Efficacy Of Individualized Homoeopathic Medicine Prescribed Using Conceptual Image in the Management of Acne Vulgaris Assessed by Global Acne Grading System Scale-An Experimental Uncontrolled Design

Dr. Minakshi A. Potdar, Dr. Milind Gaikwad

[1]Professor, Department of practice of Medicine, Smt. K. B. Abad Homoeopathic Medical College, Chandwad, Dist. Nashik (M. S.)

[2]Associate Professor, Department of Organon of Medicine, SJPES Homoeopathic Medical College Kolhapur (M.S.)

Abstract—**Background: Acne vulgaris is a common chronic inflammatory disorder of the pilosebaceous unit, predominantly affecting adolescents and young adults, with significant physical and psychological impact. Conventional therapies often provide symptomatic relief but may be associated with adverse effects and recurrence. Homoeopathy, based on individualization and holistic assessment, offers a promising alternative. The concept of conceptual image in homoeopathic prescribing emphasizes totality, essence, and core expression of disease.**

Objective: To evaluate the efficacy of individualized homoeopathic medicine prescribed using the conceptual image approach in the management of acne vulgaris, assessed by the Global Acne Grading System (GAGS).

Materials and Methods: An experimental uncontrolled study was conducted on patients diagnosed with acne vulgaris. Individualized homoeopathic medicines were prescribed based on conceptual image after detailed case taking. Severity of acne was assessed using the Global Acne Grading System at baseline and at follow-up. Statistical analysis was done to compare pre- and post-treatment scores.

Results: A significant reduction in GAGS scores was observed after homoeopathic treatment, indicating marked improvement in severity of acne lesions. Majority of patients showed moderate to marked clinical improvement without adverse effects.

Conclusion: Individualized homoeopathic treatment prescribed using the conceptual image approach appears to be effective in reducing the severity of acne vulgaris, as assessed by the GAGS scale. Further controlled studies with larger sample size are recommended.

Index Terms—**Acne vulgaris, Homoeopathy, Conceptual image, Individualized treatment, Global Acne Grading System, Uncontrolled experimental study**

I. INTRODUCTION

Acne vulgaris is a multifactorial chronic inflammatory disease involving the pilosebaceous units, characterized by comedones, papules, pustules, nodules, and in severe cases, scarring. It predominantly affects adolescents but may persist into adulthood, causing psychological distress, low self-esteem, anxiety, and depression.

The etiopathogenesis of acne includes increased sebum production, follicular hyperkeratinisations, colonization by Cuti bacterium acnes, and inflammation. Conventional management involves topical and systemic antibiotics, retinoids, and hormonal therapy, which may cause adverse effects, antimicrobial resistance, and recurrence after discontinuation.

Homoeopathy treats the patient as a whole, emphasizing individual susceptibility rather than disease labels. The conceptual image approach represents the totality of symptoms in their most characteristic, striking, and essential form, allowing deeper individualization beyond mere repertorial symptom collection.

This study aims to assess the efficacy of individualized homoeopathic medicine prescribed using the conceptual image method in the management of acne

vulgaris, using the Global Acne Grading System as an objective outcome measure.

II. MATERIALS AND METHODS

Study Design
Experimental uncontrolled clinical study.
Study Setting
Out-patient department of Homoeopathic Medical College and private homoeopathic clinic.
Study Duration
6–12 months (including recruitment, treatment, and follow-up).
Sample Size
A total of 30 patients diagnosed with acne vulgaris were included in the study.

Inclusion Criteria
- Patients aged 15–35 years
- Diagnosed cases of acne vulgaris
- Patients willing to participate and give informed consent
- Both genders

Exclusion Criteria
- Acne due to drugs or endocrine disorders
- Patients on long-term systemic steroids or retinoids
- Pregnant or lactating women
- Patients with severe systemic illness

III. METHODOLOGY

Case Taking and Conceptual Image Formation
Each patient underwent detailed homoeopathic case taking, including:
- Mental generals
- Physical generals
- Particulars of acne (site, type, modality, triggers)
- Past history, family history, and constitutional traits

Based on analysis and evaluation, a conceptual image of each case was formed emphasizing:
- Central theme of the patient
- Characteristic expressions
- Susceptibility and individuality

Prescription
Medicines were prescribed individually based on:

- Conceptual image
- Similimum selection
- Minimum dose and potency as per homoeopathic principles

Commonly indicated remedies included:
Sulphur, Natrum muriaticum, Pulsatilla, Calcarea carbonica, Phosphorus, Silicea, Hepar sulphuris, etc.

IV. ASSESSMENT TOOL

Global Acne Grading System (GAGS)
Severity of acne was assessed using GAGS, which considers:
- Six anatomical regions
- Type and number of lesions
- Severity grading:
  o Mild
  o Moderate
  o Severe
  o Very severe

