

# Utility of Homoeopathic Repertory in Treatment of Acne Vulgaris:

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**Abstract:** Repertory is an index of symptoms where wide range of medicines are available against each symptom with different grades; and also play key role to select similar and simillimum (accurate) remedy through the repertorization. The repertorization is a process to select a similar medicine or a small group of medicines and simillimum is made with the help of Homoeopathic Materia Medica. For this research purpose Natrum Muriaticum-200 in single dose with Sugar of Milk (homoeopathic vehicle) has selected for the patients of acne vulgaris. The study carried out over five symptoms of acne vulgaris, namely [i].swelling, [ii].Redness, [iii]. Pain, [iv].Itching and [v] pustule as well as fifteen symptoms of acne vulgaris patients. The symptoms are [1].Face greasy, [2].Desire salt or salty things, [3].Aggravation from heat, [4] Amelioration by cold bathing, [5].Aggravation from mental exertion, [6].Mind grief, [7]. Constipation, [8].Mind irritable, [9].Sensitiveness, [10].Exhaustion, [11].Heartburn, [12].Thirst unquenchable, [13].Headache, [14].Tongue frothy coating and [15]. Psoric constitution (skin itching).and assessed accordingly after one month. The severity was calculated with the global acne grading system (scoring system of Acne Vulgaris). In the research work maximum improvement were noticed with 95.6% in the symptom of itching and minimum with 56.7 %in pustule of Acne Vulgaris. While in the symptoms of patients with 85.7% observed in tongue frothy coating and 50% in mind grief. A combined overall 73.26% improvement is noticed in treatment group, while control group shows 8.16%improvement. The whole study carried out in age group between 15-20 years and this emphasized the repertorization of Acne Vulgaris.

**Keywords:** Repertory, Acne Vulgaris, Clinical symptoms and Natrum Muriaticum

## 1. Introduction

The basic principle of homoeopathy is that Homoeopathy is a specialized system of therapeutics based on the nature's law of healing "Similia Similibus Curentur". Homoeopathy treat the patient as a whole not the specific disease or homoeopathy is a symptomatic treatment in acne vulgaris or any disease, where the repertory has a great role to select a similar medicine or a group of medicines which is called repertorization. *The repertorization is a process to select a similar medicine or a small group of medicines and simillimum is made with the help of Homoeopathic Materia Medica. Homoeopathy also* challenges that it removed the symptoms as well as removed the disease. Health is a condition of life. In the healthy state of life, all the activities of the body and mind are operating in harmony as a result of which the every person feels a sensation of comfort and well being. This harmonious state of life is maintained by the normal playing of the spiritual vital force which animates the materials body. But when the vital force is primarily deranged by a dynamic influence inimical to life, the previous harmony is disturbed and the person starts feeling of uneasiness and discomfort which is outwardly discernible through the material body as signs and symptoms. This proves that symptoms are manifested outwardly as soon as the vital force is deranged internally. The structural changes in the tissues and organs come much later. They are ultimate the disease process. First of all, the person starts feeling uneasiness, and then the disturbance is reflected on the functioning plane which is manifested as morbid sign and symptoms. When the disease is further progressed, the tissue damage comes into the picture. This invariably proves that the symptoms and signs indicate the inception and existence of the disease. In disease a true homoeopath never consider

anything than symptoms. He forms the totality of symptoms and matches a remedy touching all the points and administers it. The administration of remedy permanently eradicates the symptoms and the organisms regain its healthy state.

We can prove after proper Homoeopathic treatment the person restores his mental and physical equilibrium which is the basic concept of health. Because, if Homoeopathy can remove the symptom, it can remove the disease too; since the symptoms and the disease are synonymous, are one and the same thing. Hence, the removal of the symptoms is the removal of the disease. In Homoeopathic Therapeutics, there are lots of homoeopathic medicines for acne vulgaris e. g. Aconite Nap, Arsenicum Alb, Acid phos, Ant curd.,Belladonna, Calc.carb, Calc. phos,Causticum, Calc.picr,Carbo.veg, Dulcamara, Ferrum phos, Graph,Hepar Sulph, Ignatia, Iodium, Kali brom, Kali bich, Lycopodium, Ledum pal, Lachesis, Natrum Muriaticum, Nux.vom, Natrum Phos, Pic.Acid, Natrum Carb, Psor, Phosphorus, Pulsatilla Nig, Sulphur, Sepia, Staph, Silicia, Tuberculinum, Thuja occ. etc; but we never prescribe any one of the medicine among them without repertorization.

