



## TO STUDY UTILITY OF DR. J.T. KENT'S REPERTORY IN MANAGEMENT OF ACNE CASES USING GAGS SCALE- RANDOMIZED, NON- CONTROLLED PROSPECTIVE STUDY.

**Dr. Mahavir B. Ghiya**

PhD, Homoeopathy, Professor, Repertory Dept, GHMC, Dethali, Sidhpur, Gujarat.

**Khushbu R. Prajapati**

Internee GHMC, Dethali

**Dr. Pratiksha Rangani**

PG Scholar, Dept. Of Repertory, Tania University, Shri Ganganager, Rajasthan

### ABSTRACT

**Background-** Acne is a self-limiting disorder of the pilosebaceous unit. The aesthetic aspect of the disorder may provoke depression and diminish the quality of life. Homoeopathy a system of medicine, based on similia similibus curantur principle means like disease are cure by like medicine like be treated by likes. It differs from modern medicine looks at the physical disease (diagnosis) and homoeopathy looks at whole disturb phenomena at the mind, body and energy level which help us to manage acne cases where quality of life is disturbed. This study explores role of one of the important tools of homoeopathy i.e. repertory which plays an important role in management of Acne cases and improving quality of life. **Materials and methods-** 30 cases were selected according to inclusion and exclusion criteria prepared for study. Homoeopathic remedies given in cases according to its indications. Where pre and post treatment scoring was done for estimating improvement and its statistical analysis was done with the help of paired t test. **Observation and result-** The study reveals that majority of cases belongs from age group 21 to 25 years of age (56.7%). In this study, frequently prescribed medicine was Sulphur (30%) while out of 30 cases 60% cases are having good Improvement. Paired t test shows marked difference between mean value of pre and post treatment score. **Conclusion-** this study explains role of Homoeopathic Medicine in management of acne when prescriptions are based on Repertorization from Kent's Repertory but more sample size and clinical trials are need to explore more about utility of Kent's repertory specially in case of Acne.

**KEYWORDS :** Acne, Dr. Kent, Homoeopathy, Repertory, Individualization

### INTRODUCTION-

Disease condition related to skin occupies a special place in medical science as it deals with manifestations of inner disturb state of life as well as its significance in social aspect of life. In current scenario not only younger but people of all age group irrespective of their gender concern with health of their skin. Acne is most common skin complaint that grab attention of every practitioner in day-to-day OPD. Due to its multi-faceted manifestations, large varieties of treatment methods are available in medical field to treat this ambiguous disease. A strong association was observed between acne and factors like family history, age, BMI and skin type. (Heng, A. H. S., & Chew, F. T. 2020)

In some severe, Resistant to treatment cases and in those with monthly flare-ups and when standard therapeutic options are inappropriate are seen in management of case then hormonal therapies are indicated. (Elsacie, M. L. 2016)

Homoeopathic system of medicine is one of the branches of medical science which also plays a vital role to manage cases of acne with its holistic healing. Its unique case taking and literatures always attract attention of medical men. One retrospective study with following conclusion was significant to study, Individualised homeopathy may be useful for acne therapy. The most useful medicines appeared to be *Lycopodium*, *Palladium* and *Platinum*, though 17 different medicines were used in this study, underscoring the value of individualisation of therapy, a key characteristic of homeopathy. (Nwabudike, L. C. (2021). Homoeopathic Repertories are among that literatures which help physician to choose a group of remedies for case. Repertory of Homoeopathic Materia medica By Dr. J.T. Kent is one of the popular Repertories used among Homoeopaths.

It is interesting to explore utility of this popular tool i.e. Repertory of J.T. Kent in management of this ambiguous disease called Acne.

### MATERIALS AND METHODS:

In this study, following were research question and research hypothesis.

#### Research Question:

Will Homoeopathic tool Named J.T.Kent's Repertory helpful in management of Acne cases?

#### Research Hypothesis:

Null hypothesis: There will be no usefulness of J.T. Kent's Repertory in management of Acne cases. Alternative Hypothesis: There will be usefulness of J.T. Kent's Repertory in management of Acne cases.