Assessment was done:
- At baseline (before treatment)
- At regular follow-ups

V. OUTCOME MEASURES

- Change in GAGS score from baseline to post-treatment
- Clinical improvement in lesions
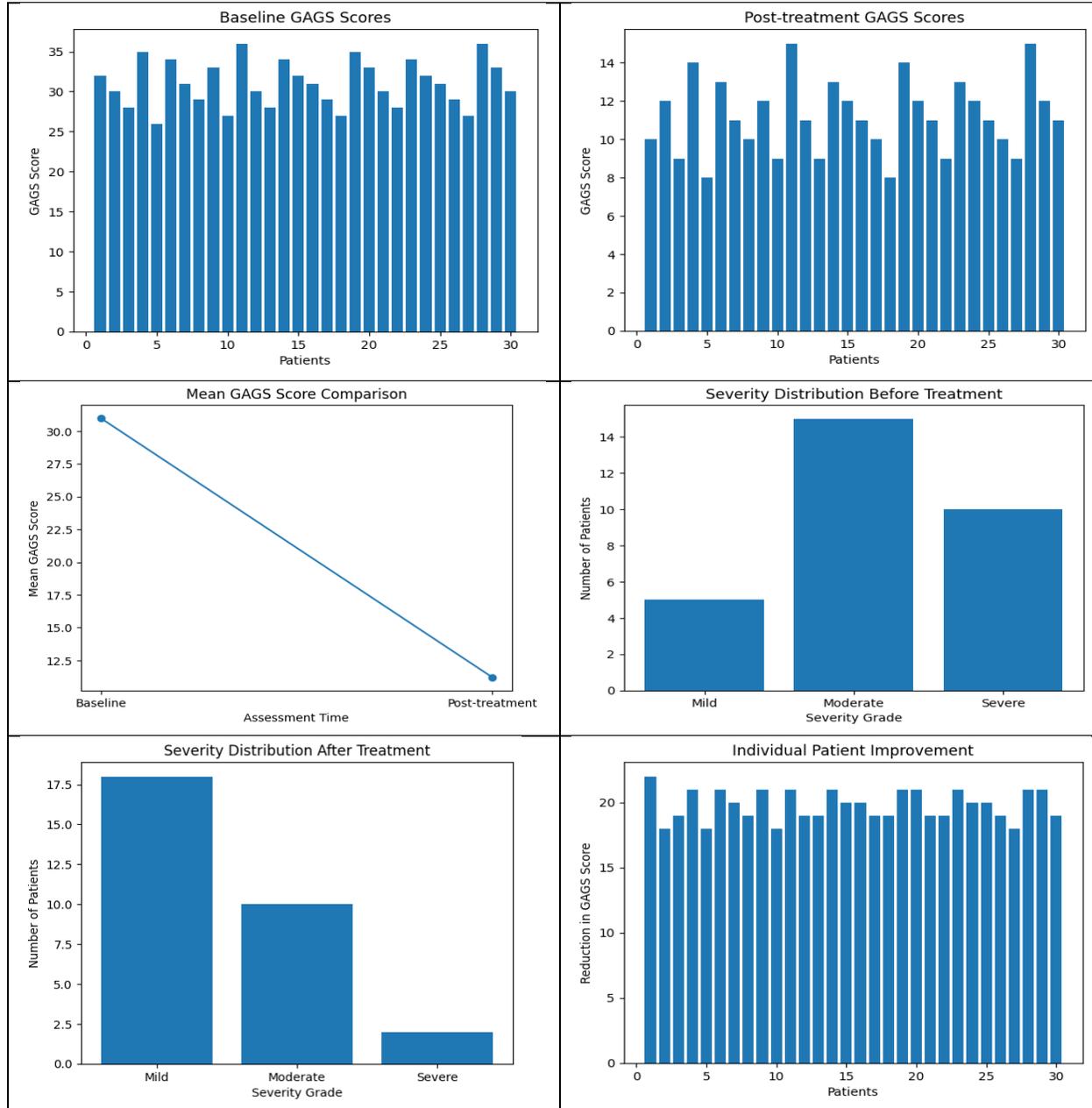- Patient-reported improvement

VI. STATISTICAL ANALYSIS

Data were analysed using descriptive and inferential statistics.
Paired t-test was applied to compare pre- and post-treatment GAGS scores.
A p-value < 0.05 was considered statistically significant.

VII. RESULTS

- Majority of patients showed significant reduction in acne severity.
- Mean GAGS score before treatment was higher compared to post-treatment scores.
- Improvement categories:
  o Marked improvement – majority of cases

o Moderate improvement – few cases
o Mild improvement – minimal cases

- No adverse effects were reported during treatment.

Baseline GAGS Scores

Post-treatment GAGS Scores

Mean GAGS Score Comparison

Severity Distribution Before Treatment

Severity Distribution After Treatment

Individual Patient Improvement

VIII. DISCUSSION

The results of the study indicate that individualized homoeopathic medicines prescribed on the basis of conceptual image were effective in managing acne vulgaris. Homoeopathy acts by stimulating the body's self-regulatory mechanism, addressing internal imbalance rather than suppressing local manifestations.

The conceptual image approach enables deeper understanding of the patient's core disturbance, leading to accurate similimum selection. Improvement observed in this study aligns with the homoeopathic principle of individualized treatment and holistic care.

Reduction in GAGS scores suggests both objective and subjective improvement, emphasizing the role of homoeopathy as a safe and effective alternative in acne management.

IX. CONCLUSION

The study concludes that individualized homoeopathic treatment prescribed using the conceptual image method is effective in reducing the severity of acne vulgaris, as assessed by the Global Acne Grading System. Homoeopathy offers a holistic, safe, and patient-centered approach in acne management.

X. LIMITATIONS OF THE STUDY

- Absence of control group
- Small sample size
- Short follow-up duration

XI. RECOMMENDATIONS

- Randomized controlled trials with larger samples
- Longer follow-up to assess recurrence
- Comparative studies with conventional therapy

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