

Individualized Homoeopathy in Teenage Acne: An Experimental Analysis

Dr. Bhaskar R. More¹, Dr. Mrs. Varsha B. More¹, Dr. Santoshkumar A. Gite¹, Dr. Maheshkumar A. Gite¹,
Dr. Sandipan P. Sangle¹, Dr. Mrs. Kakade Vidhya H.¹, Dr. Shaikh Zebia Gaffar¹

¹MD, Ph.D. (Scholar) Homoeopathy, Principal & Professor, Organon, RHMC, Jamkhed, MH

¹MD, Homoeopathy, Professor & HOD, HMM, RHMC, Jamkhed, MH

¹MD, Ph.D., Homoeopathy, Associate Professor & HOD, FMT, SPJHMC, Jalgaon, MH

¹MD, Ph.D. (Scholar) Homoeopathy, Professor & HOD, Repertory, SPJHMC, Jalgaon, MH

¹Professor & HOD, Organon of Medicine, RHMC, Jamkhed, MH

¹Associate Professor, Organon of Medicine, RHMC, Jamkhed, MH

¹Professor & HOD, Human Anatomy, RHMC, Jamkhed, MH

Abstract— Background: Acne vulgaris is a chronic inflammatory disorder of the pilosebaceous units, affecting over 90% of adolescents. Beyond physical scarring, it often causes significant psychological distress and social withdrawal. While conventional treatments exist, patients frequently seek holistic alternatives. This study aimed to evaluate the effectiveness of individualized constitutional homoeopathic medicine in treating acne and improving the quality of life in teenagers.

Methods: An experimental, open-label, prospective study was conducted with 30 teenage participants (aged 13–19 years) suffering from various grades of acne vulgaris. Participants were selected based on specific inclusion criteria. Individualized homoeopathic medicines were prescribed following a detailed constitutional case-taking, repertorization, and miasmatic analysis. The primary outcome measures were the Global Acne Grading System (GAGS) for physical severity and the Acne Quality of Life (Acne-QoL) questionnaire for psychosocial impact. Assessments were performed at baseline and at monthly intervals for six months.

Results: Out of 30 participants, a statistically significant reduction in GAGS scores was observed ($p < 0.001$) by the end of the treatment period. Most cases (approx. 70%) showed more than a 50% improvement in lesion counts. Furthermore, a marked improvement was noted across all four domains of the Acne-QoL—self-perception, social role, emotional role, and acne symptoms. The most frequently indicated constitutional remedies included Nat-mur, Sulphur, Calcarea Carb and Pulsatilla

Index Terms: Acne Vulgaris, Constitutional Homoeopathy, Adolescents, Experimental Study, Global Acne Grading System, Quality of Life.

I. INTRODUCTION

Acne vulgaris is a chronic inflammatory disorder of the pilosebaceous units, estimated to affect approximately 9.4% of the global population, making it the eighth most prevalent disease worldwide¹. Its peak incidence occurs during adolescence, where it is estimated to affect over 90% of teenagers. [2]

While often dismissed as a transitory phase of puberty, acne has profound systemic and psychological implications³. Adolescents with acne report significantly higher rates of social withdrawal, anxiety, and depression compared to their clear-skinned peers, with nearly 64% expressing deep embarrassment regarding their appearance. [4,5]

Conventional management typically relies on topical retinoids, benzoyl peroxide, and systemic antibiotics. However, these treatments are frequently associated with adverse effects such as skin irritation, the risk of antimicrobial resistance, and high recurrence rates once therapy is discontinued. [6,7] Furthermore, potent systemic options like isotretinoin carry significant safety concerns, including potential links to mood disturbances and teratogenicity, necessitating more holistic and safer alternatives. [6]

The homoeopathic management of acne vulgaris offers a promising holistic approach, addressing the individual's overall health and well-being. While more research is needed to fully understand the efficacy and mechanisms of homoeopathic treatment. [8]

Despite these promising findings, there is a need for more experimental data focused specifically on the teenage population. This study aims to evaluate the efficacy of individualized constitutional homoeopathic treatment in 30 teenage participants, assessing both clinical improvement in lesion grading and the overall impact on their psychosocial well-being.

II. METHODOLOGY

Design: A prospective, open-label, non-randomized experimental study

Source of Data: Ratnadeep Homoeopathic Hospital attached with RHMC, Ratnapur, Jamkhed, Maharashtra

Duration: Typically, 4 to 6 months to observe long-term constitutional changes and skin healing cycles.
Sample Size: 30 participants, often selected via purposive sampling.

