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

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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 keratization 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 25th, 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 simillimum 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. sulp. and Lyco. in 4 cases (8%) each, Nat. phos.
and Puls. In 2 cases (4%) each, Antim crud, Calc. carb., Merc. sol., Nat. sulp., Phos. & Sulphur were prescribed in minimum cases i.e. in 1 case (2%) each (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 - Arthrosis   | N. S.        | Psora   | Nat. Mur. 30           | Cystic lesion better               | Improved|
| 2.     | 38/M     | Urban         | Middle                | MGF - Cancer    | N. S.        | Psora   | Calc. Carb 30          | Size of cystic lesion reduced      | Improved|
| 3.     | 21/M     | Urban         | Middle                | Sinusitis       | N. S.        | Psora   | Nat. Mur. 30           | Oillness of face controlled        | Improved|
| 4.     | 18/m     | Urban         | Upper Middle          | Jaundice        | N. S.        | Psora   | Silicea 30             | S.O.                                | Improved|
| 5.     | 18/F     | Rural         | Middle                | N. S.           | Jaundice     | Psora   | Nat. Mur. 30           | Oillness of face controlled        | Improved|
| 6.     | 20/M     | Urban         | Middle                | N. S.           | Psora        | Silicea 30          | Oillness of face controlled        | Improved|
| 7.     | 17/M     | Urban         | Lower middle          | G.M. - Joint    | N. S.        | Psora   | Nat. Carb 30, 200,1M   | Constipation better               | Improved|
| 8.     | 25/F     | Urban         | Middle                | Jaundice        | N. S.        | Psora   | Nat. Sulph. 30         | Oillness of face controlled        | Improved|
| 9.     | 19/F     | Urban         | Upper Middle          | G.F - Arthrosis | N. S.        | Psora   | Nat. Mur. 30           | Cystic lesion better               | Improved|
| 10.    | 29/F     | Urban         | Middle                | G.F - Hemiplegia, Asthma, Sis. - DM | Conspitation | Psora   | Nat. Phos. 30, 200,1M   | Cystic lesion better               | Improved|
| 11.    | 21/F     | Urban         | Middle                | P.G.F - Heart Attack, M.G.F - cataract | Jaundice | Psora   | Nat.Mur. 30           | Constipation better               | Improved|
| 12.    | 18/M     | Urban         | Middle                | M. - H.T.       | Jaundice     | Psora   | Lyco. 30              | S.O.                                | Improved|
| 13.    | 17/M     | Urban         | Middle                | F - Arthrosis   | Br. Asthma   | Psora   | Kali Brom. 30, 200, 1M | S.O.                                | 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, | Conspitation | Psora   | Nat.Mur. 30           | Cystic lesion better               | Cured|
| 16.    | 25/F     | Urban         | Middle                | Vitiligo        | N.S.        | Psora   | Nat. Carb 30           | S.O.                                | Improved|
| 17.    | 32/F     | Urban         | Middle                | N. S.           | Psora        | Sulphur 30          | S.O.                                | Improved|
| 18.    | 27/M     | Urban         | Middle                | Sinusitis       | N.S.        | Psora   | Nat. Mur.              | Hom. Agg., new lesions appeared   | Improved|
| 19.    | 20/M     | Rural         | Middle                | M.G. - Gout Acrine | Jaundice | Psora   | Calc. Sulph. 30       | Constipation & cystic lesion        | Improved|
| 20.    | 25/F     | Urban         | Upper Middle          | F - All. rhinitis, M - Nephritis | Warts, Asthma | Psora   | Lyco. 30-200          | S.Q.                                | Improved|
| 21.    | 30/F     | Urban         | Lower Mune            | F - Heart Attack PGM/F - | Tuberculosis | Psoroscyotic - | Nat. Mur. 30 | Cystic lesion better | Improved|
| No. | Gender | Location | Age | Stage | Condition | Type of Disease | Medicine Details | Dosage | Result |
|-----|--------|----------|-----|-------|-----------|----------------|------------------|--------|--------|
| 22  | 20/M   | Urban    | Lower Middle | 43  | 200-2000 | Asthma       | F - Heart Attack M - Asthma | N.S. Psora | Nat. Mur. 30 | S.Q. | Dropped out |
| 23  | 18/M   | Urban    | Middle     | 42  | 200-2000 | Asthma       | F - DM PGMF - DM M - Thyroid | Jaundice Psorosyctic - syphilitic | Calc. Sulph. 30 | Cystic lesion better | Cured |
| 24  | 21/F   | Urban    | Lower Middle | 41  | 200-2000 | Asthma       | F - Backache M - Gout | Sinusitis Psora | Nat. Mur. 30 | Cystic lesion better | Improved |
| 25  | 18/M   | Urban    | Lower Middle | 39  | 200-2000 | Arthritis   | PGM - Arthritis M - Urolithiasis | Malaria Psora | Nat. Mur. 30 | S.Q. | Dropped out |
| 26  | 20/M   | Rural    | Lower Middle | 40  | 200-2000 | Asthma       | F - Asthma | N.S. Psora | Bryonia Alb. 30 | Cystic lesion better | Improved |
