



MIASMATIC APPROACH IN ACNE AND ITS HOMOEOPATHIC MANAGEMENT

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ABSTRACT

Acne is the oldest problem of teenager to adulthood, every young person face this problem once in life time, to know about acne firstly acne word origin from greek word "akmas" or 'aknas' which means highest point, peak, or facial eruption the pustular condition which is very common during adolescent age, acne is caused due to inflammation of sebaceous glands and many other factor responsible for this like hormonal imbalance, cosmetic effect etc. Homoeopathic system of treatment is based on fundamental principle "similia similibus curenter", individualization, and miasmatic theories.

Aim And Objectives - 1. To identify the various types of acne and their miasmatic treatment and prevent recurrence.
2. To effectively treat acne and its type with Homoeopathic medicines with miasmatic approach.

Study design - A Prospective, Observational, Case Study Was Done.

This study include 30 cases was selected on the basis of inclusion and exclusion criteria. study duration is 12 months and follow up according to homoeopathic principles and need of patient case and collection of data from O. PD and I.PD and camps organized by Government Homoeopathic College and Hospital (M.P).

Inclusion criteria - Both sex and age of 14 to 35 years, different religion and food habit.

Assessment criteria are used for progress of cases.

Chi square test is used in this study.

Result - Out- come of study is 46% Moderate improved, 34% Marked improved, 20% Mild improved in this study. The chi- square calculated value is 6.796 and p-value is .0334, the result is significant at $p < 0.05$, tabulated value 5.991 with 2 degree of freedom which is lesser than the calculated value. Inference (chi- square value) is calculated value is greater than the table value.

Alternative hypothesis accepted- Miasmatic approach is significant in acne and its homoeopathic treatment.

Conclusion - In this study marked improvement seen up to 34% in 10 cases hence this study miasmatic approach in acne and its homoeopathic management is effective, miasmatic approach treat the patient as a whole, break tendencies of diseases and also decrease recurrences of disease, every medicine is work as an anti-miasmatic medicine.

KEYWORDS : Miasm, Acne and Homoeopathy.**INTRODUCTION**

Acne is the oldest problem of teenager to adulthood, every young person face this problem once in life time, to know about acne firstly acne word origin from greek word "akmas" or 'aknas' which means highest point, peak, or facial eruption the pustular condition which is very common during adolescent age, acne is caused due to inflammation of sebaceous glands and many other factor responsible for this like hormonal imbalance, cosmetic effect etc. "Acne the most common pustular condition of the skin is an inflammatory disorder commonly occurs during adolescence age/puberty age. It causes due to over sensitiveness of pilosebaceous follicle and an increase in testosterone level, also cause due to propionic bacterium. Acne lesions mostly occur on face, trunk and back where sebaceous follicles dense in number. It may be sometime inflammatory pustulars and non-inflammatory, there are many factors like environmental, heredity, stress, drug induced excessive cosmetic use, due to some hormonal imbalance, immunological factor etc.⁽¹⁾

Homoeopathic system of treatment is based on fundamental principle "similia similibus curenter", individualization, and miasmatic theories. Dr. Hahnemann spent twelve years to investigate the theory of miasm and came to conclusion that miasm are the cause for all the chronic diseases by which we can cure the patient in its whole extent in harmless way and in shortest time. The purpose of this study to know the effect of

miasmatic treatment and the question is that 'can miasmatic approach helpful to cure and reduce the acne?' "The symptoms that manifest themselves upon the skin are simply a reflection or external expression of the internal change"⁽²⁾ Miasmatic correlation in acne -: All the three miasm Psors, Sycosis, Syphilis are covered according to their sign and symptoms. Psora -The main fundamental miasm it causes functional disturbance in living organism. Sycosis - The fig warts disease, due to suppressed gonorrhoea manifestations are like cauliflower like growth and have tendency to overgrowth. Syphilis -The chancre miasm it causes degeneration, destruction and dysfunction. Dr. J H Allen, in his "Chronic miasms" the fact is, we cannot select the most similar remedy possible, unless we understand the phenomenon of the acting and basic miasms, for the true similia is always based on the existing basic miasms, whether we be conscious or unconscious of the fact") "It is like intelligent warfare and fighting in the dark".

