

# Homoeopathic Perspective on Acne Vulgaris

Dr Pawan Kumar  
*Department of Repertory*

**Abstract**—Acne vulgaris is a chronic inflammatory disease of the pilosebaceous unit, prevalent especially in adolescence but can also persist into adulthood. It affects not only the skin but also the emotional and social well-being of the patient. Homoeopathy treats acne with an individualized, miasmatic approach focusing on holistic healing. This article explores acne vulgaris from its definition to homoeopathic therapeutics along with a repertorial and materia medica view.

**Index Terms**—Acne, Homoeopathy, Pilosebaceous unit, Miasmatic approach, Individualization, Materia Medica, Repertory

## 1. INTRODUCTION

Acne vulgaris is a highly prevalent dermatological disorder involving blockage and inflammation of pilosebaceous units. It is commonly observed on the face, chest, and back. Though traditionally seen in adolescents, it also affects adults, particularly females. Its multifactorial etiology, recurrent nature, and psychological impact necessitate a deeper and individualized therapeutic approach as offered by homoeopathy.

## 2. DEFINITION

Acne vulgaris is a chronic, multifactorial skin disease involving inflammation of the pilosebaceous unit, leading to comedones, papules, pustules, nodules, and possible scarring.

## 3. CAUSES

- Hormonal fluctuations (androgens, PCOS)
- Increased sebum production
- Follicular hyperkeratinization
- *Propionibacterium* (*Cutibacterium*) *acnes* colonization
- Genetic factors
- Dietary triggers (high glycemic index, dairy)

- Emotional stress and lifestyle

## 4. RISK FACTORS

- Adolescence and early adulthood
- Positive family history
- PCOS in females
- High BMI, cosmetic use
- Poor hygiene and high-sugar diet

## 5. ETIOLOGY

Acne vulgaris develops due to interaction between excess sebum, follicular obstruction, bacterial colonization (*C. acnes*), and immune response. External factors such as diet, hormonal imbalance, and stress aggravate the condition.

## 6. PATHOPHYSIOLOGY

- Increased androgen activity → Excess sebum production
- Blockage of follicles → Formation of comedones
  - Bacterial overgrowth → Inflammation
  - Inflammatory mediators → Papules, pustules, nodules
  - Possible scarring if chronic.

## 7. SIGNS AND SYMPTOMS

- Open and closed comedones (blackheads/whiteheads)
- Inflammatory papules and pustules
- Painful nodules or cysts
- Post-inflammatory hyperpigmentation
- Scarring (ice pick, rolling, boxcar)

## 8. INVESTIGATIONS

- Clinical diagnosis based on lesion type and distribution
- Hormonal assays (for suspected PCOS)

- Acne grading systems: GAGS, CADI
- Rarely imaging or biopsy unless atypical

#### 9. CONVENTIONAL TREATMENT

- Topical agents: Retinoids, Benzoyl Peroxide, Antibiotics
- Oral antibiotics: Doxycycline, Minocycline
- Hormonal therapy: Oral contraceptives
- Isotretinoin in severe cases
- Psychological counseling
- Adjuvant therapies: Chemical peels, laser

#### 10. HOMOEOPATHIC MANAGEMENT

Homoeopathy treats the patient, not the disease. Medicines are selected based on totality and constitutional makeup.

Key Remedies:

Homoeopathy views acne as a manifestation of internal imbalance. Medicines are chosen based on totality of symptoms and miasmatic background.

Key Remedies:

- Sulphur – Dirty skin, itching, worse by washing
- Hepar sulph – Painful pustules, sensitive to touch
- Calcarea sulph – Suppurating acne
- Silicea – Deep-seated, slow healing acne
- Natrum mur – Oily face, acne on hairline
- Kali bromatum – Nodular, indurated acne with scarring
- Pulsatilla – Acne before menses, mild disposition

#### 11. MIASMATIC CLEAVAGE

- Psora: Functional disturbances, itching, oily skin
- Sycosis: Suppuration, induration, nodules
- Syphilis: Deep scarring, pigmentation, destructive acne

Correct identification of dominant miasm aids in selecting a deep-acting constitutional remedy.

#### 12. REPORTORIAL APPROACH

Common rubrics:

- Face; Eruptions; Acne (Kent)
- Skin; Pimples; suppurating
- Face; Greasy, oily
- Face; Eruption; before menses (Pulsatilla)

- Repertories used: Kent, Boericke, Synthesis

#### 13. MATERIA MEDICA VIEW

- Sulphur: Unclean skin, itching, < washing, miasm: Psora
- Hepar sulph: Acne painful to touch, < cold air, miasm: Syco-syphilitic
- Silicea: Hard, deep acne, tendency to suppurate, miasm: Syphilitic
- Kali bromatum: Large pustules, indurated, miasm: Sycosis
- Pulsatilla: Mild, weepy acne, < fatty food, miasm: Psora

#### 14. STATISTICAL DATA

- Prevalence: ~9.38% globally
- 80–90% adolescents affected at some point
- Acne in adulthood: ~50% women
- Homoeopathic studies show 65–96% improvement in QoL and lesion count

#### 15. HUMANITARIAN VIEW

Acne causes physical discomfort and severe emotional stress, affecting confidence, social life, and mental health. Homoeopathy's individualized care restores inner balance and promotes long-term well-being.

#### 16. CONCLUSION

Acne vulgaris requires a multidimensional treatment approach. Homoeopathy, with its holistic, miasmatic, and individualized treatment, provides sustainable and gentle healing, addressing both physical and psychological levels.

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