

# Clinical presentation of Acne and Homoeopathic perspectives

## Introduction

Dr.R.Gnanasambandam, a renowned clinician and academician, research scholar writes and shares his views in this article on Clinical presentation of Acne and Homoeopathic perspectives.. He had authored books and articles published in scientific journal. He also presented many papers in the scientific conferences, lectured in many Homoeopathic Medical Colleges. He served in many positions in the state and central Government

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### Introduction

Acne vulgaris is one of the most common dermatological issue that afflict people in their teen age .Acne is not life threatening but severe acne can affect psychological status and social activities. The present review focuses on Clinical presentation and successful Homoeopathic Management in Acne. A pilosebaceous gland in the skin undergoes many changes in response to the metabolic activity, androgenic androgen stimulation., influenced by genetic and triggers to presents a scaly red skin , comedones and papules , they undergo pitting and scarring , sometimes with cystic disfigurement .This metabolic dynamic disease can be clinically applied and treated successfully by miasmatic and individualistic approach.

### An overview on Clinical Presentation

Clinically Acne begins on the face with wide range of lesions and severity A classic lesion is a pustule, but inflammatory papules and nodules are common. A pilosebaceous unit in response to the abundant production of Androgens causes increased production of sebum and follicular keratinisation which blocks the pores. ,The pilosebaceous unit undergoes inflammation to cause a indurated papules initially , later an impaction and distention of the follicle with sebum which is visible as white bumps, termed as closed Comedones or whitehead and when the papules visible with pore that appears as a dark spot termed as open Comedones or blackheads. The black head is the response of oxidized lipid and melanin.

In patients who are hypersensitive to bacteria , the pilosebaceous



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unit undergoes inflammatory lesions subsequently causes pustules . Pitting and scarring may result depending on the vigor of superficial or deep hypersensitivity reactions. Nodules are sequelae of Chronic inflammatory lesions and may develop into abscesses, The Conglobate lesions are intensely inflamed neighboring nodules that merge into a loculated abscess. Secondary lesions such as scars, keloids, sinus tracts, and true cysts may follow in the most chronic inflammatory disease. In some individuals the inflammatory lesions may appear to the trunk. Perhaps, the cystic acne occurs on buttocks, groin, armpit area, hair follicles and perspiration ducts and affects deeper skin tissue than common acne. Seborrhic dermatitis in the scalp is very common associated complaint in teens with same pathogenesis

Acne Rosacea is is characterized by erythema of the central face. Clinically differentiated by the presence of telangiectasis and papulopustular eruptions and absence of comedones , further the thickening of skin affecting nose , cheeks forehead, chin and ears

The causation is purely on hormonal , attributed by androgen linked hormones like testosterone, dihydrotestosterone, dehydroepiandrosterone sulfate and insulin. Many cases reports the underlying conditions polycystic ovarian disease and Hirsutism . perhaps , the genetic susceptibility runs in families in some individuals The triggers include infection, diet and stress . In some individuals drug induced

### Homoeopathic perspectives

Hahnemann had laid he also classified the clinical presentation in to different classes, types, and sub-types with a clear message, laid down the fundamental principles in order to achieve the desired result. Hahnemann classified the malady “ Acne “ as dynamic disease with few or fully developed symptoms. The dynamic existence is excited by the exciting causes infections , diet and stress. When triggered by drugs ,becomes iatrogenic. Hence a complete portrait of the Acne ,as per Hahnemann emphasize to obtain complete portrait in § 5

Useful to the physician assisting to cure are that particulars of the most probable exciting cause of the acute disease , as also the most significant points in the whole history of the chronic disease to enable him to discover the fundamental cause especially due to a chronic miasm . In these investigations , the ascertainable physical constitution patient (especially when the disease is chronic) his

moral, and intellectual characters , his occupation , mode of living and habits , his social and domestic relations , his age, sexual function etc are to be taken into considerations

Therefore the causation exciting cause can be evaluated by both subjective and objective findings ,past History, Family History of patients and discover the stage of miasm, A physician can prescribe the constitutional medicine understanding the most integral part, the miasm , to attribute positive results

A physician can inspire that a Acne undergo the miasmatic changes scientifically. Psora is functional changes in the cell sensitized by irritability due to abundant production of Androgen hormone and the exacting factors. The lesions with indurations and suppurations indicates the stage of Psora Syphilitic ( Pseudo Psora) . A Cystic swelling scarring denotes sycotic manifestation , syphilitic changes in pitting

A Physician can understand that the miasmatic influence understanding the disease pathology which gives key to his prescriptions comprehensively with constitutions and totality in a case , Which always helpful for assuc and quick results