#### Project site:

The study was conducted at the O.P.D. of Government Homoeopathic Medical college and Hospital, Dethali, Tal. Siddhpur; Dist. Patan. Peripheral camps conducted by Government Homoeopathic Medical college and Hospital, Dethali, Tal. Siddhpur; Dist. Patan

#### Study duration:-

6 months. It was Prospective, randomized non-controlled study

#### Selection of samples:-

Sampling method: Consecutive Random Sampling Sample size: 30 [screening was done with 50 patients] In this study, Inclusion criterias were as following, All age group and both sexes will be included in study irrespective of occupation, ethnic group and socio economic status, Cases with clear diagnostic indications of Acne irrespective of its type, Cases with reversible pathological conditions, Cases with systemic disorders along with acne complaints, Cases with history of medication for complain of Acne, Cases with some allergic conditions related to skin. Exclusion criterias were Cases female gender taking oral contraceptive or hormonal medication. Cases with irreversible pathological conditions

having terminal suffering state. Withdrawal Criteria was Cases which will not maintain regular followups, accidental death, Pregnancy. To conduct this study

tools were Case Record (pre structured), Dr. J.T. Kent's Repertory, Different books on subject of Homoeopathic Materia Medica, GAGS Scale Criteria for Symptom Scoring. Microsoft excel for Symptom Scoring and statistical analysis

**Data collection:** -Data collection method:- Personal interview.

**Potency & Frequency and Repetition:-** As per need of case during treatment on the basis of guidelines given in the Organon of medicine 6<sup>th</sup> edition. Medicine

**Dispensing:-** Dispensing in globule form (size 30) From dispensing unit of Government Homoeopathic Medical College and Hospital, Dethali, Tal. Siddhpur, Patan.

**Follow Up:-** Follow up Prescription on CTP as per requirement of case

**Data analysis:** Data analysis was done using Microsoft excel sheet on the basis of symptom score before treatment and after treatment using GAGS Scoring system.

**Criteria for Results:-**

The result will be analyzed as follows, Significantly improved:- Pre and Post score difference about 10 or more at 15<sup>th</sup> day of treatment [after starting treatment] indicates significant improvement. Moderately improved:-Pre and Post score difference about between 9 to 5 at 15<sup>th</sup> day of treatment [after starting treatment] indicates moderate improvement. Status Quo/not improved: - Pre and Post score difference about less than 5 at 15<sup>th</sup> day of treatment [after starting treatment] indicates status quo/not improved case.

**Statistical Techniques:**

Data was analyzed on the basis of t test (paired t test) of statistical technique using Microsoft Excel Office 2007. To compare pre and post treatment scores of all the patients in the study. Paired t test was applied for Pre and Post GAGS Scores. (level of significance (p value-≤0.05)

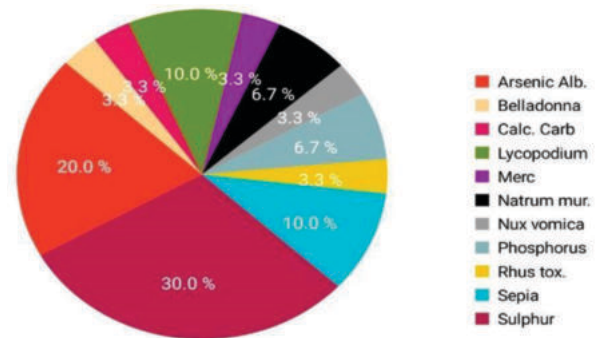
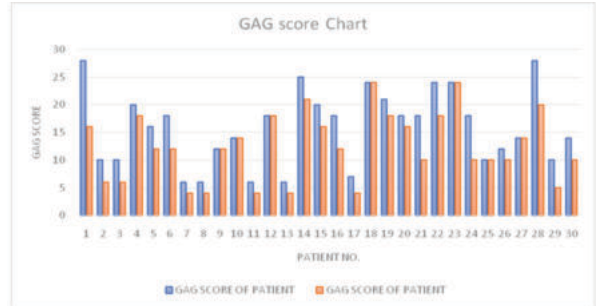
**Ethical Aspect-**

Ethical guidelines were followed as mentioned in Declaration of Helsinki [revision 2008] and ICMR [2006]. No harm produced to any human being during this study. Consent form was prepared in English as well as in Gujarati to make patient aware about the aim and methods of study. Privacy and confidentiality were fully respected during study. Change of medicine or treatment method was allowed during this study as per patient's preference and health status.