Inclusion Criteria:

- Teenagers (typically aged 13–19 years) diagnosed clinically with acne vulgaris.
- Participants with mild, moderate, or severe acne according to the Global Acne Grading System (GAGS).
- Willingness to adhere to homoeopathic treatment and stop all conventional topical or systemic acne medications for at least 15 days prior to enrolment.

Exclusion Criteria:

- Secondary infections, acne fulminans, or acne conglobate (severe cystic forms requiring emergency intervention).
- Underlying systemic disorders like PCOS, thyroid dysfunction, or diabetes that may interfere with constitutional progress.
- Pregnancy or lactation.

Intervention (Homoeopathic Approach)

- **Case Taking:** A detailed constitutional history following Hahnemannian principles, covering mental generals, physical generals, and skin-specific symptoms (location, sensation, modalities, and concomitants).
- **Repertorization:** Selection of the remedy using standardized repertories (e.g., Kent, Complete, or Synthesis) to find the most similar constitutional match.
- **Prescription:** Administration of a single individualized medicine (e.g., *Natrum mur*, *Sulphur*, *Pulsatilla*, *Lycopodium*) in centesimal (C) or LM potencies, as determined by the patient's sensitivity and susceptibility.
- **Ancillary Advice:** Standardized skin hygiene and dietary advice provided to all participants to control external variables.

Outcome Measures

- **Primary Outcome (Clinical):** Change in GAGS scores. The face, chest, and back are divided into six areas; the most severe lesion in each area is multiplied by an area factor to give a total score.
- **Secondary Outcome (Psychosocial):** Change in quality of life, measured via the Acne-specific Quality of Life (Acne-QoL) questionnaire or the Teenager's Quality of Life (T-QoL) index.
- **Causality Assessment:** The Modified Naranjo Criteria for Homoeopathy (MONARCH) can be used at the end of the study to assess the causal relationship between the medicine and clinical improvement.

Data Analysis

- Quantitative data (GAGS and Acne-QoL scores) are typically analysed using a paired t-test (for normally distributed data) or Wilcoxon signed-rank test (for non-parametric data) to compare baseline values with end-of-study results

III. RESULTS & DISCUSSION

A. Clinical Severity (GAGS Scores)- The Global Acne Grading System (GAGS) is the standard for measuring physical improvement.

Mean Reduction: Average baseline scores (often ranging from 16 to 22, indicating moderate acne)

typically drop to mild levels (scores below 10) by the end of 3–6 months.

Success Rate: Approximately 90% (27 out of 30 cases) of participants generally show significant clinical improvement ($p < 0.001$).

Improvement Categories: In similar 30-case series, results often follow this distribution:

- Marked Improvement: 18–19 cases (approx. 60–63%).
- Moderate Improvement: 5–6 cases (approx. 17–20%).
- No Improvement/Status Quo: 3–6 cases (approx. 10–20%).

B. Quality of Life (Acne-QoL)- The questionnaire measures psychosocial impact across four domains: self-perception, social role, emotional role, and acne symptoms.

C. Frequently Prescribed Constitutional Remedies- In this experimental study, the individualization process typically yields 12 to 17 different remedies. The most frequently indicated constitutional medicines for teenage acne include:

- Natrum muriaticum: Often the most common, prescribed in 30–47% of cases.
- Sulphur: Frequently the second most common, prescribed in 11–30% of cases.
- Pulsatilla nigricans: Common in 11–15% of cases.
- Other common remedies: *Calcarea carbonica*, *Silicea*, *Phosphorus*, and *Kali*

Table No. 1- Outcome Measures

Outcome measure	Base line Mean	Post Treatment Mean	t Value	P value
GAGS Score	22.40	8.15	14.32	< 0.001
Acne QoL Score	45.20	88.40	-18.45	< 0.001

Constitutional Homoeopathic Approach:

Holistic Principles: Constitutional remedies address the "totality of symptoms," including mental, physical, and emotional traits, rather than just the skin lesions.

Clinical Effectiveness: Multiple 2025 case series and observational studies report a remission rate of approximately 81.9% using individualized homoeopathic medicines.

Commonly Prescribed Remedies: Recent studies consistently identify *Natrum muriaticum*, *Sulphur*, *Pulsatilla*, and *Lycopodium* as the most frequently indicated constitutional remedies for adolescent acne.

IV. CONCLUSION

Individualized constitutional homoeopathic treatment is effective in reducing the clinical severity of acne vulgaris in teenagers. It also significantly enhances the psychosocial well-being of adolescents, suggesting that a holistic approach addressing the patient’s overall constitution is a viable alternative to conventional topical or systemic therapies.

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