



An Evidence-Based Case Report on Constitutional Homoeopathic Management of Acne Vulgaris

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Abstract

Acne vulgaris is a common chronic inflammatory disorder of the pilosebaceous unit characterized by papules, pustules, nodules, comedones, and residual scarring, commonly affecting adolescents and young adults. Though not life-threatening, it significantly impacts psychological well-being, self-confidence, and quality of life. This case study highlights the role of constitutional homoeopathic treatment in the management of Acne vulgaris in an adolescent patient. An 18-year-old male presented with complaints of papulo-pustular eruptions over the cheeks, forehead, chin, and perioral region since the past 2 years. The complaints had a gradual onset and progressive course. The eruptions were associated with mild itching and pustules containing purulent discharge. Symptoms were aggravated during summer, by heat and touch, with no significant relieving factors. Detailed case-taking revealed characteristic mental and physical generals, and the totality of symptoms was formed. Repertorisation was carried out using Zomoeo Pro software, and the indicated constitutional remedy was selected after correlating with various Materia Medica. Assessment of severity and impact on quality of life was done using the Global Acne Grading System (GAGS) at baseline and during follow-ups, along with sequential photographic documentation. The causal relationship between the prescribed remedy and clinical improvement. Following individualized constitutional homoeopathic treatment, marked improvement was observed in the acne lesions with

reduction in inflammation, pustulation, and itching, along with improvement in the patients quality of life. No recurrence was observed during the follow-up period. This case demonstrates that individualized constitutional homoeopathic treatment may offer beneficial results in the management of Acne vulgaris and its associated psychosocial burden. Although evidence from a single case cannot establish definitive conclusions, the positive outcome supported by clinical assessment and photographic evidence suggests the potential utility of constitutional homoeopathy in chronic dermatological disorders.

Keywords: Acne Vulgaris, Constitutional Homoeopathy, Individualized Remedy, Kali Bromatum, Papulo-Pustular Acne, Adolescent Male, Quality of Life, Homoeopathic Treatment, Chronic Skin Disorder, Dermatology, Case Study

Introduction

Acne vulgaris is a chronic inflammatory disorder of the pilosebaceous unit characterized by comedones, papules, pustules, nodules, and, in severe cases, scarring. It is one of the most common dermatological conditions affecting adolescents and young adults, with nearly 80% of teenagers experiencing acne at some stage of life. The lesions commonly involve the face, forehead, cheeks, chin, and perioral region, although the chest, shoulders, and upper back may also be affected. The condition results from increased sebum production, follicular hyperkeratinization, bacterial colonization, and inflammation.

Acne vulgaris may persist beyond adolescence and can significantly impair the emotional and psychological well-being of affected individuals. The Global Burden of Disease Study 2010 identified Acne vulgaris as one of the most prevalent skin disorders worldwide, affecting approximately 9.38% of the global population. The prevalence varies across different age groups and populations, ranging from 35% to almost 100% among adolescents. Though not life-threatening, acne can lead to post-inflammatory pigmentation, permanent scarring, anxiety, reduced self-esteem, social withdrawal, and impaired quality of life. This case report presents an 18-year-old male patient suffering from papulo-pustular Acne vulgaris for the past 2 years with gradual onset and progressive course. The eruptions were predominantly distributed over the cheeks, forehead, chin, and perioral region, associated with mild itching and pustules containing purulent material. Symptoms were aggravated by summer, heat, and touch. This case highlights the effectiveness of individualized constitutional homoeopathic treatment in reducing the severity of acne lesions and improving the overall quality of life of the patient.

Case Report :

A 18-year male patient presented with the complaint of Papulo- pustular Eruptions Over face since 2 years and Worse since 2 months Associated with mild itching containing purulent material .His complaints gets aggravated in Summer heat touch no significant relieving factor

History of presenting complaints :

The patient, an 18-year-old male, presented with complaints of acne eruptions over the face since the past 2 years. The complaints had a gradual onset and progressively increased in severity over time. The eruptions were papulo-pustular in nature, predominantly distributed over the cheeks, forehead, chin, and perioral region. The lesions were associated with mild itching, and the pustules contained purulent material. The symptoms were aggravated during summer, by exposure to heat, and on touch, while no significant relieving factors were observed. Past history revealed that the patient had undergone laser therapy three times over a period of one and a half months; however, no significant relief was obtained following the treatment.

