

Efficacy of Kalium Bromatum on Acne

Japreet Kaur Kapoor¹, Dr. Poonam Sharma²

¹M. D. (Hom.) Student, Department of Homoeopathic Materia Medica
Sri Guru Nanak Dev Homoeopathic Medical College, Ludhiana (Punjab)

²M. D. (Hom.), Professor H. O. D (Department of Homoeopathic Materia Medica)

Abstract: Acne is the most common skin disorder affecting 80% of young adults between the ages of 11 -30 years. It effects physically (scaring, cyst, nodule formation) as well as mentally (embarrassment, indifference, mental depression). Kalium Bromatum is a great remedy for all type of acne. It acts best with Psychological effects of Acne. It has physical and mental characteristics which are frequently encountered in person suffering from acne. Out of 50 cases in this study 40 cases i.e., 80% showed improvement whereas 6 cases i.e., 12% had not shown improvement & 4 cases i.e., 8% dropped out. Statistical analysis was done using paired t-test to access the Efficacy of Kalium Bromatum on acne. The result showed that the value of critical t (16.2649) was greater than the tabulated value in t-table at df=49 at confidence level 95% at 0.05 i.e. 2.0096, proving the effectiveness of Kalium Bromatum on Acne.

Keywords: Acne, Homoeopathy, acne vulgaris, acne rosacea

1. Introduction

Acne is a cutaneous premorphic disorder of the pilosebaceous unit involving abnormalities in sebum production at the time of puberty.

More than 90% of the world population is affected by acne at some point in their life. Acne is a most common skin ailment occurring at the age of adolescence and it affects 80% of teenagers, but in some of the cases it continues till adulthood, particularly in females.

Acne is almost ubiquitous in the teenage years, differences between individuals being a matter of severity of disease and facility with which scar develops.

Acne is an inflammatory skin condition with a multifactorial pathogenesis. The source is hormonal changes during puberty it is then further exacerbated by genetic and other factors like dust, poor dietary habits.

In 2010, acne ranked 8th in the list of most prevalent diseases in the world, with a global prevalence of 645 million. Approximately 80 percent of people are affected by acne between onset of puberty and 30 years of age. However, the prevalence of acne vulgaris is expected to marginally decline over the forecast period 2017 - 2026, due to potential increase in elderly population and newer treatment approaches.

In homoeopathy there are number of remedies which are proved on healthy human beings and have the potential to cure innumerable diseases either acute or chronic, but due to poor documentation of cases and follow - ups, lack of research in field of homoeopathic medicine, role of homoeopathic medicines in various fields is still a subject of discussion in the mind of research personnel. Thus, present study is conducted with the aim to evaluate the efficiency of Kalium Bromatum on Acne and those cases are enrolled in the study. In this study proper case taking and individualization have been done and Kalium Bromatum is prescribed on the basis of symptom similarity and follow up of cases are done at interval of 15 days till 3 months which will be accessed on the basis of pre - treatment & post -

treatment score based on the number of symptoms before and after the treatment.

2. Material and Methods

- **Population:** The subjects for the study had been selected from the patients attending OPD, IPD, and Peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College & Hospital.
- **Age:** Age limit from 14 - 35 years, both male and female cases.
- **Medicine:** Kalium Bromatum and potency was given according to susceptibility of patient.
- **Inclusion criteria:** The patients who had similar Symptoms of Kalium Bromatum.
- **Exclusion criteria:** Patient who was pregnant.
- **Investigation:** Investigation was done through otoscope and tuning fork test.
- **Type of study:** This was an exploratory study.
- **Statistical Analysis:** To obtain 95 % confidence limit 50 cases were taken for study, T - test was applicable, as the comparison between pre and post treatment is done in the same study on the basis of pre - treatment and post - treatment score.

3. Result

In this study of "EFFICACY OF KALIUM BROMATUM ON ACNE" 50 cases were taken in to consideration, and were analyzed as most of the patients involved in the study were found to be in the age group of 26 - 29 years which was 24%, followed by the age groups of 17 - 20, 20 - 23, 23 - 26, 14 - 17 and the least in these groups 29 - 32, 32 - 35 which was 11, 10, 7, 5, 2 & 2 respectively. In this study 76% of cases of acne were of Females & 24% of remaining cases were of Males. In majority of cases were from student group of occupation its was 64%, which was followed by House maker & Business which was 10% each, then Teacher which was 8%, yoga trainer 4%, Housemaid & Dog trainer 2% each. In this study majority of cases reported for acne were from unmarried group of people (70%) and the remaining cases were from married group of people (30%). In this study majority of cases were having acne over face i. e. 82%

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which was followed by face + back, face+ arm, face + chest, face + chest +back which was 8%, 6%, 2%, 2% respectively. In this study majority of cases were from good financial status i. e.42% which was followed by medium & poor financial status which was 32% & 26% respectively. Out of 50 cases in this study 40 cases i. e., 80% showed improvement whereas 6 cases i. e., 12% had not shown improvement & 4 cases i.e., 8% dropped out.

4. Conclusion

Paired t - test was conducted to access the Efficacy of Kalium Bromatum on Acne. The result showed that the value of critical t (16.1467) is greater than the tabulated value in t - table at df=49 at confidence level 95% at 0.05 i. e., 2.0096, which is statistically significant. Thus, the null hypothesis (H_0) is being rejected and the alternate hypothesis (H_a) that Efficacy of Kalium Bromatum on Acne is being accepted.

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