## 2. Literature

The skin is the most beautiful covering of the human body and everybody are very sensitive to their skin especially women in our society. Acne Vulgaris is a common inflammatory disease of the pilosebaceous follicles seen in adolescence, characterized by comedones which are secondarily infected, resulting in papules, pustules, cysts, nodules and scars.

Onset and progress : just after puberty the comedones progress to papules and may completely involute or progress to form pustules, and heal with resultant scars or pits. Sites – cheeks, chin, nose, forehead, chest, back, shoulders, and buttocks. Usually associated with a oily scalp.

### 2.1 Types of Acne Vulgaris

- Mild acne vulgaris – comedones only on oily skin.
- Acne papulosa – large numbers of inflammatory papules.
- Acne indurate – deep seated indurate popular lesions.
- Acne cysts – cystic lesion on the face, neck, and upper trunk.
- Acne fulminans – occasionally, particularly severe forms of acne may occur in association with systemic symptoms of malaise and polyarthralgia and leucocytocysis and raised ESR.
- Sequel – severe acne can result in scars.

Three types of scars are seen: –

Ice-pick scars on cheeks.

Tissue paper scars across shoulders

Keloid scar over mid chest and shoulders.

Role of hormones: Increase in the quantity of androgens secreted, of increased sensitivity of the sebaceous glands to androgens.

Role of Seborrhea: Alteration in composition of sebaceous secretion (free fatty acids are increased and these are irritant to the skin).

Role of bacteria: Pilosebaceous duct obstruction leads to decrease in partial pressure of oxygen of the follicle. This results in an increased growth of anaerobic bacteria P. acne. The contents of duct are then released into dermis and produce an inflammatory reaction.

### 2.2 General Survey

- 1) The general health should be checked, anemia and hypothyroidism ruled out.
- 2) Diet: Certain foods should be avoided, like Pastries, Pies, Chocolates, Creams, Fried Foods, Nuts, Eggs, Butter and Pork.

### 2.3 Materials

- 1) Name of Medicine. : Natrum Muriaticum.
- 2) Potency of Medicine. : 200.
- 3) Dose. : Single dose.
- 4) Duration of Treatment. : One month.
- 5) Number of Patient. : 100.
- 6) Study Design. : Patients are studied in 2 groups

Patients.

[i]Treatment Group: 50 .

[ii]Control Group: 50. . . patients.

- 7) Age. : 15-20 years.
- 8) Inclusion criteria. : Selected Acne Vulgaris patient.
- 9) Exclusion criteria. : Diabetes Mellitus & Malignance.

10) Sex : Both Male & Female

11) Assessment criteria of Acne Vulgaris.

12) Global Grading system of Acne Vulgaris.

13) Grading of Acne Vulgaris.

14) Grading of 15 Nos. of selected symptoms of Acne Vulgaris patient.

15) HOMPETH CLASSIC M.D.(Homoeopathic software) for Repertorization (SOFTWARE, which is run through Front End:C#.net Back End: Microsoft Access Database Engine)

16) Advice for diet.

17) Location: Greater Guwahati.

18) Total duration of study-3years (2012-2015).

19) Acne Vulgaris (Symptoms):

- Swelling.
- Redness.
- Pain.
- Itching.
- Pustules.

20) Cleansing: Wash the face frequently with soap, this reduces flora, and removes excessive oil.

### 3. Methods

The study was conducted in between 2012 to 2015 at OPD of SJN Homoeopathic medical College & Hospital, Panjabari, Guwahati. All patients with acne vulgaris attending in Outpatient

Department (OPD) who consented to participate in the study.

All the patients were agreed to continue the treatment and followed by advised. The parameters evaluated include age between 15 -20 years, gender, grade, relation of diet, occupation, symptoms of Acne Vulgaris and symptoms of Acne Vulgaris patient into two groups and each group contain 50 patients e. g. Treatment and Control Groups: The assessment of research works after one month accordingly. 15 selected symptoms o Acne Vulgaris patient.