Physical Generals :

Diet : Mixed Appetite : Good Thirst : 2-3 lit / day Sleep : good Dreams : NS Addictions: NS

Desire : Spicy food (chicken) Aversion : NS

Stool : Once daily Urine : 4-5 , 0-1 D/N

Sweat : Profuse over face Discharge : Pus Formation Thermal : Ambithermal

Mental Generals :

Shy and reserved Lack of confidence

Conscious about appearance Embarrassment due to facial eruptions Weak memory / dullness in studies

Physical Examination :

Inspection:

Multiple Papular eruptions present over face predominantly over cheeks, forehead, chin, and perioral region.

Lesions include: Papules and pustules

- Several pus-filled lesions.
- Skin appears oily and shiny
- Post-inflammatory hyperpigmented spots present.
- Few early acne scars/pitting noted over cheeks
- No ulceration or bleeding.

Palpation:

No Local rise of temperature.

- Mild tenderness over inflamed pustules
- Consistency: Soft
- No surrounding induration.

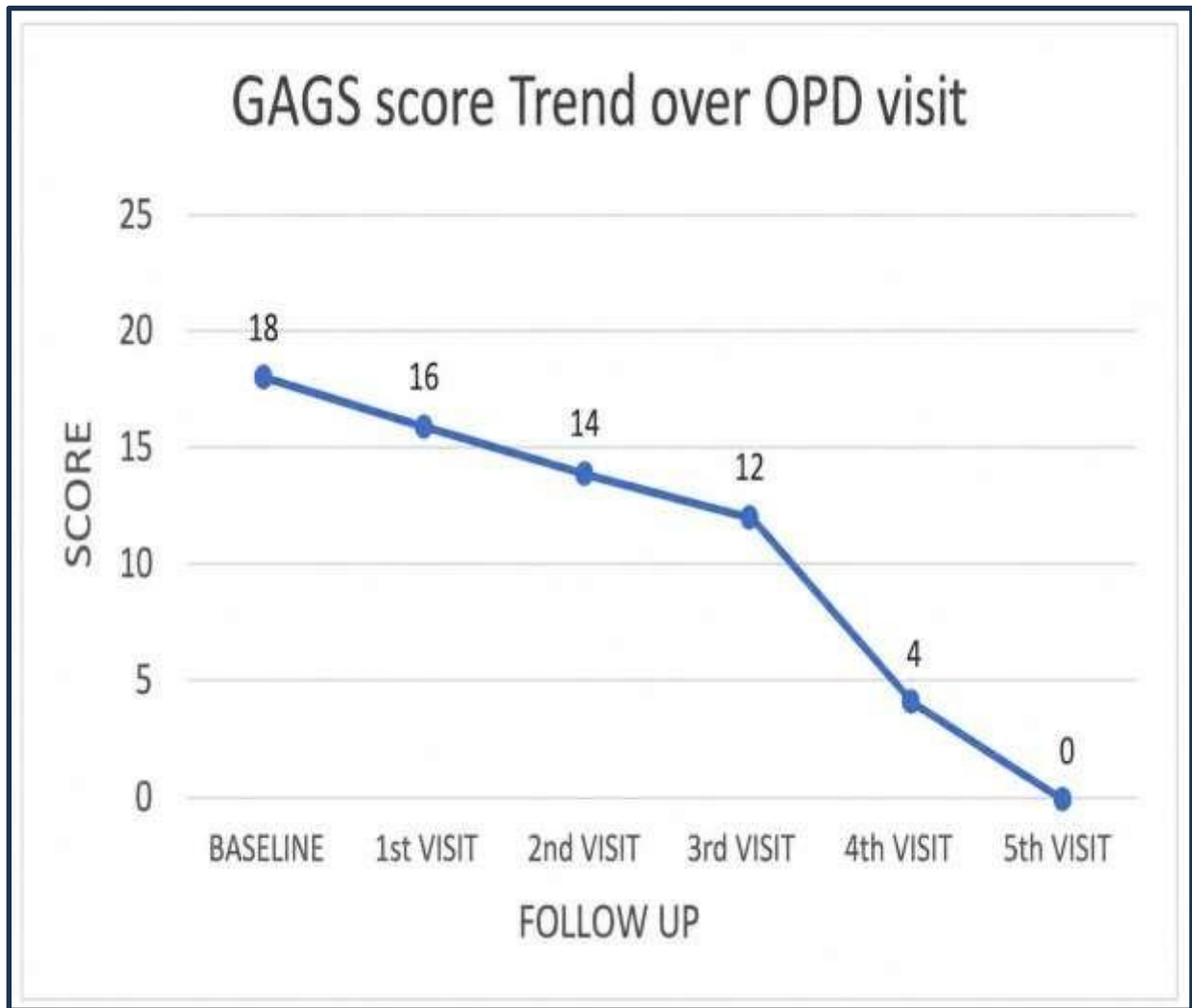
GLOBAL ACNE GRADING SYSTEM:

