

Research Article

## Scope of Homoeopathy in the Treatment of the Cases of Cystic Acne using Complete Repertory - A Prospective Study

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Publication Date: 10 June 2017

DOI: <https://doi.org/10.23953/cloud.ijaayush.311>

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**Abstract** Acne is a disorder of pilosebaceous complex. Nearly 85% of people between the ages of 12-24 years develop this complaint. Use of homoeopathic medication in cases of Cystic Acne following homoeopathic principles and selection of medication based on analysis from general repertory like Complete Repertory enhances the efficacy of homoeopathic medicines as well as provides healing with no bad effects of medication itself.

**Keywords** *Cystic acne; Complete Repertory by Dr Roger Von Zandvoort; Status Quo; t tabulated; t calculated; Treatment*

### 1. Introduction

Acne is a disorder of pilosebaceous complex which predominantly affects the peripubertal age group and clinically manifests as comedones (open/closed), papules, pustules, nodules, and cysts and heals with scars known as cystic when there is perifollicular inflammation and size of lesion becomes >5mm.

The principal events involve increase sebum production, abnormal follicular keratinization and proliferation of bacteria *Propionibacterium acne* leading to inflammation of sebaceous gland. People of all races and ages suffer from acne but most commonly it is seen in adolescent young adults. Nearly 85% of people between the ages of 12-24 years develop this complaint.

This study is intended for betterment of the patient who is affected from Cystic acne and to determine the effect of Homoeopathic Medicines by using Complete Repertory. Homoeopathy is based on holistic approach which treats not only the disease, but patient as a whole which tends to cure.

#### 1.1. Aims and Objectives

The study was aimed to achieve following objectives:

- To ascertain utility of 'The Complete Repertory' by Dr. Roger Van Zandvoort in cases of Cystic Acne
- To evaluate the miasmatic influence in the cases of Cystic Acne

- To assess the efficacy of Homoeopathic medicines in treatment of cases of Cystic Acne

## 2. Materials and Methods

The study was conducted at OPD/IPD of Dr. Madan Pratap Khunteta Homoeopathic Medical College, Hospital and Research Centre, Station Road, Jaipur, INDIA. 50 cases of all age group were selected for the study by random sampling method irrespective of their sex, caste, religion and duration of illness. Study was conducted for a period of 6 months w.e.f. March 25<sup>th</sup>, 2014. The follow-up of the cases were done at an interval of 7-15 days, as per gravity of the case for the duration of 1 to 6 months of per the remedy response.

Detailed case taking and clinical examination was carried out to clinch the diagnosis. Laboratory and other relevant investigations related to the case whenever necessary were done. Effectiveness of the Homoeopathic treatment was assessed according to statistical principles on the basis of change in the score taken before and after treatment with Homoeopathic medicines as well as subjective feeling of improvement and betterment in laboratory parameters were taken into consideration.

Discussions and summary based on the study is as follows:

- Maximum incidence of cystic acne was observed in the age group 20-30 yrs.
- Incidence of cystic acne was more in male than female.
- Cases of cystic acne were more observed in middle income group.
- Maximum numbers of cases were reported from urban areas.
- Cases of cystic acne were observed to be most common in students.
- The most common symptoms were mild itching, pain, pustular and cystic eruption and greasy or oily skin was there in all the cases of cystic acne.
- Maximum number of patients had constipation in their past history.
- Maximum numbers of cases were having respiratory complaints in their family history/blood relations.
- The First Aim was fulfilled, as The Complete Repertory by Dr. Roger Van Zandvoort has proved to be a useful tool in the selection of similimum in working out the cases of Cystic Acne. From the study, 94% positive results were obtained. This Repertory is most up-to-date repertory as it is upgraded by time and user friendly as well.
- The Second Aim was to evaluate the Miasmatic influence in the cases of Cystic Acne. In this study, Cystic Acne was observed to be a mixed miasmatic condition with Psora being the predominating miasm. This verifies the old saying "Psora is the mother of all chronic diseases".
- The Third Aim was fulfilled, as the efficacy of homoeopathic medicines was established by 94% positive results obtained in this study (18% Cases Cured + 76% improved without any bad effects of medication). This established the usefulness and effectiveness of homoeopathic system of medicine in cases of Cystic Acne fully proved on the basis of factual data observed from the study.