### A schematic tabulation on Miasmatic interpretation

S.No	CLINICAL PRESENTATION	MIASM	REMEDIES
1	Papule	Psora	Kali Brom, Natrum Mur, Sulphur
2	Pustule	Psora , Pseudo Psora	Kali Brom, Pulsatilla
3	C l o s e d Comedones	Psora, Pseudo Psora	Kali Brom,
4	O p e n Comedones	Psora, Pseudo Psora	Arsenicum Album
5	Abscess	Psora Pseudo Psora	Hepar Sulph, Silicea
6	Cystic	Psora, Sycotic	Thuja ,Radium Brom
7	Nodular	Sycotic	Carcinogen , Thuja
8	C o n g l o b a t e lesions	Psora, Psora-syphilitic, Sycotic	Graphites
9	Scarring, Keloid	Sycotic , Syphilitic	Acif Flour, Thiosinaminum.
10	Acne Rosacea	Psora, Psora-syphilitic, Sycotic	Sulphur, Rhus Tox

Plate I



Plate II

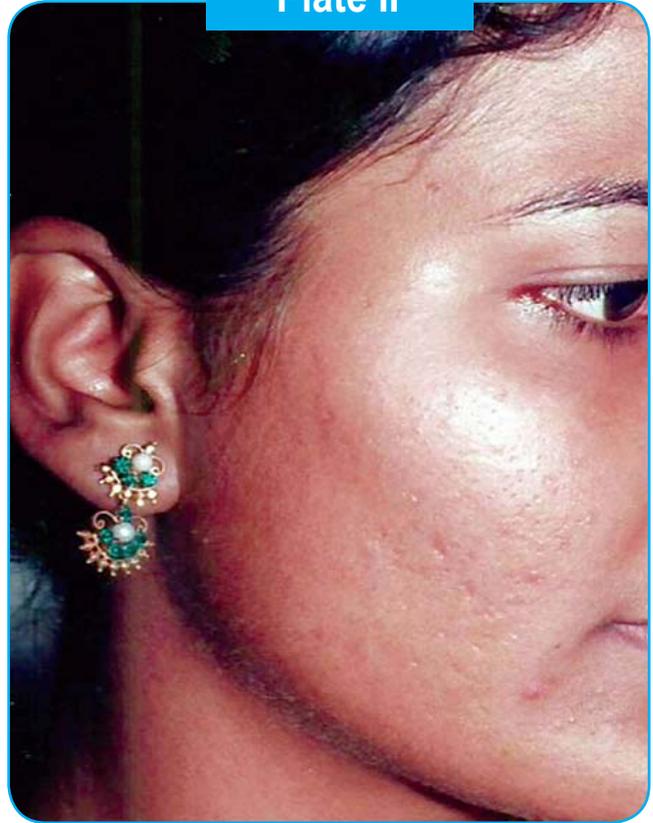


Plate III

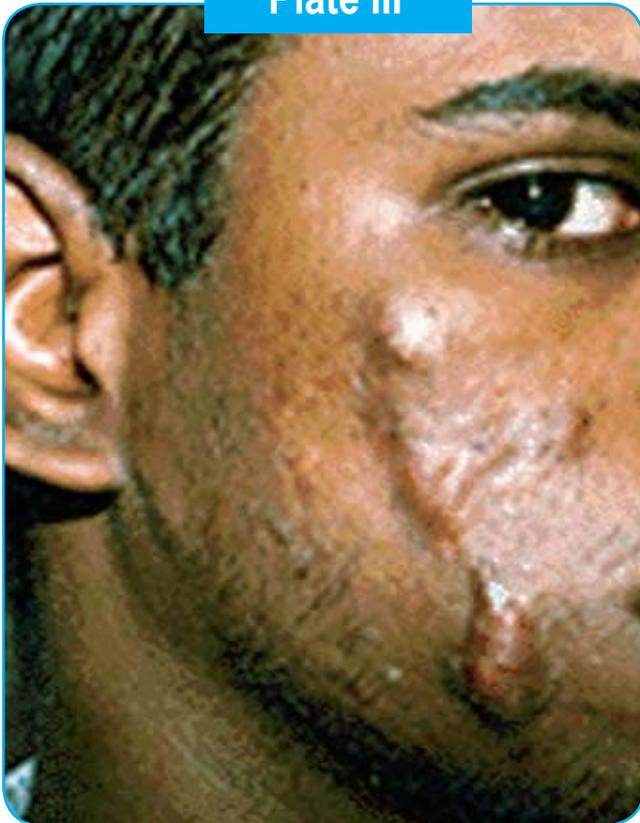


Plate IV

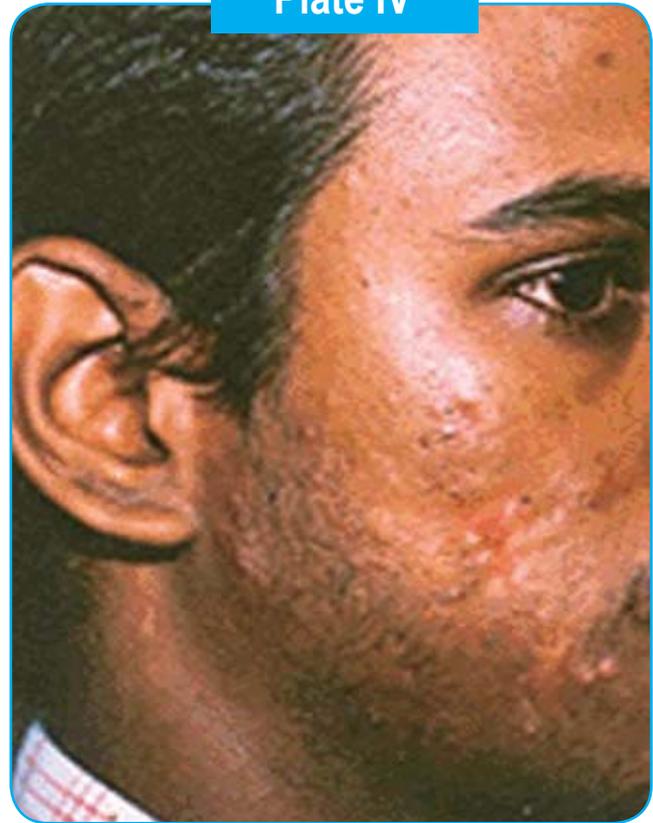
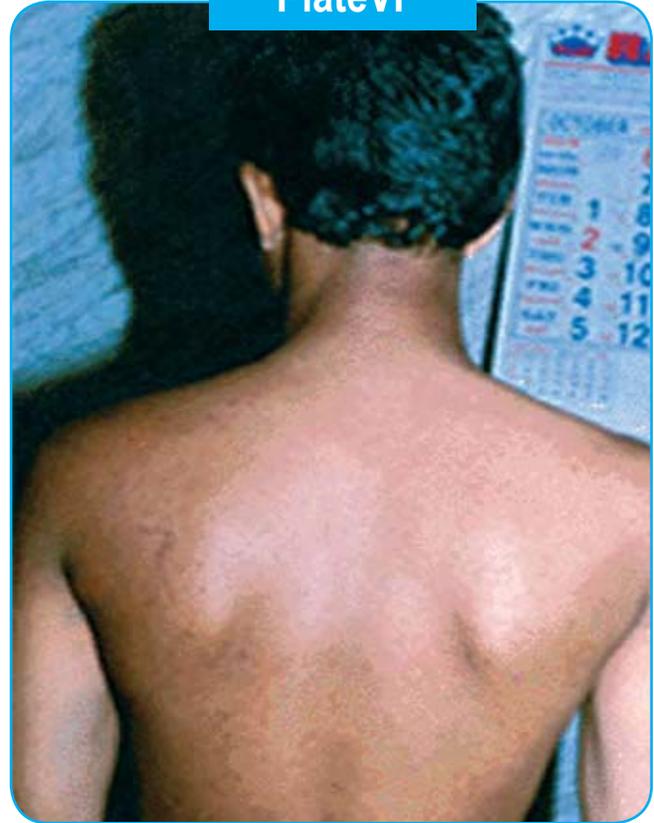


Plate V



Plate VI



### Auxiliary treatment

Acne impacts cosmetic purview, hence a physician is forced to give results quick relief. Berberis Aquifolium, Asterias Rubens are frequently used in Q potencies to expedite results. Berberis Aquifolium is frequently used as topical or cream to alleviate black spots and improve complexion