Types of acne - 1. Acne vulgaris.

2. Acne rosacea

3. Acne fulminans

4. Acne conglobates

5. Infantile acne

6. Pyoderma facial

7. Occupational acne

8. Cosmetic acne

9. Drug induced acne.^[3]

Acne vulgaris usually a self- limited disorder primarily of teenagers and young adults. The permissive factor for the expression of the diseases in adolescence is the increases in sebum release by sebaceous glands after puberty. Comedones - it is a hallmark sign of acne vulgaris there are two types of comedones one is white heads (closed comedones) and another is black heads (open comedones) this is initial stage where very small, tiny 1-2 mm size eruption. They are precursors of inflammatory lesions of acne vulgaris. Open comedones which rarely result in inflammatory acne lesion, have a large dilated follicular orifice and filled with easily expressible oxidized darkness, oily debris.^[1] Acne rosacea is a chronic dermatosis that usually affects the face. The hallmark is intermittent flushing of the face, which may occur spontaneously or may be triggered hot and spicy food, alcohol, temperature changes, wind or emotional upset. It presents with telangiectases. There may be association conjunctivitis, keratitis and blepharitis.^[2] The acne lesion will usually show a dilated follicle with a Plug of keratin in advanced cases one may see a dilated follicle, which results in an open comedones. when the thin follicle wall ruptures, bacteria and sign of inflammation may be evident. Large acne lesions that are traumatized can develop fibrosis and scarring.^[4]

MATERIAL AND METHOD**Sources Of Data –**

- Collection of Data From (O.P.D.) Outdoor Patient department by Government Homoeopathic Medical College & Hospital Bhopal.
- Camps organized by Government Homoeopathic Medical College & Hospital Bhopal.

Source Of Procuring Medicine -

Dispensing unit of Government Homoeopathic Medical College & Hospital Bhopal.

Study Design –

- Prospective
- Observational
- Case Studies.

Case Definition-

Miasmatic Approach- On the basis of Psora, sycosis and syphilis miasm symptoms.

Acne- The inflammatory condition of pilosebaceous glands.

Homoeopathic Management- Proper selection of homoeopathic medicine on the basis of totality of symptoms.

Method Of Collecting Data- On the basis of inclusion and exclusion criteria.

Inclusion Criteria-

1. Both sex and age of 14 to 35 years, different religion and food habit.
2. Acne vulgaris acne rosacea, comedones.
3. Patients agree to give voluntary, written consent for participating in study
4. Below 18 written consent of parents shall be mandatory.

Exclusion Criteria-

1. Any pathological conditions
2. If suffering from any systematic disease or chronic disease treated with medication.

Sample size- 30 cases included in my study.

Duration Of Study – 12 months

Case Study – 30 cases including Acute and Chronic cases of both sexes and (14-35) year ages studied. Case taking was done by using standard case taking proforma as per Homoeopathic principles.

Method Of Collecting Data – By case taking according to Homoeopathic principles.

Method Of Obtaining Data- At first full case taking of the patient is done as mentioned in Organon of Medicine (5th/6th edition) from aphorisms §83- §104. After detailed enquiry. Diagnosis was done on the basis of sign, symptoms and examination of patients.

Investigation/diagnostic Techniques- Investigation technique is used if necessary, diagnosis based on clinical sign and symptoms.

Analysis And Evaluation: Based on Stalwart.

Repertorization – all the cases repertorized by using Synthesis Repertory in Synthesis 9.0 from RADAR software

Procedure: -

1) Case- taking -Case taking is done according to the case taking proforma. Recorded detailed of presenting complaints with duration, onset and causative factor, past history and relevant modalities recorded.

2) Personal history- as a homoeopath treats the patient not the diseases in the patient, in personal history take mind, desire and aversion, thirst, thermal, appetite, dreams, sleep, etc.

3) Physical examination – all parameter of the patient and all basic vital checked in general physical examination.

4) Relevant Investigation and diagnostic technique are used if necessary.