## 3. Results

In this study, 9 cases (18%) in this study showed cured while 38 cases (76%) were observed improved, 3 cases (6%) showed no improvement and 3 cases (6%) were dropped out.

In the study, *Nat. mur.* Was prescribed in maximum cases i.e. 20 cases (40%) followed by *Bryonia* in 7 cases (14%), *Nat. carb.* in 5 cases (10%), *Calc. sulph.* and *Lyc.* in 4 cases (8%) each, *Nat. phos.*

and Puls. In 2 cases (4%) each, Antim crud, Calc. carb., Merc. sol., Nat. sulph., Phos. & Sulphur were prescribed in minimum cases i.e. in 1 case (2%) each (Table 1: Master Chart).

**Table 1: Master chart**

S. No.	Age/ Sex	Residing area	Socio-economic status	Family history	Past history	Miasms	Prescription & potency	Observation after first prescription	Results
1.	22/M	Urban	Middle	F - Arthritis MGF - Cancer	N. S.	Psora	Nat. Mur. 30	Cystic lesion better	Improved
2.	38/M	Urban	Middle	F - Neurological Disorder M - Arthritis	Sinusitis	Psora	Calc. Carb 30	S.Q	Dropped out
3.	21/M	Urban	Middle	F - Migraine	Constipation	Psora	Bryonia 30	Size of cystic lesion reduced	Improved
4.	18/m	Urban	Upper Middle	M - HT, MGM - T.B.	Jaundice	Psora	Nat. Mur. 30	Oiliness of face controlled & cystic lesion better	Improved
5.	18/F	Rural	Middle	N. S.	Jaundice	Psora-syphilis	Silicea 30	S.Q.	Dropped out
6.	20/M	Urban	Middle	N. S.	N.S.	Psora	Bryonia 30	Oiliness of face controlled	Improved
7.	17/M	Urban	Lower middle	G.M. - Joint Pain G. F. - Asthma	Constipation	Psora	Bryonia 30	Number of cystic lesions are reduced	Improved
8.	25/F	Urban	Middle	F. - Joint Pain G.F. - Joint Pain	Jaundice	Psora	Nat. Carb. 30, 200, 1M	Constipation better	Improved
9.	19/F	Urban	Upper Middle	N.S.	N.S.	Psora	Nat. Sulph. 30.	Oiliness of face controlled	Cured
10.	29/F	Urban	Middle	G.F - Hemiplegia, Asthma, Sis. - DM	Constipation	Psora-Sycotic	Nat. Phos. 30, 200, 1M	Cystic lesion better	Improved
11.	21/F	Urban	Middle	P.G.F. - Heart Attack M.G.F. - cataract	Jaundice	Psoro-Sycotic	Nat.Mur. 30	Constipation better	Improved
12.	18/M	Urban	Middle	M. - H.T	Jaundice	Psora	Lyc. 30	S.Q.	Improved
13.	17/M	Urban	Middle	F - Asthma M.G.F. - Asthma	Br. Asthma	Psora	Kali Brom. 30, 200, 1M	S.Q	Improved
14.	23/F	Urban	Upper Middle	MGF - Heart attack	N.S.	Psora	Bryonia 30	Hom. Agg., new lesions appeared	Cured
15.	19/M	Urban	Middle	P.G.F. - Heart Attack M.G.F. - Thyroid,	Constipation	Psora	Nat.Mur 30	Cystic lesion better	Cured
16.	25/F	Urban	Middle	PGF - Cancer F - Gastric Ulcer	Vitiligo	Psora	Nat. Carb. 30	S.Q.	Improved
17.	32/F	Urban	Middle	F - Hernia M - Migraine	Constipation	Psora	Sulphur 30	S.Q.	S.Q
18.	27/M	Urban	Middle	F - Heart Attack PGM - Heart Attack	Sinusitis	Psora	Nat. Mur.	S.Q.	Dropped out
19.	20/M	Rural	Middle	MGM. - Gout F - Acne	Jaundice	Psora	Calc. Sulph. 30	Hom. Agg., new lesions appeared	Cured
20.	25/F	Urban	Upper Middle	F - All. rhinitis M - Nephrolithiasis	Warts, Asthma	Psora	Lyc. 30-200	Constipation & cystic lesion	Improved
21.	30/F	Urban	Lower	F - Heart Attack PGM/F -	Tuberculosis	Psoro-sycotic -	Nat. Mur. 30	Cystic lesion better	Improved

