



Acne Vulgaris: A Homoeopathic Approach

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Abstract- Acne vulgaris is a common skin condition that happens when hair follicles under the skin become clogged. Rare and lesser used medicines for acne.

Keywords- Homoeopathy, Acne vulgaris, Pimples, Rare medicines

Acne is a inflammatory disorder of the skin, which has sebaceous glands that connects to the hair follicle which contain a fine hair. When someone has acne your hair follicles become plugged with oil and dead skin cells¹. Acne is almost ubiquitous in the teenage years, individual differences relating to severity and the extent of scarring. Peak severity is in the late teenage years but acne may persist into the third decade and beyond, particularly in females².

Clinical features²

- Lesions are usually limited to the face, shoulders, upper chest and back, but may extend to the buttocks.
- Open comedones (blackheads) due to plugging by keratin and sebum of the pilosebaceous orifice
- Closed comedones (whiteheads) due to accretions of sebum and keratin deeper in the pilosebaceous ducts, are usually evident.
- Pimples (pustules), which are papules with pus at their tips.
- Large, solid, painful lumps under the skin (nodules)
- Painful, pus-filled lumps under the skin (cystic lesions)

Certain things may trigger or worsen acne¹

- Hormonal changes
- Certain medications
- Diet
- Stress

Risk factors¹

- Age- most common in teenagers
- Hormonal changes during puberty and pregnancy
- Family history
- Greasy or oily substances

- Friction or pressure on your skin

A number of descriptive terms are applied to clinical variants of acne. **Conglobate acne** is characterised by comedones, nodules, abscesses and sinus tracks, often accompanied by keloidal scarring, although true cysts are rare in the acute phases and are more likely to reflect inflamed nodules. Epidermoid cysts are common later on in acne.

Acne fulminans is severe acne accompanied by fever, joint pains and markers of systemic inflammation such as a raised ESR.

Acne excoriée refers to the effects of scratching or picking, principally on the face of teenage girls with acne².

Homoeopathic medicines

Arctium lappa- Boils, moist, greyish white crust and offensive eruptions especially when glands are swollen. Old sores, especially about joints³. Crops of boils and styes. Eruption on the head, face and neck⁴.

Berberis aquifolium- The acne eruptions come out in blotches. Pimples extend from face towards the neck. It is an old age remedy to clear the complexion of the face⁵. Pimples dry, rough, scaly. Eruption on scalp extending to face and neck⁴. Flashes of heat to cheeks³.

Bovista lycoperdon- Ailments after cosmetic. Acne with indurated papules⁵. Acne worse in summer. Scurfs and crusts about nostrils and corners of mouth. Pimples cover the entire body⁴.

Bromium- Acne with scrofulous individuals with glandular enlargements. Acne with indurated papules⁵. Boils on arms and face. Heat in cheek first right later left. Sensation of cobweb. Strong hard swelling of glands, especially on throat and lower jaw⁴. Face pale, red alternating. (sr phatak)

Chrysarobinum- Acne rosacea that leads to easy formation of crusts. Acne is associated with violent itching⁵. Squamous and vesicular lesions associated with foul smelling discharge and crust formation. Dry, scaly eruption especially around eyes and ears, scabs with pus underneath⁴.

Cimicifuga racemose- Pustular acne on the face that itch violently. Pimples, small, red, burning appear with scanty menses and disappear when menses are over. Pustules rupture and form thick crusts. Acne with indurated papules⁵.

Copaiva officinalis- Acne. Face red, flushed (srphatak). Red humid tetter on upper lip, which is swollen and painful when touched. Face pale and sickly looking³.

Eugenia jambos- It is specially indicated for painful and indurated acne along with comedons. It is useful for acne roasacea. Fissures between toes and nightly cramps in soles of feet become important concomitant. Acne associated with menstrual irregularities⁵. The pimples are painful for some distance around⁴.

Indigo tinctoria- Face and whole body covered with pimples. Boils on ribs and various parts. Itching of skin with constipation. Fine heat rash, especially left side of face extending from forehead to throat. Itching, in face and various parts of body ameliorate by rubbing³.

Juglans regia- Acne and comedones of the face that itch violently. When the acne bursts, it forms thick crust. Acne is associated with menstrual irregularities⁵. Crusta lactae, with soreness around ears. Itching and eruptions of small red pustules⁴. Red pimples on face, neck, shoulders and back some containing thickish fluid, pimples on nape discharging moisture when scratched³.

Kalium bromatum- Face has a blotchy red appearance with multiple indurated acne in fleshy young people specially during puberty with coarse habits. After sexual excess acne developing in individuals. Acne with unsightly scars and menstrual irregularities⁵.

Malandrium- Boils, malignant pustule. Bad effects of vaccination. Small dry red spots on legs, not disappearing on pressure³.

Pix liquida- Acne eruptions especially on back of hands, itching intolerably at night and bleeding when scratched⁵. Skin cracked, bleeding when scratched, with sleeplessness³.

Phosphoricum acidum- Acne from onanism. Acne with loss of hair from beard. Acne that gradually turns into small painful boils with stinking pustular discharge⁵. Sensation of coldness of one side of face⁴. Large pimples on face. Pimples and scabs on red part of lips. Violent burning pain in right lower lip, persisting when moving it³.

Robinia pseudacacia- Acne with indurated papules and gastric derangement⁵. Regurgitation of acid and bitter substances, everything turn to acid. Nausea for three hours, followed by vomiting of an intensely sour food³.

Sarsaparilla officinalis- Acne with menstrual irregularities. Acne during pregnancy⁵. Pimples, facial eruption. On forehead itching eruption with burning sensation and after scratching oozing³.

Sulphuricum acidum- Acne rosacea with obstinate constipation⁵. Carbuncles, boils and other staphylococcal and streptococcal infection⁴. Small red spots or specks on the face gradually increasing in size⁷.

Vinca minor- Bloated face with pimples. Tearing in malar bone. Swelling of upper lip and corner of mouth³. Great sensitiveness of skin, with redness and soreness from slight rubbing. Pustules, itching, burning and offensive odor⁴.

Discussion and conclusion

Acne is one of the most common skin diseases treated by dermatologists, pediatricians, and family medicine physicians. The effects of Acne vulgaris on patients is diverse and vary from psychological effects like depression and anxiety, withdrawal developmental problems to physical effects like scarring and disfigurement. Modern medicine provide just a temporary relief. With the use of suitable homoeopathic medicines, acne can be properly treated.

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