5) Analysis and evaluation of symptoms all the cases are evaluated on the basis of miasm with totality of complete symptoms.

7) Miasmatic diagnosis is done according the case.

8) Repertorization all the cases repertorized by using Synthesis Repertory in Synthesis 9.0 from RADAR 10 software, will be done help of Computer-aided.

9) Medicine has been selected on the basis of the Homoeopathic principles and further reference of Materia Medica.

10) Potency, dose and repetition will be done on the basis of Homoeopathic Principle.

11) In each case will be assessed in every follow up and rate of change of the sign and symptoms will be noted.

Assessment Criteria:

Marked improvement - More than 70 %
Moderate improvement - 40 – 70 % Relief
Mild improvement - Less than 40 %

Marked Improvement:

More than 70 % Relief of symptoms
No new eruptions are arise
Old eruptions are not pain-full
No burning
Scar clear
Disappearances of acne on forehead, cheeks, chin
No new symptoms occur

All physical and mental generals improved

Moderate Improvement:

- 40 – 70 % relief of symptoms
- New eruptions present but intensity is less
- Relief in pain, burning
- Old eruptions are better
- Some acne disappearance – forehead, cheeks
- Some acne scar present on face comedones present
- All physical and mental generals' relief

Mild Improvement:

- Less than 40 %
- Some eruptions present but less intensity
- Some scar comedones present but not pain full pustules
- All physical and mental generals' relief
- Material has been done search from reference books, journals, articles, internet information according to requirement.

Material Used-

- Case taking proforma,
- Routine instrument (Stethoscope, Thermometer, Sphygmomanometer, Weighing Machine, Mobile camera, Torch for Clinical Examination) Consent form.

RESULT

Out of 30 cases, 10 cases marked improved, 14 cases moderately improved and the remaining 6 cases mild improved. Parameter used for assessment of patient based on severity of symptoms and observe response to treatment was assessed after taking medicine. Chi -Square test will be used for result analysis.

Statistical Analysis

For statistical analysis in this prospective study use chi-square test to find out the result.

In this 30 cases would prove effective for the analysis.

Statistical Analysis-

Ho- There will be no significant relationship between Miasmatic approach in acne and homoeopathic management.

Hypothesis –There will be significant relationship between Miasmatic approach in acne and homoeopathic management.

Bivariate frequency distribution of the respondents classified in terms of their improvement on the basis of miasm.

Calculation –

Expected Frequency of each cells $f_e = \frac{\text{Total number of columns (1,2,3)} \times \text{Total number of rows(1,2)}}{\text{Total number of sample for analysis}}$

- $f_e(a) = 10 \times 13 / 30 = 4.33$
- $f_e(b) = 14 \times 13 / 30 = 6.06$
- $f_e(c) = 6 \times 13 / 30 = 2.6$
- $f_e(d) = 10 \times 17 / 30 = 5.66$
- $f_e(e) = 14 \times 17 / 30 = 7.93$
- $f_e(f) = 6 \times 17 / 30 = 3.4$

Chi square formula:-

$$x^2 = \frac{[(f_o - f_e)^2]}{f_e}$$

Degree of Freedom = (Column – 1) X (Row – 1)

$$v = (3 - 1) \times (2 - 1)$$

$$v = 2 \times 1$$

$$v = 2$$

$$df = 2$$

The chi –square statistic is 6.796. The p- value is 0.334. The result is significance. The chi-square calculated value is 6.796 and p-value is .0334, the result is significant at $p < 0.05$, tabulated value 5.991 with 2 degree of freedom which is lesser than the calculated value.

Inference (chi-square value) is calculated value is greater than the table value.

(Ho) is rejected.

(Ha) is accepted- There will be significant relationship between Miasmatic approach in acne and homoeopathic management.

DISCUSSION

Acne is the oldest problem of teenager to adulthood; every young person faces this problem once in life time. In this study included 40 patients, out of the 40 patients selected for the study 10 patients discontinued treatment because they were not coming into the inclusion criteria after that 30 patients were treated on the basis of miasmatic analysis in totality of symptoms and the dose was given to patient according to homoeopathic principles and Appropriate indices were used to evaluate treatment progress and all symptoms were valued seriously. 30 patients fulfill inclusion criteria for my study 13 male and 17 females, in my study 30 patient include and at least three follow up necessary for analysis of cases.

