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Reimagining Acne Treatment: Homoeopathy's Role in Healing

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ABSTRACT:

Acne vulgaris, a common inflammatory condition affecting the pilosebaceous units, manifests as a variety of lesions, including comedones, papules, and pustules, and is often accompanied by psychological distress. This study presents a case of a 19-year-old female patient diagnosed with Grade 2 acne vulgaris, characterized by painful pustular eruptions on the cheeks. The patient's symptoms included anxiety regarding her condition and a history of chronic bronchitis. A thorough clinical examination and a detailed case analysis led to the selection of *Calcarea Silicata* 200C as the homeopathic remedy, prescribed in an aqueous solution to address her physical and psychological symptoms. After two weeks of treatment, marked improvement was observed, with a significant reduction in the frequency and intensity of eruptions. This case underscores the efficacy of homeopathy in managing acne vulgaris by addressing both the physical manifestations and the underlying emotional factors, highlighting the importance of a comprehensive approach in treatment. Further research is necessary to explore the long-term effectiveness of homeopathic interventions in acne management.

KEYWORDS- acne vulgaris, calcarean silicata

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