



## CASE STUDY

## ACNE AND HOMOEOPATHY – A CASE REPORT

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## Abstract

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**Key Word-** Acne, Homoeopathy, skin

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Acne is a skin condition that occurs when your hair follicles become plugged with oil and dead skin cells. It causes whiteheads, blackheads or pimples. Acne is most common among teenagers, though it affects people of all ages. Curing acne by mean of Homoeopathy will mean to find out a similimum for every particular case. There is most dependable treatment for acne in Homoeopathy without any side effect. A case report was a 29 year old female suffering from Acne, on basis on totality of symptoms & repertorisation prescribe homoeopathic medicine staphisagria and case was improves & quality of life better.

## INTRODUCTION

Acne is an inflammatory disorder of the skin, which has sebaceous (oil) glands that connects to the hair follicle, which contains a fine hair. In healthy skin, the sebaceous glands make sebum that

empties onto the skin surface through the pore, which is an opening in the follicle. Keratinocytes, a type of skin cell, line the follicle. Normally as the body sheds skin cells, the keratinocytes rise to the surface of the skin. When someone has acne, the

hair, sebum, and keratinocytes stick together inside the pore. This prevents the keratinocytes from shedding and keeps the sebum from reaching the surface of the skin. The mixture of oil and cells allows bacteria that normally live on the skin to grow in the plugged follicles and cause inflammation/swelling, redness, heat, and pain. When the wall of the plugged follicle breaks down, it spills the bacteria, skin cells, and sebum into nearby skin, creating lesions or pimples.

For most people, acne tends to go away by the time they reach their thirties, but some people in their forties and fifties continue to have this skin problem.

### Type of acne

Acne causes several types of lesions, or pimples. Doctors refer to enlarged or plugged hair follicles as comedones. Types of acne include:

- **Whiteheads:** Plugged hair follicles that stay beneath the skin and produce a white bump.
- **Blackheads:** Plugged follicles that reach the surface of the skin and open up. They look black on the skin surface because the air discolors the sebum, not because they are dirty.
- **Papules:** Inflamed lesions that usually appear as small, pink bumps on the skin and can be tender to the touch.

- **Pustules or pimples:** Papules topped by white or yellow pus-filled lesions that may be red at the base.
- **Nodules:** Large, painful solid lesions that are lodged deep within the skin.
- **Severe nodular acne** (sometimes called cystic acne): Deep, painful, pus-filled lesions.

**Causes of acne:** Doctors and researchers believe that one or more of the following can lead to the development of acne:

- Excess or high production of oil in the pore.
- Buildup of dead skin cells in the pore.
- Growth of bacteria in the pore.

The following factors may increase your risk for developing acne:

- **Hormones.** An increase in androgens, which are male sex hormones, may lead to acne. These increase in both boys and girls normally during puberty and cause the sebaceous glands to enlarge and make more sebum. Hormonal changes related to pregnancy can also cause acne.
- **Family history.** Researchers believe that you may be more likely to get acne if your parents had acne.
- **Medications.** Certain medications, such as medications that contain

hormones, corticosteroids, and lithium, can cause acne.

- **Age.** People of all ages can get acne, but it is more common in teens.

The following do not cause acne, but may make it worse.

- **Diet.** Some studies show that eating certain foods may make acne worse. Researchers are continuing to study the role of diet as a cause of acne.
- **Stress.**
- **Pressure** from sports helmets, tight clothes, or backpacks.
- **Environmental irritants**, such as pollution and high humidity.
- **Squeezing or picking** at blemishes.
- **Scrubbing your skin** too hard.

### Case Study:

#### Personal information

- Name – Ginni
  - Age – 29
  - Sex – Female
  - Address – Solan H.P.
  - Married status – Married
  - Religion – Hindu
- Date – 10-04-2020

**Presenting Complaints** – Patient came with complaints of painful acne on face. Acne with scar, brown discoloration on cheek and forehead.

**History of present complaint** – Patient suffer from Acne since 3 years, pain hypogastric before menses,

#### Personal history:

- **Marital status** – Married and healthy status.
- **Past History** – No such history except painkillers for dysmenorrhea

**Menstrual History** – Pain hypogastric before menses,

#### Family History

- Mother – HTN  
Father – Death 2012

#### Physical history:

- Appetite - Normal
- Thirst - Thirst less
- Desire – Meat, Fast Food
- Aversion – Nil
- Stool - Normal
- Urine - Nothing abnormality detected
- Sleep - Normal
- Thermal Reaction - Chilly

#### Mental History-

- Always in stress due to husband because her husband use to of narcotic.
- She always in fear because after drunk alcohol her husband become abusive, disturbed home atmosphere when he is under influence of narcotic.
- Beat her after drunken alcohol.

- She blames herself, May she has some deficiency that's why her husband behave like this.
- She has not healthy relationship with MIL and husband, feel as they ignore her.