Age -In this study 63.33% in 19 cases of 14 -20 age group of patient present maximum incident and 33.33% in 10 cases of 21-25 age group of patient present, where 26-30 age group no any patient present and age group of 31-35 yr. only one patient present. Acne is more commonly seen in 19 cases age group of 14 – 20 this age group is teenager group in this period hormonal changes occur, growth on mental level physical level and also emotional level that's why this age group more prone to develop acne.

Sex -In my study maximum incidence of the patients were 57% cases of female and 43% male cases. Female more affected from acne because of anxiety, stress, suppression and physical changes in her body, sometime different cosmetics also cause acne. **Types of acne**- In this study 22 cases are in acne vulgaris, 6 cases in acne rosacea, 2 cases in Comedones, maximum incidence are acne vulgaris cases. Acne vulgaris is commonly found in teenager age group due to excess work of sebaceous glands and excess of androgen hormones during puberty time. **Other complaint** - In my study observed 4 patient have no other complaint and 26 patient have other complaint present ,and 16.65% in 5 patient have headache , 13.32% in 4 patient have constipation, 13.32% in 4 patient have dandruff, 9.99% in 3 cases of Coryza, 3.33% in 1 cases of boils, , 3.33% in 1 cases of backache, 3.33% in 1 cases of cough , 3.33% in 1 cases of Hyperderosis, , 3.33% in 1 cases of tinea cruris, 3.33% in 1 cases of sleeplessness, , 3.33% in 1 cases of diarrhea. Patient having constipation, headache and dandruff are more affected with acne **Miasm** In my study maximum number of cases 46.66% Psora in 14 cases and 46.66% Psora sycosis in 14 cases and 6.66% cases in Psora syphilis in 2 cases. In study observe that skin eruption like acne are belongs to Psora miasm and Psora sycosis miasm predominant. **Medicine**- In this study more frequently prescribed medicine was Sulphur in 26.66% of 8 cases and 20% of Natrum mur. in 6 cases, 9.99% of Calcarea carb, Pulsatilla in prescribed in each 2 cases.3.33% of Thuja, Ledum, Calcarea Phos, Calcarea Sulph, Silicea, sepia prescribed in each 1 case. Sulphur and natrum mur. medicine

is frequently prescribed medicine in this study and give good result and also cover miasm Psora and Psora sycosis also. **Analysis**-Analysis of the 30 cases 46% Moderate improved, 34% Marked improved, 20% Mild improved in this study. In this study marked improvement seen up to 34% in 10 cases hence this study miasmatic approach in acne and its homoeopathic management is effective. miasmatic approach treats the patient as a whole, break tendencies of diseases and also decrease recurrences of disease, every medicine is work as a anti miasmatic medicine.

CONCLUSION

In this study, it was found that people between 14-20 years of age are more affected from acne and most of the people also have headache and constipation along with acne it also means that acne is due to our inner troubles and disturbance of healthy condition .we also found that women are more affected than men. When we talk about miasm Psora miasm who is the mother of all miasm and Psora sycotic miasm more frequently found in 14-14 cases because most of the local symptoms are belongs to Psora hence this study also proves that acne chiefly belongs to Psora miasm and Psora sycotic miasm during this study Sulphur and Natrum Muriaticum medicine give good results in acne so the miasmatic approach in acne is helpful and significant and also makes the person healthy from inner to outer. Result-46% Moderate improved, 34% Marked improved, 20% Mild improved in this study. On the statistical grounds the null hypothesis is reject and alternative hypothesis is accepted and study is significant.

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CONFLICT OF INTEREST-

No conflict of interest during study.