				Asthma		syphilitic			
22.	20/M	Urban	Lower Middle	F - Heart Attack MGM - Asthma	N. S.	Psora	Nat. Mur. 30	S.Q.	Dropped out
23.	18/M	Urban	Middle	F - DM PGM/F - DM M - Thyroid	Jaundice	Psoro-sycotic - syphilitic	Calc. Sulph. 30	Cystic lesion better	Cured
24.	21/F	Urban	Lower Middle	MGF - Asthma	Constipation	Psora	Nat. Carb. 30	Cystic lesion better	Improved
25.	18/M	Urban	lower middle	F - Backache M - Gout	Sinusitis	Psora	Nat. Mur. 30	Oiliness of face controlled	Cured
26.	26/M	Rural	Middle	PGM - Arthritis M - Urolithiasis	Malaria	Psora	Nat. Mur. 30	S.Q.	Dropped out
27.	20/M	Rural	Lower	F - Asthma	N.S	Psora	Bryonia Alb. 30	Oiliness of face controlled	Improved
28.	22/M	Urban	Lower middle	N.S.	Constipation	Psora	Nat. Mur. 30-200	Oiliness of face controlled	Improved
29.	18/M	Rural	Middle	PGM - DM M - All. Rhinitis	N.S	Psora	Lyc. 30, 200, 1M	Hom. Agg., new lesions appeared	Cured
30.	21/M	Urban	Middle	N.S.	Jaundice	Psora	Nat. Mur. 30	Cystic lesion better	Improved
31.	21/M	Urban	Middle	N.S	N. S.	Psora	Nat. Mur. 30	Oiliness of face controlled	Improved
32.	19/M	Urban	Upper Middle	F - Alcoholic PGF - Diabetic	Chronic cough	Psoro-sycotic	Nat. Mur. 30-200	Cystic lesion better	Improved
33.	20/F	Urban	Middle	N. S.	N. S.	Psoro-sycotic	Pulsatilla 30	Constipation better	Improved
34.	24/M	Urban	Middle	PGF - DM MGM - Cancer	Constipation	Psora	Calc. Sulph. 30	Cystic lesion better	Improved
35.	19/M	Rural	Lower Middle	F - Migraine	Constipation	Psora	Merc. Sol. 30	Cystic lesion better	Improved
36.	18/m	Urban	Upper Class	F - D.M., PGF - DM, HT	Typhoid	Psora	Nat. Mur. 30	Oiliness of face controlled & cystic lesion better	Improved
37.	15/M	Urban	Middle	PGM - DM, HT PGF - Cancer	Constipation	Psoro-sycotic-syphilitic	Nat. Mur. 30-200	S.Q.	Improved
38.	22/M	Urban	Middle	N.S.	Jaundice	Psora	Nat. Mur. 30	Oiliness of controlled	Improved
39.	17/M	Urban	Lower Middle	PGM - DM MGM - Cancer	Constipation	Psora	Bryonia Alb. 30	Constipation better	Improved
40.	19/M	Rural	Middle	MGF - Asthma	N.S	Psora	Nat. Mur. 30	Cystic lesion better	Improved
41.	22/M	Rural	Middle	MGM- DM	Sinusitis	Psoro-sycotic	Nat. Phos. 30-200	Cystic lesion better	Improved
42.	22/M	Urban	Lower	M - Cancer	Constipation	Psoro-sycotic	Bryonia alb. 30	S.Q.	S.Q
43.	22/M	Urban	Lower Middle	N.S.	Stammering	Psoro-sycotic	Phos. 30	Cystic lesion >	Improved
44.	18/M	Rural	Middle	F - HT, Bro.- Acne M - Migraine	Br. Asthma	Psora	Nat.Mur. 30	Hom.Agg, new lesions appeared	Cured
45.	20/M	Rural	Lower Middle	M - HT	Constipation	Psora	Nat. Carb. 30	Constipation better	Improved
46.	23/F	Urban	Lower	M/MGF - Hemiplegia	N.S	Psora	Nat. Mur. 30-200	Oiliness of face controlled	Improved
47.	22/M	Urban	Lower Middle	MG - Heart Attack M/PGF - Cancer	Jaundice	Psoro-sycotic	Calc. Sulph. 30	Cystic lesion better	Improved
48.	30/F	Urban	Lower Middle	MGF, MGM - DM	Jaundice	Psora	Nat. Mur. 30	Oiliness of face controlled	Improved
49.	24/M	Urban	Lower Middle	F - HT, M - Thyroid, Hypotension, PGF -	N.S	Psora	Nat. Mur. 30, 200, 1M	Cystic lesion better	cured

