

# Acne Vulgaris Treated with Individualized Homoeopathic Medicine: A Case Study

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**Abstract**—Acne vulgaris is a common dermatological disorder affecting adolescents and young adults, characterized by inflammation of the pilosebaceous unit. Conventional treatments often provide temporary relief and may be associated with side effects or recurrence. Homoeopathy aims to treat the individual as a whole through individualized remedy selection. This case report describes a 13-year-old female patient with acne vulgaris. The severity of acne was assessed using the Global Acne Grading System (GAGS). Detailed homoeopathic case-taking was carried out, considering mental, physical, and general symptoms. The remedy was selected based on the totality of symptoms. GAGS scale was useful in assessing baseline severity and monitoring treatment response. The case highlights the role of individualized homoeopathic treatment in managing acne vulgaris.

**Index Terms**—Acne vulgaris, Homoeopathy, Natrum Muriaticum, Global Acne Grading System (GAGS), Individualized treatment, Holistic homoeopathic healing.

## I. INTRODUCTION

Acne vulgaris, a chronic inflammatory condition of the pilosebaceous unit, affects adolescents and young adults, with multifactorial causes including hormonal imbalance, excessive sebum production, follicular hyperkeratinization and microbial colonization. Conventional treatments often focus on symptom suppression, risking side effects and recurrence. Homoeopathy views acne as an external manifestation of internal disharmony, aiming for holistic healing by addressing physical, mental and emotional symptoms. This case study evaluates the efficacy of individualized homoeopathic treatment using Natrum Muriaticum in a 13-year-old female with acne

vulgaris, assessed via the Global Acne Grading System (GAGS).

## II. OBJECTIVE

To evaluate the efficacy of individualized homoeopathic medicine in case of acne vulgaris by using Global Acne Grading System (GAGS).

## III. CASE STUDY

Preliminary Data:

- Age/ Sex: 13 year/ Female
- Address: Gujarat
- Education: 8<sup>th</sup> Std.
- Diet: Vegetarian
- Economic status: Middle class

Presenting Complaints:

- Eruptions on face since 8-9 months.
- Predominantly on cheeks and nose.
- Itching of affected part and sometimes burning after scratching.
- Presents with inflammatory papules, pustules, nodules and comedones.
- Aggravated in sun heat.
- Ameliorated in open air.
- GAGS score was moderate – 24

Associate Complaints:

- Hair falling since 4-5 months from whole scalp.

Past History:

- Recurrent colds in childhood around age 5 years, recovered well with treatment.

Physical General:

- Appetite: Less, feels full quickly
- Thirst: 5-6 glasses/ day – normal water
- Aversion: Fatty food
- Perspiration: More on forehead & underarms
- Thermal: Hot
- Urine: 4-5 times a day
- Stool: Once daily
- Sleep: Sometimes disturbed
- Menstrual Cycle: Menarche at 12 years, irregular, 35-40 days cycle and moderate flow.

Mental General:

- Suppressed anger due to school conflicts.
- Confusion in decision making, especially with study.

- Fear of insects, especially at night.
- Avoids mirrors and social events due to self – consciousness about acne.
- Much affection towards friends and family members, show love towards other and attached easily.

Totality of Symptoms:

- Much affectionate
- Ailments from suppressed anger
- Confusion of mind
- Fear of insects
- Eruptions – acne, itching
- Eruptions on cheeks
- Eruptions on nose
- Falling of hair from scalp
- Easy satiety
- Aversion to fatty food
- Amel. by open air

Repertorial Approach: Synthesis Repertory

The screenshot shows a software interface titled "Investigation window for remedies" with a magnification of 125% and "Millennium view (progressive)" selected. A list of 11 symptoms is on the left, and a grid of 26 remedies is on the right. The grid cells are colored blue to indicate matches between symptoms and remedies.