Table No. 1 Distribution Of Sex Ratio

S.N	SEX OF PATIENT	NO. OF PATIENT	PERCENTAGE
1.	Male	13	43%
2	Female	17	57%

Table No. 2 Distribution Of Cases According To Age Interval

S.NO	AGE INTERVAL	NO. OF CASES	MALE	FEMALE	PERCENT AGE
1.	14-20	19	9	10	63.33%
2.	21-25	10	4	6	33.33%
3.	26-30	00	00	00	00
4.	31-35	1	00	01	3.33%
TOTAL		30	13	17	100%

Table No. 3 Types Of ACNE

S NO.	Acne rosacea	Acne vulgaris	Comedones
1	6	22	2

Table No. 4- Distribution Of Other Presenting Complaints Of Case

S.N	OTHER PRESENTING COMPLAINT	NO. OF CASES	PERCENTAGE
1.	HEADACHE	5	16.65%
2.	CONSTIPATION	4	13.32%
3.	DANDRUFF	4	13.32%
4	CORYZA	3	9.99%
5	DELAYED MENSES	2	6.66%
6	BOILS	1	3.33%
7	BACKACHE	1	3.33%
8	COUGH	1	3.33%
9	HYPERDROSIS	1	3.33%
10	TINEA CRURIS	1	3.33%
11	SLEEPLESSNESS	1	3.33%
12	DIARRHOEA	1	3.33%
TOTAL		26	83.25%

Table No. 5- Table Show MIASM.

S.NO	MIASMS	NO. OF CASES	PERCENTAGE
1.	PSORA	14	46.66%
2.	SYCOSIS	00	00
3.	SHYPHILIS	00	00
4.	PSORA SYCOSIS	14	46.66%
5.	PSORA SYPHILIS	2	6.66%
TOTAL		30	100%

Table No. 6 Distribution Of Prescribed Medicine Among The Thirty Cases.

S.NO	NAME OF MEDICINE	NO. OF CASES	PERCENTAGE
1	SULPHUR	8	26.66%
2	NATRUM MUR.	6	20%
3	CALCAREA CARB	3	9.99%
4	PULSATILLA	3	9.99%
5	LYCOPodium	2	6.66%
6	NUX. VOMICA	2	6.66%
7	THUJA OCC.	1	3.33%
8	LEDUM	1	3.33%
9	CAL. PHOS.	1	3.33%
10	CAL. SULPH	1	3.33%
11	SILICEA	1	3.33%
12	SEPIA	1	3.33%
TOTAL		30	100%

Table No. 7 - Distribution Of Cases In Parameters.

S.NO	Parameter	Male	Female	No. of cases	Percentage
1	Marked Improved	5	5	10	34%
2	Moderated Improved	3	11	14	46.%
3	Mild improved	5	1	6	20%
4	Total	13	17	30	100%

Table No. 8 Statistical Table

Result ↓ → Sex	Marked Improvement Coloumne-1	Moderate Improvement Coloum -2	Mild Improvement Coloumn -3	Total
Male Row -1	5 (a) fe - 4.33	3 (b) fe -6.06	5 (c) fe - 2.6	13

Female Row -2	5 (d) fe - 5.66	11 (e) fe -7.93	1 (f) fe - 3.4	17
Total	10	14	6	30

fe =expected frequency of each cells, fo= frequency of observed values.

Table. No.9. P value And Statistical Significance

Chi-square value	6.796
df	2
P value	0.0334
Statistically significant (P < 0.05)?	Yes
Data analysed	
Number of rows	2
Number of columns	3

Table. No.10 Calculation of chi –square test $\chi^2 =$

	fo	fe	(fo – fe) ²		$\frac{(fo - fe)^2}{fe}$	Total calculated Values
χ^2_a	5	4.33	(5-4.33) ²	0.44	$\frac{0.44}{4.33}$	0.101
χ^2_b	3	6.06	(3-6.06) ²	9.36	$\frac{9.36}{6.06}$	1.54
χ^2_c	5	2.6	(5-2.6) ²	5.76	$\frac{5.76}{2.6}$	2.21
χ^2_d	5	5.66	(5-5.66) ²	0.43	$\frac{0.43}{5.66}$	0.075
χ^2_e	11	7.93	(11-7.93) ²	9.42	$\frac{9.42}{7.93}$	1.18
χ^2_f	1	3.4	(1-3.4) ²	5.76	$\frac{5.76}{3.4}$	1.69
Total						6.796

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