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CLINICAL UTILITY OF COMPLETE REPERTORY IN THE TREATMENT OF ACNE VULGARIS

Homeopathy

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ABSTRACT

Acne vulgaris is a common dermatological condition affecting a significant portion of adolescents and young adults, often impacting their quality of life. This study explores the clinical utility of the Complete Repertory in the individualized homeopathic treatment of acne vulgaris. Conducted over 4–6 months, the study evaluates the effectiveness of repertory-aided prescriptions in improving clinical outcomes and quality of life for 101 participants aged 15 to 25 years. A notable improvement in Global Acne Grading System (GAGS) and Cardiff Acne Disability Index (CADI) scores post-treatment underscores the relevance of repertory-based homeopathy in managing acne vulgaris ,.

KEYWORDS

Complete Repertory, Acne Vulgaris, CADI, GAGS

INTRODUCTION

Acne vulgaris, a multifactorial skin condition, predominantly affects individuals during their adolescence and young adulthood. Its etiology involves hormonal imbalances, genetics, lifestyle factors, and microbial colonization (Boon, Colledge, & Walkar, 2008). While conventional treatments focus on topical and systemic approaches, homeopathy emphasizes individualized care, considering the patient's physical and mental state. The Complete Repertory, a comprehensive tool in homeopathic practice, offers a systematic approach to case analysis and remedy selection. This study aims to assess the utility of the Complete Repertory in achieving measurable improvements in acne vulgaris treatment(Khananj, 2015).

MATERIALS AND METHODS

• **Study Design:** Prospective observational study conducted over a period of 4–6 months.

• **Sample Size and Demographics:** The study included 101 participants aged 15–25 years, comprising 46 females and 55 males. The largest age group was 15 years (23 participants, 22%), and the least represented were ages 21 (3 participants) and 23 (2 participants).

• Inclusion Criteria:
o Participants aged 15–25 years diagnosed with acne vulgaris.
o Willingness to participate and provide consent.

• Exclusion Criteria:
o Participants on concurrent conventional acne treatment.
o Severe systemic conditions interfering with the study.

•Outcome Measures:
o Global Acne Grading System (GAGS) scores to assess severity.
o Cardiff Acne Disability Index (CADI) scores to measure quality of life.

• **Data Collection and Analysis:** Pre- and post-treatment GAGS and CADI scores were analyzed. Statistical tools, including standard deviation and Z scores, were used to evaluate the data.

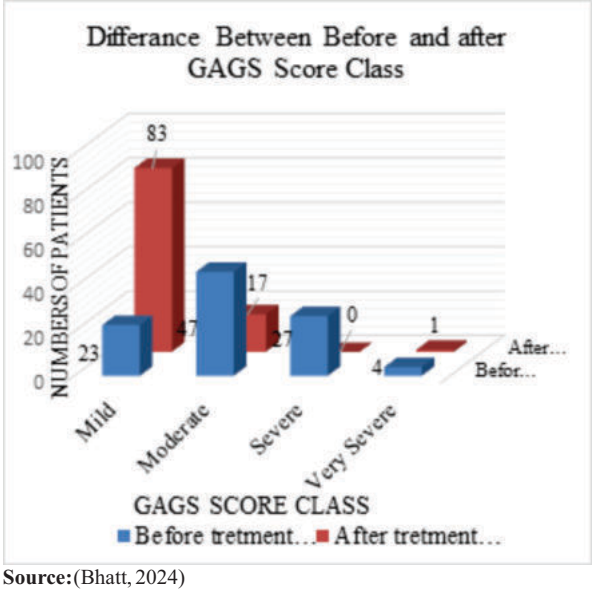
RESULTS

GAGS Scores:
o Before Treatment: Mild (23), Moderate (47), Severe (27), Very Severe (4). Mean SD = 10.04.(Table: 1)
o After Treatment: Mild (83), Moderate (17), Severe (0), Very Severe (1). Mean SD = 7.46.(Table: 1)
o Z Scores: Pre-treatment (-0.463), Post-treatment (-0.056).

Table: - 1 Difference Between Before And After GAGS Score Class

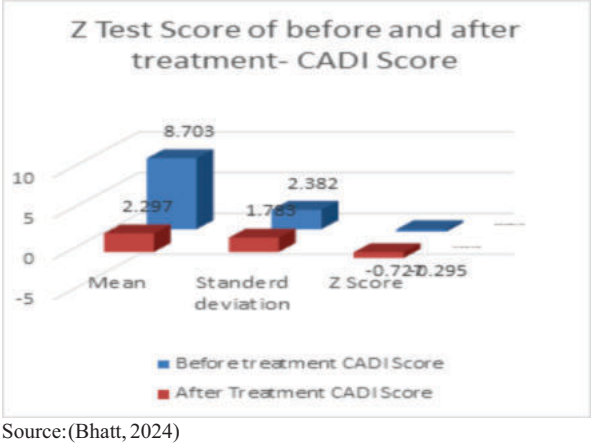
GAGS Score Class	Before Treatment	After Treatment
Mild	23	83
Moderate	47	17
Severe	27	0
Very Severe	4	1
Total Numbers of Patient	**101**	**101**

Source:(Bhatt, 2024)



Source:(Bhatt, 2024)

CADI Scores:
o Mean SD reduced from 2.38 (pre-treatment) to 1.78 (post-treatment). (Table: 2)
o Z Scores: Pre-treatment (-0.295), Post-treatment (-0.727). (Table:2)



Source:(Bhatt, 2024)

Table: 2: Z Test Result Of Before And After Treatment – CADI Score:"

	"Before treatment CADI Score"	"After treatment CADI Score"
Population mean(μ):	8.703	2.297
Population Standard Deviation(σ):	2.382	1.783
Z Score	-0.295	-0.727

Source: (Bhatt, 2024)

Remedies Used: Thirty-six different homeopathic remedies were prescribed based on repertorization. The most frequently used remedies included:
- o *Silicea 200 (10 cases)*
- o *Pulsatilla 200 (10 cases)*
- o *Natrium Muriaticum 200 (9 cases)*
- o *Hepar Sulphur 200 (8 cases)*
- o *Sepia Officinalis 200 (6 cases)*.

DISCUSSION

The Complete Repertory demonstrated significant utility in selecting remedies tailored to individual presentations of acne vulgaris. The observed improvements in GAGS and CADI scores highlight the effectiveness of repertory-aided homeopathic prescriptions. Remedies like Silicea and Pulsatilla, frequently indicated in this study, reflect the repertory's alignment with classical homeopathic principles.

This study underscores the importance of individualized treatment in addressing not only the physical manifestations of acne but also its psychosocial impact. Further randomized controlled trials could enhance the validity of these findings.

CONCLUSION

The Complete Repertory proves to be an invaluable tool in the homeopathic treatment of acne vulgaris, enabling significant clinical and quality-of-life improvements. This approach bridges the gap between classical homeopathy and modern clinical demands, offering a holistic management strategy for acne vulgaris.

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