#### General Physical Examination:

- a) Body weight – 46 Kg
- b) Built – Normal
- c) Nutritional status – Healthy
- d) Pallor – Present
- e) Cyanosis – Absent
- f) Clubbing – Absent
- g) Lymphadenopathy – Absent
- h) Edema – Absent
- i) Thyroid enlargement – Absent
- j) Tongue – Normal
- k) Skin – Fair
- l) Nails – Pale
- m) Blood pressure – 110/68 mm of Hg
- n) Pulse - 80/min
- o) Respiratory rate – 25/ minute
- p) Temperature - 98.2°F

#### Systemic Examination:

- A. Cardiovascular System – NAD
- B. Gastrointestinal System – NAD
- C. Respiratory System – NAD
- D. Central Nervous System – NAD
- E. Locomotors System - NAD

**Laboratory investigation** - Blood – CBC,  
USG whole abdomen

**Diagnosis** – Acne

#### Analysis and Evaluation of the Symptoms:

- Blame herself
- Neglected feeling from husband and MIL
- Fear husband will disturbed peace of home. Beat her after drunken alcohol.

#### Conversion of the Symptom into Rubrics:

- 1) Blame herself – Reproaching herself
- 2) Neglected feeling from husband and MIL – Delusion neglected, she is neglected
- 3) Fear husband will disturbed peace of home. Beat her after drunken alcohol. – fear- injury-being injured, of

#### Rubrics in Synthesis Repertory-

- 1) MIND - DELUSIONS - neglected - he or she is neglected
- 2) MIND - REPROACHING himself
- 3) MIND - FEAR - injury - being injured; of

**Repertorial Result** – Staph 3<sup>3</sup>, Synph 3<sup>3</sup>, Stram 2<sup>4</sup>, Ars 2<sup>3</sup>, Aur Mur Nat 3<sup>4</sup>, Kali Br 2<sup>3</sup>, Carc 2<sup>3</sup>, Hyo 2<sup>3</sup>, Nat Mur 2<sup>3</sup>, Puls 2<sup>3</sup>, Crot C2<sup>2</sup>

**Analysis of Result** – as seen in repertorial result Staph was the medicine which covers all evaluating symptoms.

**Final Prescription** –

Medicine - Staph 200

Dose – 3 dose 2 hour interval

Mode of administration – Oral

Date – 21.04.2020

### Before



### After



### Follow Up:

Date	Follow up	Prescription
05-05-2020	120/86 mm of Hg, acne size reduce, scar start lighter.	SL 30 TDS 2 week
19-05-	118/82 mm of Hg,	SL 30 TDS

2020	digestion improve, pain during and before menses slight reduce, wt 49 kg	30 days
2-06-2020	110/70 mm of Hg, sleep normal, new acne appear before menses, but lesser in size.	SL 30 TDS 30 days
7-06-2020	108/78 mm of Hg, improve	SL 30 TDS 30 days
01-07-2020	Feel better, abdomen clear daily, 122/80 mm of Hg	SL 30 TDS 30 days
6-07-2020	face, cheeks surface clear, she also skip allopathic medicine for painful menses, 114/80 mm of Hg	SL 30 TDS 30 days
1-08-2020	Improve, face skin clear, no more acne	SL 30 TDS 30 days

### Management:

### Dietary Management:

### Avoid:

- Avoid fats and oily food.
- Avoid chocolate, ice-cream, butter, cakes, white bread, sweets and fried food.
- Limit intake of non-vegetarian food.
- Do not break your pimples; it will lead to secondary infections.
- Do not use scented soaps and chemicals on your face

**Do:**

- Wash your face frequently, at least 5 times a day, taking care that it does not become too dry.
- Use non-greasy make-up or if possible do not apply cosmetics.
- Use natural cleansers than chemical preparations:
  - Wash face with gram flour (channa) and little turmeric in it.
  - Massage skin with fresh cucumber, it gives cooling effect on skin.
  - You can massage your face with fresh fruits also.
  - You can take facial steam to reduce inflammation and infection for not more than 15 minutes and once fortnight.
- Practice yoga – It will help make your circulation better.

**Consume:**

- Drink plenty of water.
- Drink plenty of fruit juice, coconut water.
- Eat lots of fresh fruits and raw vegetables.
- Increase intake of fiber in your diet
  - Whole grains, bran, oat, green leafy vegetables, raw vegetables, salads, dried fruits and fresh fruits.
- Eat whole grains rather than refined flour.

- Possibly eat boiled or lightly cooked food, not highly seasoned food.
- Increase intake of zinc in diet:
  - Shellfish, beef and other red meats, eggs and seafood, beef, pork, chicken (dark meat), turkey (dark meat), milk and milk products, nuts, sea plants especially Japanese sea plants.
- Consume diet rich in Vitamin A:
  - I.e. Liver oils of fish, egg, milk and milk products, meat, fish, kidney and liver. Yellow orange colored fruits and vegetables; and Green leafy vegetables are good source of
    - carotene.
- Consume food rich in Vitamin C:
  - i.e. Milk and milk products, citrus fruits, green vegetables.
    - Fruits and vegetables when fresh have maximum of vitamin C.
    - Increase intake of Vitamin E. i.e. Wheat germ, whole grain, corns, cereals, pulses, nuts, dark green leafy vegetables, olives.
    - Oilseeds and vegetable oils. You can take vitamin E supplements of 22.5 IU (15 milligrams) for adults.
- Replace other oils by sunflower oil for cooking as it is the richest source of vitamin E.

- Add little turmeric to your food; it is beneficial for your skin.

**Result** – Improved

**CONCLUSION** – This case show that Homoeopathy is effective in case of Acne. If we prescribe medicines on base of totality of symptoms than we get very good result.

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