| 27  | 22/M   | Urban    | Lower Middle | 38  | 200-2000 | Asthma       | F - Asthma | N.S. Psora | Bryonia Alb. 30 | Cystic lesion better | Improved |
| 28  | 18/M   | Rural    | Middle     | 40  | 200-2000 | Asthma       | PGM - DM M - All. Rhinitis | N.S. Psora | Lyco. 30, 200, 1M | Hom. Agg., new lesions appeared | Cured |
| 29  | 21/M   | Urban    | Middle     | 38  | 200-2000 | Asthma       | N.S. Jaundice | Psora | Nat. Mur. 30 | Cystic lesion better | Improved |
| 30  | 21/M   | Urban    | Middle     | 39  | 200-2000 | Asthma       | N.S. Psora | Nat. Mur. 30 | Cystic lesion better | Improved |
| 31  | 19/M   | Urban    | Upper Middle | 38  | 200-2000 | Asthma       | F - Alcoholic PGF - Diabetic | Chronic cough Psorosyctic | Nat. Mur. 30-200 | Cystic lesion better | Improved |
| 32  | 20/F   | Urban    | Middle     | 39  | 200-2000 | Asthma       | N.S. Psorosyctic | Psoriasis | Pulsatilla 30 | Cystic lesion better | Improved |
| 33  | 24/M   | Urban    | Middle     | 39  | 200-2000 | Asthma       | PGM - DM M - Cancer | Constipation Psora | Calc. Sulph. 30 | Cystic lesion better | Improved |
| 34  | 19/M   | Rural    | Lower Middle | 38  | 200-2000 | Asthma       | F - Migraine | Constipation Psora | Merc. Sol. 30 | Cystic lesion better | Improved |
| 35  | 18/M   | Urban    | Upper Class | 38  | 200-2000 | Asthma       | F - D.M., PGF - DM, HT | Typhoid Psora | Nat. Mur. 30 | Cystic lesion better | Improved |
| 36  | 15/M   | Urban    | Middle     | 39  | 200-2000 | Asthma       | PGM - DM, HT PGF - Cancer | Constipation Psorosyctic | Nat. Mur. 30-200 | S.Q. | Improved |
| 37  | 22/M   | Urban    | Middle     | 39  | 200-2000 | Asthma       | N.S. Jaundice | Psora | Nat. Mur. 30 | Cystic lesion better | Improved |
| 38  | 17/M   | Urban    | Lower Middle | 38  | 200-2000 | Asthma       | PGM - DM M - Cancer | Constipation Psora | Bryonia Alb. 30 | Cystic lesion better | Improved |
| 39  | 19/M   | Rural    | Middle     | 39  | 200-2000 | Asthma       | MGF - Asthma | N.S. Psora | Nat. Mur. 30 | Cystic lesion better | Improved |
| 40  | 22/M   | Rural    | Middle     | 39  | 200-2000 | Asthma       | MGF - Asthma | Sinusitis Psorosyctic | Nat. Phos. 30-200 | Cystic lesion better | Improved |
| 41  | 22/M   | Urban    | Lower Middle | 38  | 200-2000 | Asthma       | M - Cancer | Constipation Psorosyctic | Bryonia alb. 30 | S.Q. | Improved |
| 42  | 22/M   | Urban    | Lower Middle | 39  | 200-2000 | Asthma       | N.S. S.Q. | Stammering Psorosyctic | Phos. 30 | Cystic lesion better | Improved |
| 43  | 18/M   | Rural    | Middle     | 39  | 200-2000 | Asthma       | F - HT, Bro - Acne M - Migraine | Br. Asthma Psora | Nat. Mur. 30 | Hom. Agg., new lesions appeared | Cured |
| 44  | 20/M   | Rural    | Lower Middle | 39  | 200-2000 | Asthma       | M - HT | Constipation Psora | Nat. Carb. 30 | Cystic lesion better | Improved |
| 45  | 23/F   | Urban    | Lower Middle | 38  | 200-2000 | Asthma       | M/MMGF - Hemiplegia | N.S. Psora | Nat. Mur. 30-200 | Cystic lesion better | Improved |
| 46  | 22/M   | Urban    | Lower Middle | 39  | 200-2000 | Asthma       | MG - Heart Attack M/PGF - Cancer | Jaundice Psorosyctic | Calc. Sulph. 30 | Cystic lesion better | Improved |
| 47  | 30/F   | Urban    | Lower Middle | 39  | 200-2000 | Asthma       | MGF, MGM - DM | Jaundice Psora | Nat. Mur. 30 | Cystic lesion better | Improved |
| 48  | 24/M   | Urban    | Lower Middle | 39  | 200-2000 | Asthma       | F - HT, M - Thyroid, Hypotension, PGP - | N.S. Psora | Nat. Mur. 30-200,1M | Cystic lesion better | Improved |
| Case | Sex | Age | Marital Status | Disease | Symptoms | Medicines | Dosage | Result |
|------|-----|-----|----------------|---------|----------|-----------|--------|--------|
| 50.  | 22/F | Rural | Middle | M - Arthritis | Hair fall | Psora | Lyco. 30-200 | Improved |
| 51.  | 19/M | Urban | Lower | M - Arthritis | Constipation | Psora | Nat. Mur. 30-200 | S.Q. |
| 52.  | 18/M | Urban | Lower | F - HT | Typhoid Fever | Psora | Kali. brom 30 | S.Q. |
| 53.  | 19/M | Urban | Middle | F - Arthritis | Constipation | Psora | Ant. Crude. 30 | Constipation & cystic lesion > Improved |
| 54.  | 20/F | Urban | Middle | M, PGM, Bro. - DM | N.S | Psorosycotic | Pulsatilla 30 | Improved |
| 55.  | 19/F | Urban | Middle | PGF - Cancer | Constipation | Psora | Nat. Carb. 30 | Cystic lesion better | Improved |
| 56.  | 20/F | Urban | Middle | F - Hemorrhoid | 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:

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

b. The estimation of the population standard deviation:

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

c. Critical ratio or t calculated:

$$ t = \frac{\bar{x}}{s_x/\sqrt{n}} = \frac{5.56}{2.2511/\sqrt{50}} = 17.4677 $$

4. Conclusion

The t_calc for this study is 17.4677 and t_tab is 1.6766 hence t_calc > t_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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