

Review Article

Homoeopathic Management of Acne Vulgaris: Review

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ABSTRACT

Acne vulgaris is one of the skin complaint seen more prominently during adolescence age group . There are various treatments for it but considering the Homoeopathy been an effective treatment cures the patient.

Keywords: Menopause, homoeopathy, atherosclerosis



QR Code for Mobile Users

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INTRODUCTION

Acne vulgaris (or cystic acne) is a common human skin disease, characterized by areas of skin with seborrhea (scaly red skin), comedons (blackheads and white heads), papules (pinheads), pustules (pimples), Nodules (large papules) and possibly scarring. Acne affects mostly skin with the densest population of sebaceous follicles, these areas include the face, the upper part of the chest and the back. Severe acne is inflammatory, but acne can also manifest in non-inflammatory forms. The lesions are caused by changes in pilosebaceous units, skin structures consisting of a hair follicle and its associated sebaceous gland, changes that require androgen stimulation.

Acne occurs most commonly during adolescence and often continues into adulthood. In Adolescence, acne is usually caused by an increase in testosterone, which people of both genders occurs during puberty. For most people, acne diminishes overtime and tends to disappear- or at the very least decrease- after one reach one's early twenties. There is, however no way to predict how long it will take to disappear entirely, and some individuals will carry tgis condition well into their thirties, forties and

beyond.

Some of the large nodules were previously called cyst and the term nodulocystic has been used to describe severe cases of inflammatory acne. The “cyst” or boils that accompany cystic acne, can appear on the buttocks, groin, and armpit area, and anywhere else where sweat collects in hair follicles and perspiration ducts. Cystic acne affects deeper skin tissue than does common acne.

Aside from scarring, its main effects are psychological, such as reduced self – esteem and in very extreme cases, depression or suicide. Acne usually appears during adolescence, when people already tend to be most socially insecure. Early and aggressive treatment is therefore advocated by some to lessen the overall long-term impact to individuals.

Terminology:

The term acne comes from a corruption of the greek (acme), literally “point, edge”, but in the sense of a “skin eruption” in the writing of AetiusAmidenus. Used by itself, the term “acne” refers to the presence of pustules and papules. The most common form of acne is known as acne vulgaris,

meaning “common acne” many teenagers get this type of acne. Use of the term “acne vulgaris” implies the presence of comedones. The term “acne rosea” is a synonym for rosacea, however some individuals may have almost no acne comedones associated with their rosacea and prefer therefore the term rosacea. Chloracne is associated with exposure to polyhalogenated compounds.

Signs and symptoms:

Typical features of acne include: seborrhea (scaly red skin), comedones (blackhead and whitehead), papules (large papules) and possibly scarring. It presents somewhat differently in people with dark skin.

Scars:

Acne scars are the result of inflammation within the dermis brought on by acne. The scar is created by wound trying to heal itself resulting in too much collagen in one spot. Physical acne scars are often referred to as “Icepick” scars, this is because the scars tend to cause an indentation skin’s surface. There are a range of treatments available, although quite rare, the medical condition Atrophia Maculosa Varioliformis Cutis also result in “acne-like” depressed scar on the face.

1. Ice pick scar: Deep pits, which are the most common and classic sign of acne scarring.
2. Box car scars: angular scars that usually occur on the temple and cheeks, and can be either superficial or deep, these are similar to chickenpox scars.
3. Rolling scars” scars that give the skin a wave-like appearance.
4. Hypertrophic scars: Thickened or keloid scars.

Pigmentation

Pigmentation scars is slightly misleading term as it suggests a change in the skin’s pigmentation and that they are true scars, However, neither is true. Pigmented scar is usually the result of nodular or cystic acne (the painful ‘bumps’ lying under the skin.) They often leave behind an inflamed red mark. Often the pigmentation scar can be avoided simply by avoiding aggravation of the nodule or cyst. Pigmentation scars nearly always fade with time taking between three months to two years to do so, although can last forever if untreated.

Different types of Acne Vulgaris:

A: Cystic acne on the face.

B: subsiding tropical acne of trunk.

C: Extensive acne of chest and shoulder

Causes:

Acne develops as a result if blockages in follicles. Hyperkeratinization an formation of plug of keratin and sebum (a microcomedo) is earliest change. Enlargement of sebaceous glands and an increase androgen production occur with increased androgen production at adrenarche. The microcomedo may enlarge to form an open comedone (blackhead) or closed comedone (milia) Comedones are the direct result of sebaceous glands becoming clogged with sebum, a naturally occurring oil, and dead skin cells. In these conditions, the naturally occurring largely commensal bacterium propionibacterium acnes can cause inflammation, leading to inflammatory lesions (papules, infected pustules or nodules) in the dermis around the microcomedo or comedone, which results in redness and may result in scarring or hyperpigmentation.

Hormonal activity, such as menstrual cycles and puberty, may contribute to the formation of acne. During puberty, an increase in male sex hormones called androgens causes the follicular glands to grow larger and make more sebum. Use of anabolic steroids may have a similar effect. Several hormones have been linked to acne: the androgens testosterone, dihydrotestosterone (DHT) & Dehydro epiandrosterone sulfate (DHEAS), as well as insulin-like growth factors 1 (IGF-1).