- 1) Face greasy
- 2) Desire salt or salty things
- 3) Aggravation from heat.
- 4) Amelioration by cold bathing.
- 5) Aggravation from mental exertion.
- 6) Mind grief.
- 7) Constipation
- 8) Mind irritable.
- 9) Sensitiveness.
- 10) Exhaustion.
- 11) Heartburn.
- 12) Thirst unquenchable.
- 13) Headache.
- 14) Tongue frothy coating
- 15) Psoric constitution (skin itching)

### 4. Results

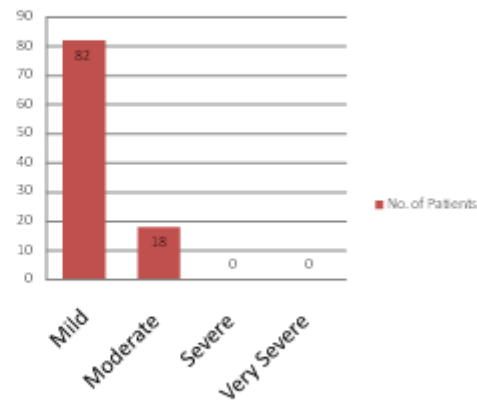
The result of the 100 cases of Acne Vulgaris and Acne Vulgaris patients are found as follows:  
Maximum 32 patients were registered in 20 years of age. While minimum 5 patients in age of 15 years.

Patients are assessed according to global acne grading system.

Table No-1

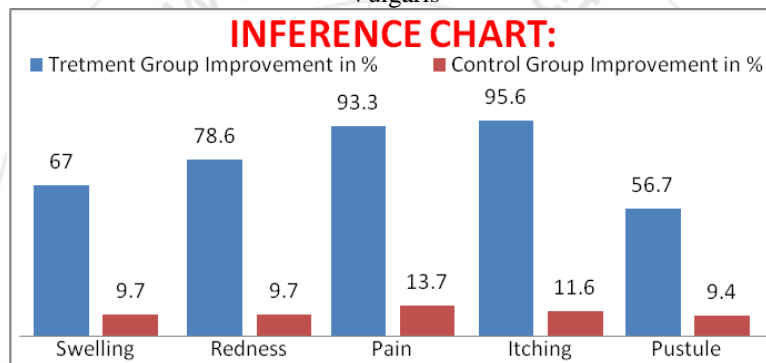
Severity of Acne Vulgaris: n-100

Sl. No.	Type of Acne Vulgaris	No. of Patients
1	Mild	82
2	Moderate	18
3	Severe	0
4	Very Severe	0



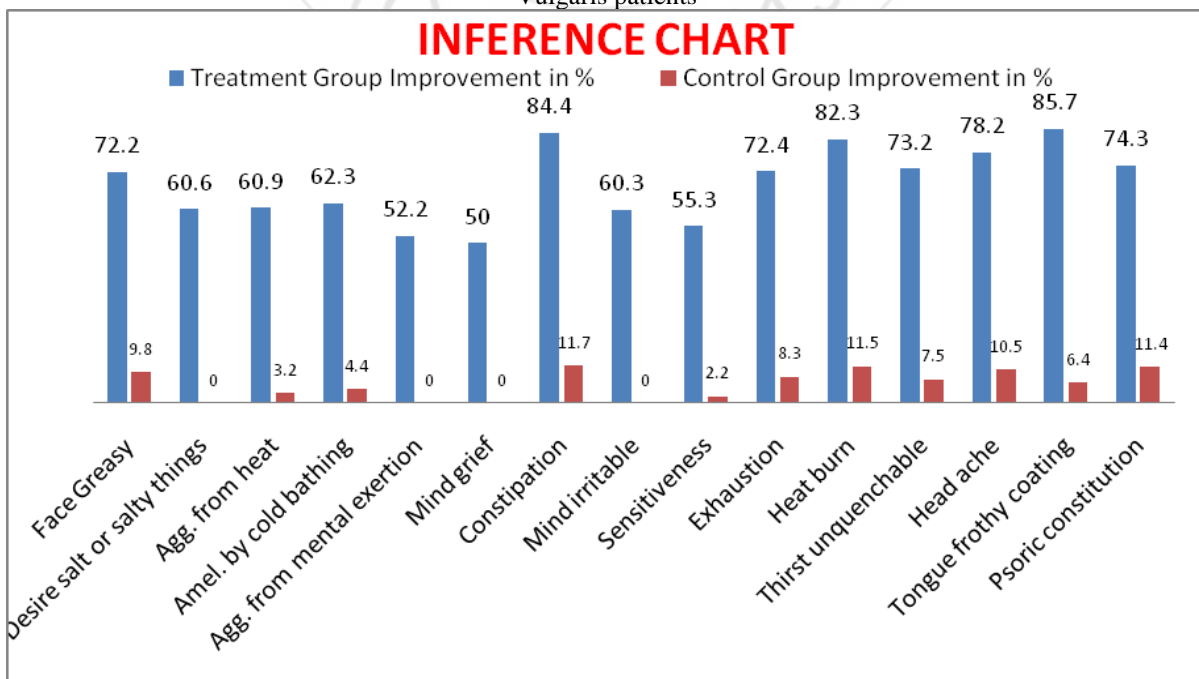
It is observed that the severity of the Acne is seen in 82% in Mild type & 18% in Moderate type.