Region	Factor	Lesion score	Regional Score
Forehead	2	2	4
Right Cheek	2	3	6
Left Cheek	2	3	6
Nose	1	0	0
Chin	1	2	2
Chest	3	0	0
Upper Back	3	0	0

Total GAGS score = 18

Totality of symptoms:

1. Shy, reserved nature
2. Marked lack of confidence
3. Very conscious about appearance (face)
4. Embarrassment due to eruptions → avoids social interaction
5. Weak memory with dullness in studies
6. Desire for spicy food
7. Profuse perspiration on face
8. Aggravation from heat ,summer, touch
9. Acne over face
10. Itching eruptions
11. Pustular eruptions with pus formation
12. Chronic and recurrent nature.



FOLLOW UP :

DATE : 06/10/25(1st Follow Up)

Papulo-pustular eruptions still persist some new pustules over nose, checks apperas no relief of symptoms Itching present+

agg by summer , touch All vitals are stable

RX : : KALI BROMATUM 200C

(4-0-4) 3DAYS ORALLY

PLACEBO (4-4-4) 15 DAYS ORALLY



DATE : 05/11/25(2nd Follow Up)

Papulo-pustular eruptions over face mild reduced no new pustules appears

Itching mild+Few early acne scars present agg by touch ,

Summer RX: KALI BROMATUM 200C (4-0-4) 3DAYS ORALLY

PLACEBO (4-4-4) 15 DAYS ORALLY



DATE : 04/12/25(3rd Follow Up)

Papulo-pustular eruptions reduced 30-40%no new pustular eruptions appears slightly relief of symptoms Itching reduced Post-inflammatory hyperpigmented spots present Few early acne scars are present agg by summer, touch.

RX : : KALI BROMATUM 200C

(4-0-4) 3DAYS ORALLY

PLACEBO (4-4-4) 15 DAYS ORALLY



DATE : 03/01/26(4th Follow Up)

Papulo-pustules eruptions reduced 60-70%

no new pustular eruptions appears Itching reduced post-inflammatory

hyperpigmented spots present

Acne scaring present all over face

Patient feels better agg by summer , touch

RX : : KALI BROMATUM 200C

(4-0-4) 3DAYS ORALLY

PLACEBO (4-4-4) 15 DAYS ORALL



DATE : 05/02/2026(5th Follow Up)

Papulo-pustules eruptions reduced 80-90%

no new pustular eruptions appears Itching reduced post-inflammatory

hyperpigmented spots reduced

Acne scaring slightly reduced

Marked improvement in self-confidence

Patient feels better agg by summer, touch

RX : PLACEBO (4-0-4) 15DAYS ORALLY



Conclusion:

This case demonstrates the potential effectiveness of individualized constitutional homoeopathic treatment in the management of Acne vulgaris. Significant improvement was observed in the papulo-pustular eruptions, itching, inflammation, and overall appearance of the skin following treatment with Kali Bromatum along with Berberis Aquifolium Gel. The patient also experienced improvement in quality of life with no significant recurrence during follow-up. This case suggests that constitutional homoeopathic management may serve as a beneficial therapeutic approach in chronic dermatological conditions like Acne vulgaris. However, further scientific studies with larger sample sizes are required to establish definitive evidence regarding its efficacy.

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