**OBSERVATION AND RESULTS-**

- This study comprised of 30 patients who presented to the OPD of government homoeopathic hospital, peripheral OPD diagnosed with Acne from December 2022 to July 2023.
- Among the 30 patients diagnosed with acne accounting 50% male and 50% females.
- In our series, the age of the affected patients ranged from 12 years to 25 years. the majority of patient in our study were in the 20 to 25 age group accounting 56.7%..
- This study showed marked improvement in 18 cases. In this improvement seen in chief complain as well as physical generals like appetite, thirst, perspiration, stool, urine and sleep. And also effective changes in mental symptoms. Patients overall feel better after taking homoeopathic medicine because we give constitutional, Individualized homoeopathic medicine.
- According to study of 30 cases of acne, most frequently used (30%) medicine was sulphur. In 20% of cases, Arsenic

Alb was given. In 10% of cases, Sepia and Lycopodium Were given. In 6.7% of cases, Natrum Mur and Phosphorus Were given. In 3.3% of cases, Belladonna, Calc carb, Merc.sol and Rhus tox were given.



**Analysis Of Data:**

- The Pretreatment and Post treatment score using GAGS scale show different numerical value in Post Treatment Score compare to Pre-Treatment Score which indicates action of medicines.
- Value of Mean Difference in Pre and Post treatment Score shows that the decreased in Post treatment value in all cases due to action of Homoeopathic medicines. This indicates decrease in severity of particular disease manifestations.
- Null hypothesis: (REJECTED)
- Alternative hypothesis: (ACCEPTED)

This critical ratio, t follows a distribution with n-1(29) degrees of freedom. The 5% level is 2.045 and 1% level is 2.756 for 29 degrees of freedom. Since the calculated value 6.78 is greater than the tabled value at 5% and 1% level, hence the null hypothesis is rejected.

t-Test: Paired Two Sample for Means		
	Pre-Treatment GAGS	Post- Treatment GAGS
Mean	15.83333333	12.4
Variance	45.17816092	37.55862069
Observations	30	30
Pearson Correlation	0.896545596	
Hypothesized Mean Difference	0	
df	29	
t Stat	6.312471748	
P(T<=t) one-tail	3.39182E-07	
t Critical one-tail	1.699127027	
P(T<=t) two-tail	6.78363E-07	
t Critical two-tail	2.045229642	

**DISCUSSION-**

- Homoeopathy treats the patient as a whole with symptoms

- of disease as well as improvement of status of individual patient.
- Repertory is a branch of Homoeopath, means for selection after identification through drug filter and process for search in Materia Medica for final prescription. Aim of repertory is to play the vital role in selecting the most appropriate similar medicine or a small group of medicine.
  - Through a comprehensive analysis of clinical studies and case reports, the thesis presents evidence of the potential benefits of homeopathic treatment in reducing acne severity, promoting skin healing, and preventing recurrent outbreaks. Overall, the study provides valuable insights into the integration of homeopathy as an alternative or complementary approach to conventional treatments for acne, fostering a better understanding of the holistic management of this common skin condition. The Dr.J.T.kent's repertory helps us to find out the required symptoms together with the medicine or a small group of medicines having different grades. The symptoms of the acne with patients have significant changes after treatment. According to this study 60%patients have improvement in Acne.
  - According to study, the usefulness of Dr.J.T.kent's repertory has marked improvement in cases of Acne patients.

#### **Limitation of study-**

Small sample size- this becomes one of the limitations to explore utility of repertory at wider level.

#### **Further recommendations:**

As this was a Small sample sized consecutive Sampling study, so study with More Sample Size with Control trial will be more effective to explore the utility of J.T.Kent's Repertory at larger scale.

#### **Conflict Of Interest- None**

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