**Table 2:** Difference in percentage in effectiveness of therapy between the Treatment & Control Groups in symptoms of Acne Vulgaris



It is observed that average effect of therapy in Treatment Group with 78.24 % improvement while in Control Group with 10.82% only; also it is noticed that there is maximum differences among the two groups.

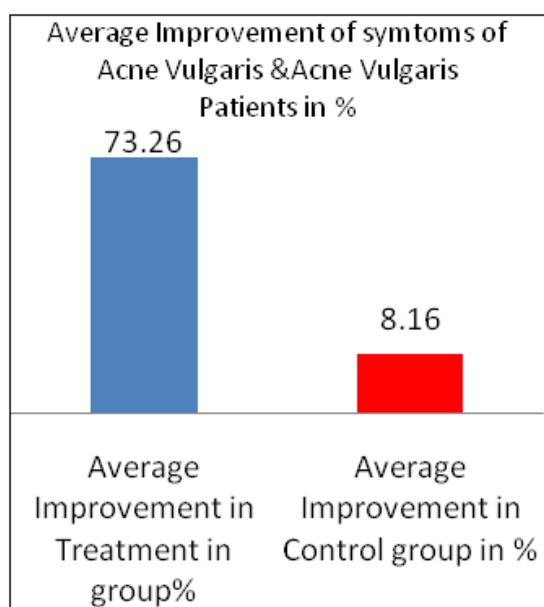
**Table 3:** Difference in percentage in effectiveness of therapy between the Treatment & Control Groups in symptoms of Acne Vulgaris patients



It is observed that 68.28% average improvement in treatment group while 5.5% in control group in symptoms of Acne Vulgaris patients. It is also noticed that there is maximum differences in between two groups.

**Table 4:** Total effect of therapy assessing combine in both Acne Vulgaris & Acne Vulgaris patients in treatment and control groups

S. No.	Symptoms	Treatment Group in %	Average Improvement in %	Control Group in %	Average Improvement in %
1	Acne Vulgaris	78.24	73.26	10.82	8.16
2	Acne Vulgaris Patients	68.28		5.5	



## 5. Discussion

- 1) AIM of repertory is to play the vital role in selecting the most appropriate similar medicine or a small group of medicines.
- 2) In early part of repertorization, there were 771 drugs has been found when analyzed 16 symptoms.
- 3) Only 11 drugs has been found after drugs filter while categorizing in the patients with different characters, i.e. Chronic, Psoric Miasm, Hot and only polycrest (Common type).
- 4) Among the 11 drugs, Natrum Muriaticum covered 16 symptoms with 34 score and Sulphur covered 13 symptoms with 30 score. Hence Natrum Muriaticum was more Similar and Simillimum.
- 5) The present study has selected Natrum Muriaticum for treatment purposes.
- 6) Natrum Muriaticum 200 in single dose with Sugar of Milk (Homoeopathic Vehicle) has given and analyzed after one month.
- 7) Total 100 patients were selected and out of which 50 patients treated Natrum Muriaticum-200, while other 50 patients had placed in controlled (Placebo).

- 8) Out of 100 patients 82 are mild and 18 are moderate verities according to severity which assessed through Global grading system.
- 9) 56% patients' result high improvement, where 4% remain un changes in treatment group.
- 10) 34% patients result is moderate improvement.
- 11) Overall 73.26% was improved in treatment group.
- 12) The result has statistically highly significant in treatment group.
- 13) Overall 8.16% was improved in control group.

## 6. Summary & Conclusion

The study entitled 'Utility of Homoeopathic Repertory in Acne Vulgaris'' once to concluded with following specific points:

- 1) Homoeopathy treats the patient as a whole with symptoms of disease as well as improvement of status of individual.
- 2) Repertory is a branch of Homoeopath, means for selection after identification through drug filter and process for search in Materia Medica for final prescription.
- 3) The Repertory helps us to find out the required symptoms together with the medicine or a small group of medicines having deferent grades. [4].The symptoms of the acne vulgaris with patients have significant changes after treatment.

## 7. Future Scope

Natrum muriatum 200 with single dose has significant result in Acne Vulgaris in both clinically and statistically. Further research for uplift meant of this science with different potencies and doses can be carried out in future research works.

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