				Hemiplasia					
50.	22/F	Rural	Middle	M - Arthritis	Hair fall	Psora	Lyc. 30-200	Oiliness of face controlled	Improved
51.	19/M	Urban	Lower Middle	PGM/MGF - HT, PGF - Asthma	Constipation	Psora	Nat. Mur. 30-200	S.Q.	S.Q.
52.	18/M	Urban	Lower	F - HT M - Constipation	Typhoid Fever	Psora	Kali. brom 30	S.Q.	Dropped out
53.	19/M	Urban	Middle	F - Arthritis PGF - Heart Attack	Constipation	Psora	Ant. Crude. 30	Constipation & cystic lesion >	Improved
54.	20/F	Urban	Middle	M, PGM, Bro. - DM MGF - Asthma	N.S	Psoro-sycotic	Pulsatilla 30	Hom. Agg, new lesions appeared	Improved
55.	19/F	Urban	Middle	PGF - Cancer M - Typhoid Fever	Constipation	Psora	Nat. Carb. 30	Cystic lesion better	Improved
56.	20/ F	Urban	Middle	F - Hemorrhoid MGM - Heart Complaints	Urticaria	Psora	Nat. Mur. 30-200	Oiliness of face controlled	Improved

Six cases of dropped out cases were not included in the study

Abbreviation: DM – Diabetes Mellitus, HT – Hypertension, HA – Heart Attack, Hypothy. – Hypothyroidism, PGM/F – Paternal Grandmother /Father, Hyper thy – Hyperthyroidism, TB – Tuberculosis, CA – Cancer, MGM/F – Maternal Grandmother/Father, F- Father, M- Mother, GM/F – Grandmother/Father

### 3.1. Calculation

- a. Standard error of the mean differences:

$$\bar{X} = s \frac{\sum X}{n} = \frac{278}{50} = 5.56$$

- b. The estimation of the population standard deviation:

$$S_z = \sqrt{\frac{\sum (X - \bar{X})^2}{n - 1}} = \sqrt{\frac{248.3227}{49}} = 2.2511$$

- c. Critical ratio or t calculated:

$$t = \frac{\bar{X}}{S_z/\sqrt{n}} = \frac{5.56}{2.2511/\sqrt{50}} = 17.4677$$

### 4. Conclusion

The  $t_{\text{calc}}$  for this study is 17.4677 and  $t_{\text{tab}}$  is 1.6766 hence  $t_{\text{calc}} > t_{\text{tab}}$ , the null hypothesis is rejected at 5% level of significance. Thus alternative hypothesis is accepted. Therefore, it can be clearly conclude with the help of t-test that there is significant improvement in patient's condition after treatment.

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