Development of acne vulgaris in later years is uncommon, although this is the age group for rosacea, which may have similar appearances. True acne vulgaris in adult women may be a feature of an underlying condition such as pregnancy and disorders such as polycystic ovary syndrome or the rare Cushing’s syndrome. Menopause-associated acne occur as production of the natural anti-acne ovarian hormone estradiol fails at menopause. The lack of estradiol also causes thinning hair, hot flushes, thin skin, wrinkles, vaginal dryness, and predisposes to osteopenia and osteoporosis as well as triggering acne (known as acne climacterica

in this situation).

Genetic

The tendency to develop acne runs in families. For example, school age boys with acne often have other members in their family with acne. A family history of acne is associated with an earlier occurrence of acne and an increased number of retensional acne lesions.

Psychological

While the connection between acne and stress has been debated, scientific research indicates that “increased acne severity” is “significantly associated with increased stress levels”. The National Institutes of Health (USA) list stress as a factor that “can cause an acne flare”. A study of adolescents significant positive correlation between stress levels and severity of acne. “It is also not clear whether acne causes stress and thus perpetuates itself to some extent.

Infectious:

Propionibacterium acnes (P.acnes) is the anaerobic bacterium species that is widely concluded to cause acne, though Staphylococcus epidermidis has been universally discovered to play some role since normal pores appear colonized only by P. acnes. Regardless, there are specific clonal sub strains of P. acnes associated with normal skin health and others with long term acne problems. It is as yet inconclusive whether any of these undesirable strains evolve on site in the adverse conditions or are all pathogenically acquired, or possibly either depending on the individual patient. These strains either have the capability of changing, perpetuating, or adapting to, the abnormal cycle of inflammation, oil production and inadequate sloughing activities of acne pores. At least one particularly virulent strain, though, has been circulating around Europe for at least 87 years. In vitro, resistance of P. acnes to commonly used antibiotics has been increasing, as well.

Diet

A high glycemic load diet is associated with worsening acne. There is also an association between the consumption of milk and the rate and severity of acne. There is also an

association between the consumption of milk and the rate and severity of acne. Other associations such as chocolate and salt are not supported by the evidence. However, products with these ingredients often contain a high glycemic load.

Diagnosis

There are multiple grading scales for grading the severity of acne vulgaris three of these being:

Leeds acne grading technique

Counts and categories lesions into inflammatory and non – inflammatory (ranges from 0-10.0)

Cooks Acne grading scale: Uses photographs to grade severity from 0 to 8 being the most severe).

Pillsbury scale: simple classifies the severity of the acne from 1 (least severe) to 4 (most severe)

Differential Diagnosis:

- Keratosis
- Rosacea
- Chloracne

In modern medicines the management is done by

Medications

Benzoyl peroxide, Antibiotics, Hormones, Topical retinoids, Oral retinoids, Anti-inflammations.

Procedures

Dermabrasion, phototherapy, Photodynamic therapy, Laser treatment

Surgery

For people with cystic acne, boils can be drained through surgical lancing.

Alternative medicine:

- Tea tree oil (melaleuca oil) has been used with some success, where it is comparable to benzoyl peroxide but without excessive drying, kills P.acnes and has been shown to be An effective anti inflammatory in skin infections
- Aloe vera; there are treatments for acne mentioned in Ayurveda using herbs such as aloe vera neem haldi (turmeric) and Papaya. However scientific evidence for the cosmetic effectiveness of aloe vera is limited. And when present is frequently contradictory.

Homoepathic management

- Proper and detail case taking is done
- Case processing is done
- Diagnosis of disease
- Diagnosis of miasm
- Diagnosis of phase of disease
- Totality of symptoms
- Analysis of symptoms
- Evaluation of symptoms
- Repertorial totality is considered as final selection of remedy is done

Some Important Homoeopathic Medicines

Aloevera , calendula , Berberis aquafolium, Kali brom, Echinecea, Graphites, sulphur, psorinum, Belladonna , Calcarea carb, Nat mur, Nt phos , Arsenic , Lachesis, But cure is possible only by a constitutional simillimum.

Some cases of acne .

Case 1

Name:-ABC

Age:-22 yrs

Occupation:-Manager in Sales Company

Address:- Maharashtra

Chief Complaint: Eruptions red,

Pustular, painful to touch on cheeks,neck, forehead since 2-3 yrs

O.P.D:-

The patient suffers from acne since 3 yrs. Eruptions are painful to touch and sometimes there is itching and it bleeds scratching and leaves scars and blemishes. They are aggravated on exertion , before menses , on taking eggs,

Past history : No history of any major illness

Family history:No history of any major illness

Personal history:

Diet :Veg – NON VEG

Habit : Nill

Addiction :Nill

Physical generalities:-

Appetite:Normal

Desire:Eggs+++

Aversion:sour

Thirst:Large quantity at long interval

Urine:8-9 times/ day

Stool- Regular, satisfactory

Sleep – sound

Dreams-Cant remember

Thermally:chilly patient

Mind :Confused , dependent sensitive to rudeness

Constitution: Fair , fat , flabby musculature, chalky white complexion

Menstrual history: 5 days of 27 day cycle

On 1 st day dysmenorrhoe character of flow is dark red , clot of blood

Physical Examination:

Tongue : Coated white

Nails:pink

Built:Flabby, fat

Oedema, cyanosis, Icterus:Absent

Diagnosis:Acne Vulgaris

Totality of symptoms:

Desire eggs

Chilly patient

Confusion

Dependent

Sensitive to rudeness

Fat and flabby built

Selected medicine:Calcarea carb 200

Prescription: Calc carb 200 single dose

Sl. 2 globules B.d for 7 days

Follow up:12/2/2020- redness and pain of eruptions decreased

12/3/2020- acne decreased

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