	nat-m.	lyc	sep.	phos.	sulph.	calc.	carb-v.	hus-t.	carb-am.	nat-c.	carb.	sil.	caust.	ars.	bell.	merc.	bar-c.	nit-ac.	mag-m.	agar.	graph.	lach.	staph.	ant-c.	aur.	nux-v.
1. MIND - AFFECTIONATE (71) 1																										
2. MIND - AILMENTS FROM - anger - suppressed (37) 1																										
3. MIND - CONFUSION of mind (434) 1																										
4. MIND - FEAR - insects; of (14) 1																										
5. HEAD - HAIR - falling (170) 1																										
6. FACE - ERUPTIONS - acne (143) 1																										
7. FACE - ERUPTIONS - Cheeks (78) 1																										
8. FACE - ERUPTIONS - pimples - Nose (76) 1																										
9. STOMACH - APPETITE - easy satiety (106) 1																										
10. GENERALS - AIR - open air - amel. (246) 1																										
11. GENERALS - FOOD and DRINKS - fat - aversion (92) 1																										

IV. MATERIALS AND METHODOLOGY:

Materials:

- Patient: 13-year-old female with acne vulgaris, presenting with facial papules, pustules, nodules and comedones.
- Tool: Global Acne Grading System (GAGS) for objective acne severity assessment.
- Remedy: Natrum Muriaticum 1 M, selected based on symptom totality.
- Support: Gentle skin cleansing, dietary advice.

Methodology:

- Case Taking: Detailed history of physical, mental and general symptoms.
- Dosage: Natrum Muriaticum 1 M, 1 dose per week for 2 weeks, then adjusted per follow-up.
- Assessment: GAGS score at baseline (24, moderate acne) and follow-ups at 4, 8, and 12 weeks.

Follow-Ups:

- 4 Weeks: GAGS reduced to 18 (mild-moderate), less oily skin, improved mood, remedy adjusted to one dose every 15 days.
- 8 Weeks: GAGS reduced to 12 (mild), fewer lesions, better self-esteem; only one dose given during this period.

- 12 Weeks: GAGS reduced to 4 (almost clear), minimal scarring, enhanced well-being, remedy stopped.

Analysis:

- Tracked GAGS score reduction & symptom improvement for evidence-based outcomes.

V. RESULTS

- Baseline (0 Weeks): GAGS score 24 (moderate acne), oily skin, inflammatory papules, pustules, comedones, low self-esteem, social withdrawal, digestive issues.
- 4 Weeks: GAGS score reduced to 18 (mild-moderate), decreased pustules and oiliness, improved mood, reduced irritability.
- 8 Weeks: GAGS score reduced to 12 (mild), significant reduction in lesions, enhanced self-esteem, improved digestion.
- 12 Weeks: GAGS score reduced to 4 (almost clear), near-complete acne resolution, minimal scarring, restored confidence, no digestive complaints.

Outcome:

Holistic improvement in acne severity, psychological well-being, and general health with no recurrence or side effects.

Location	Factor (F)	Severity (S)			Local Score (F x S)
Forehead	2	0	Nil	2	0
Right Cheek	2	1	Comedone	2	2
Left Cheek	2	2	Papule	2	2
Nose	1	3	Pustule	1	0
Chin	1	4	Nodule	1	0
Chest and Upper back	3			3	0
Total Score (Acne Severity)					4

Acne severity:

- Mild: 1 - 18
- Moderate: 19 - 30
- Severe: 31 - 38
- Very severe: > 39

VI. DISCUSSION

This case demonstrates that individualized homoeopathic treatment can lead to significant improvement in acne severity and associated psychological distress.

GAGS Scoring: Enabled objective monitoring of clinical progress, supporting evidence-based assessment.

Holistic Approach: Addressing mental, emotional and physical symptoms may have contributed to overall improvement, emphasizing the homoeopathic principle of treating the individual, not just the disease.

Safety: No adverse effects observed, highlighting homoeopathy's safety profile.

Limitations: Single case, lack of control group, short follow-up period.

## VII. CONCLUSION

Individualized homoeopathic treatment with Natrum Muriaticum effectively reduced acne vulgaris severity (GAGS score from 24 to 4) and improved psychological and general health in a 13-year-old female, demonstrating homoeopathy's holistic efficacy and supporting its integration into evidence-based dermatology with further research needed.

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