### Clinical Studies

A girl aged 19 presented eruptions on the face since three years. Her mental makeup yielding disposition directed the prescription of Pulsatilla 200C, followed with Kali Brom 200C for the further follow up cleared the acne from her face. (Refer Plate I and Plate II)

A male aged 23 presented nodular acne mated together resulting frequent abscess, was successfully treated with the miasmatic remedy Thuja I M complementary remedies Hepar Sulph and Silicea. (Refer Plate III and Plate IV)

A 20 years boy presented acne in face, back, upper arms, chest since 4 years. He was prescribed Thuja 1M perceiving the cystic nature of the swelling. The follow up remedy was Kali Brom recognizing the sphere of action clear his complaints shall be appreciated by the photos (Refer Plate V and Plate VI)

Most of the girls presents period irregularity and Hirsutism along with Acne, usually imaging studies conforms Poly Cystic Ovarian Syndrome. Which calls sycotic interpretation. In teens Seborrhoeic Dermatitis (Dandruff) always associates which calls a Pseudo Psora prescriptions

### Conclusion

The scope of Homoeopathy is High and opt in the treatment Acne. The individualistic approach and administration of a dynamic drug arouses the body to fight with the dynamic disease without any side effects. Miasmatic understanding enables a homoeopath to find the key and prefer their prescription constitutional or totality which yields rapid cures.