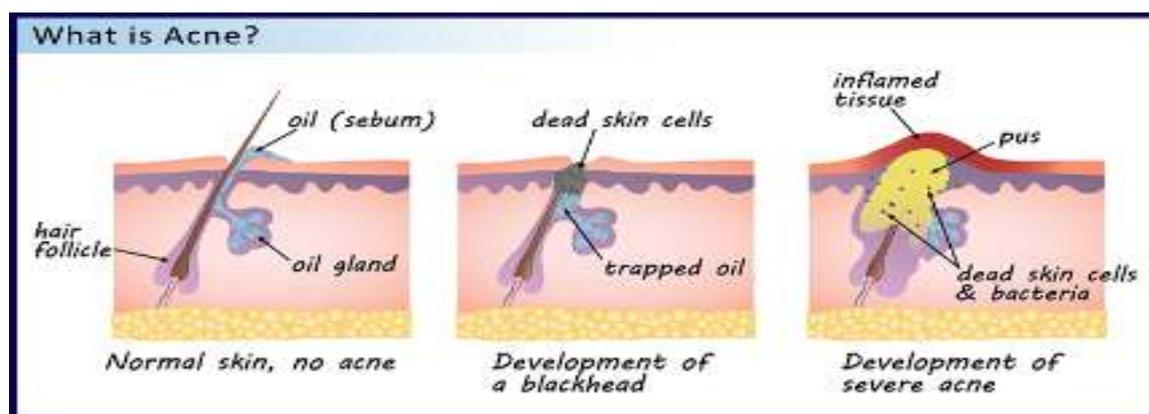


Fig. 1. Pathogenesis of Acne

Acne includes seborrhea (increased sebum secretion), comedones, papules, pustules. Scars are formed by inflammation of dermis caused by acne by deposition excessive collagen formation in process of healing the wound. Ice pick scars, car box scars, hypertrophied scars are various types of scars. cystic acne. Pigmented scars are the result of formation cystic acne. They often leave an inflamed red mark.

Globally, 650 million people are suffering from acne. 40 to 60 per people are suffering from acne. Females are more affected than males.

Homeopathy for acne is totally different from conventional treatment in this a homeopathic remedy is personalized to the person. As a result of everyone is totally different, no single homeopathic remedy can work for everybody. A remedy is chosen based on a person's unique set of symptoms.

#### Homoeopathic Therapeutics of Acne-

1. **Antim crude** - There are acne of granular like eruption, lumpy, red, like eruptions on the face with red areola. acne is of in blotches type over cheek. There are pustular kinds of acne. The etiological

triggers factors may be deep seated depression, desperation. The young age groups who have an inclination to quick weight gain with acne over face. The fatty, weighty youngsters who are fond of taking a lot of junk foods and fast foods.

2. **Ars iod-** It's usually prescribed as constitutional treatment for acne condition. The acne is of nodular kind. Ars ios has the symptoms similarities of both arsenic album and iodium. The person is of irritable nature; don't answer to the question asked by the doctor. Anger with irritability associated restless nature with an anxiety types constitution. he's impatient and in a very constant state of hurry. He becomes indifferent to his surroundings. he's unable to make a decision between 2 opinions. Those kinds of emotional make up initiates to secrets a lot of androgenic hormone which stimulate the gland to secrete a lot of secretion and acne appears.
3. **Asteria Rubens-** The skin condition usually happens at adolescent age and more copiously found on chin and side of nose. The person is of an anxiety, excited

and irritable temperament. physical attraction is enhanced in girls. Bowel motion isn't beyond constipated type

4. **Belladonna** – At the first stage of acne once it's reddish with inflammation and pain however no pus formation belladonna offers good result
5. **Berberis aquifolium** – There's acne, blotches, pimples in girls and boys. Its mother tincture may be applied externally to clear the scar mark of acne.
6. **Calcarea carb** – It's a good constitutional remedy for any illness as well as acne. Persons of psoric constitution with pale, weak, timid, keep nature and easily tired on any work up. although he features a weakness or fatigue feeling, however in body constitution is fatty and weighty, gaining weight simply. He has the tendency to sweats plenty on slightest work up. Those persons are very vulnerable to catch cold simply.
7. **Calcarea phos** – Skin condition usually is occurred in younger age grouped boys and girls who are lean and skinny in physical constitution. acne develops in teenage age girls who are anaemic and continuously complaining of headache gas problem.
8. **Calcarea silicate**- Largely utilized in acne, black heads. Patient is weak, emaciated, feels cold and chill however worse from being hot. The remedy has combination symptoms of each calcarea carb and silicea
9. **Hepar sulph** - Pimples that are terribly painful; they will feel like a splinter within the skin. Lesions are terribly sensitive to

the touch and probably cold. they will cluster in crops on the forehead and have a tendency to make pustules and whiteheads simply. Discharge could smell like previous cheese. In general, the person is also very chilly and sensitive to pain, touch, cold.

10. **Kali brom**- The Acnes are of postural, indurate nature. Scars left when the inflammatory disease heals up. Physical constitution is of fat, younger person. The person is incredibly nervous, depressed, low spirited in nature. the Depression is mingled with anxiety and feels as if he would loss his mind. The person feels restless and no sleep at nighttime because of worry or grief from loss of job, loss of business, loss of property, loss of reputation etc. Melancholic nature.
11. **Natrum mur** – The face is incredibly oily because of a lot of oily secretion. The patient is incredibly sensitive in nature and weeps on slightest things. Irritable by nature and can't endure any contradiction. At the time once she upset if anybody tries to provide consolation that makes her more irritate. Have a nature of 'living ME alone' attitude. The person is skinny and sensitive to heat of sun. Exposure to heat of sun she get headache. She is keen on taking additional salt in her diet.
12. **Psorinum**: It's thought-about to be the most effective homeopathic drug for acne. acne indurata, acne simplex and acne pustular are all treatable with Psorinum. In oily skin with over worked oily glands, the skin is left greasy, making it additional

susceptible to acne. Psorinum will facilitate cut back secretion of oil and in impact, treat the underlying reason for a symptom outbreak. it's additionally employed in treating acne that gets worse with intense chocolates, meats, sweets and fat. itchy winter acne could also be treated with this also.

13. **Pulsatilla** - Acne in young ladies that's related to the onset of puberty. acne that's associated with the menstrual period (especially when the period is irregular or absent) or with gestation. The person tends to possess very little thirst; to be tearful and like comfort and consolation; and to be chilly however like open, cool air and mild motion.
14. **Sulphur** - It's employed in very itchy acne. acne with very oily skin. Blackheads are plentiful. Pimples and whiteheads are very massive however not that deep. The face, particularly the nose, is usually affected and tends to become reddened. Pimples could also be painless however itchy. The skin could also be rough and worse from laundry. The acne may be worse from heat, before the menstrual period, and from consumption fatty foods.

**Conclusion-** Homeopathic medicines may be useful as stand-alone treatment of patients with

severe acne. A case series suggested a remission rate of more than 80% using individualized homeopathic treatment. The treatment remained efficacious long after cessation and is not accompanied by significant side-effects.

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