



ACNE: ITS HOMOEOPATHIC MANAGEMENT.

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Abstract:

Acne is one of the ten most common diseases worldwide and is the inflammatory skin disease. Acne is most prevalent in teenagers because the growth hormones become very active and the oil glands in the skin produce more. Acne, normally called pimples, is a popular skin ailment amongst teens, young, as well as in some cases mid-aged people. One of the most common contributing bacteria is *Propionibacterium acnes*. In some, it may be due to hormonal activity, e.g., in teen boys and girls, adolescence brings this problem.

In this paper we have discussed about the homeopathy cure of Acne.

Keywords: Acne, Pimples, Skin Condition, *Propionibacterium*. Homeopathy etc...

Introduction:

'Acne' appears to evolve from Greek word 'acme' which means 'point or spot'. Acne doesn't pose any serious threat to health but if untreated, can seriously affect the social life of individuals. Acne is not a life-threatening condition, but you know what negative psychosocial effects it can have on you! The pores become clogged, and bacteria start growing there. The body's defence system works to kill these bacteria, resulting in whiteheads, blackheads and pustules. The roots of acne have been traced all the way to three well known ancient civilizations viz, Egyptians, Greeks and Romans.

Since acne can be triggered by numerous reasons excess oil secretion, fluctuations in hormone levels, hereditary predisposition, pollution and eating habits. It predominantly affects teenagers and young adults experiencing hormonal changes, many people keep on battling with acne into their 20s, 30s and beyond. Some even experience acne for the first time as adults. Acne is more frequent in males than in females.

Types of Acne:

- Acne Vulgaris
- Acne Conglobata
- Acne Rosacea
- Acne Medicamentosa
- Acne Fulminans
- Acne Keloidalis Nuchae

Causes of Acne:

- Increase in intensity of sebaceous glands
- Increased testosterone.
- Acne increases in the course of puberty and during menses.
- Acne in hypothyroid, Cushing syndrome, PCOD.
- Acne increases in pregnancy.
- Acne increases in menopause due to decrease in estradiol , progesterone.
- Eating habits – high glycemic food, high sugar diet

The following are things to keep in mind no matter what treatment you use:

- Be patient
- Be devoted
- Follow instructions
- Only use your medicine
- Don't overact
- Don't be concerned about what other people thinks
- Do ask your doctor about medicines

Homeopathy management of Acne:

Homeopathic treatment is mainly focused on the spots and morphological physical characteristics of acne in individual personalities. Several persons react in a different way to homeopathic remedies. It is vital to take a different approach towards different individual before starting treatment.

In our Shivang Homeopathic Medical College and Hospital, Bhopal, we have conducted the studies on following number of patients in different age groups:

Sr. No.	Age Group	Number of Patients
1	10 to 15 years	39
2	16 to 35 years	26

As per the types of Acne we have prescribed following medicines to the patients at different age group and where closely monitored for their symptoms:

Sr. No.	Name of Medicine	Purpose
1	CALCAREA SULPHURICUM	Patients having pus-forming acne.
2	NATRUM MURIATICUM	Acne and pimples in women suffering from Polycystic ovarian disease (PCOD) and menstrual irregularities.
3	SILICA	Reduces the tendency of pus formation.
4	DULCAMARA	Acne, and the marks left thereafter.
5	PSORINUM	Acne on Face.
6	KALI BROMATUM	Chest, shoulders, and facial acne.
7	SULFUR	Itchy acne.
8	SILICEA	: Acne impacting the forehead.
9	GRAPHITES	Oozy and itching pimples.
10	BELLADONNA	Dry, hot and swollen skin.
11	ARCTIUM LAPPA	Inflammatory type.

Conclusion:

Homeopathic remedies are effective as stand-alone medication of patients with serious acne. The treatment persisted effectively prolonged after acne has been removed and is was not accompanied by any side-effects. During our studies we have cured acne in 65 no of individuals with different systems.

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