



IMPACT OF INDIVIDUALIZED HOMOEOPATHIC TREATMENT ON ACNE VULGARIS: A CLINICAL STUDY USING THE COMPLETE REPERTORY

Homeopathy

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ABSTRACT

This clinical study investigates the effectiveness of individualized homoeopathic treatment in managing Acne Vulgaris, with a focus on repertorization using the Complete Repertory. A total of 101 participants aged 15-25 years were assessed using the Global Acne Grading Scale (GAGS) and the Cardiff Acne Disability Index (CADI) before and after a treatment period of 4-6 months. The findings demonstrate significant reductions in acne severity and improvements in the psychological well-being of participants, supporting the holistic benefits of individualized homoeopathic care.

KEYWORDS

Complete Repertory, Acne Vulgaris, CADI, GAGS.

INTRODUCTION

Acne Vulgaris, a prevalent dermatological condition, significantly affects the physical appearance and mental health of adolescents and young adults. Although conventional treatments like antibiotics and retinoids are widely used, they often have adverse effects and fail to address the psychosomatic nature of acne (Ralston, et al. 2018).

Homoeopathy, guided by the principle of treating the patient holistically, offers an alternative approach. By individualizing treatment and selecting remedies based on symptom totality, it not only addresses physical symptoms but also improves the patient's psychological and emotional health. The Complete Repertory, developed by Dr. Roger Van Zandvoort, is a modern tool that aids in the selection of appropriate homoeopathic remedies through repertorization. This study evaluates the clinical utility of individualized homoeopathic treatment, guided by the Complete Repertory, in improving the outcomes for patients with Acne Vulgaris (Khananj 2015).

LITERATURE REVIEW

Acne Vulgaris is influenced by multiple factors, including hormonal imbalances, genetics, and stress. Conventional treatments often focus on reducing symptoms without addressing underlying causes, leading to recurrences. Research on homoeopathic treatments highlights their potential in managing chronic conditions, including acne, by addressing both physical and emotional factors.

The Complete Repertory integrates data from historical and contemporary repertories, providing an extensive database for repertorization. While its effectiveness has been demonstrated in various conditions, studies specifically evaluating its role in acne management are limited. This study seeks to fill this gap by assessing outcomes in both acne severity and psychological impact (Khananj, 2015).

AIM AND OBJECTIVES

AIM:

To evaluate the impact of individualized homoeopathic treatment, guided by the Complete Repertory, on the severity and psychological burden of Acne Vulgaris.

OBJECTIVES:

- To assess the reduction in acne severity using the GAGS.
- To measure improvements in quality of life using the CADI.
- To evaluate the role of repertorization in selecting effective remedies.

METHODOLOGY

Study Design:

This was a prospective observational study conducted over 4-6 months, with monthly follow-ups. Ethical approval was obtained, and informed consent was secured from all participants.

Sample:

- o Participants: 101 individuals aged 15-25 years with moderate to severe Acne Vulgaris.
- o Recruitment: Patients were recruited from Gandhinagar Homoeopathic Medical College, Gujarat, and private consultancy clinics in Ahmedabad, Gujarat.

Inclusion Criteria:

- o Diagnosed cases of moderate to severe Acne Vulgaris.
- o Age between 15-25 years.
- o No ongoing use of conventional acne treatments.

Exclusion Criteria:

- o Patients with endocrine disorders or other systemic illnesses.
- o Pregnant or lactating women.

Tools For Assessment:

- o Global Acne Grading Scale (GAGS): Quantifies acne severity based on lesion type and distribution (Doshi, Zaheer, & Stiller, 1997).
- o Cardiff Acne Disability Index (CADI): Evaluates the psychological and social impact of acne on participants (Abdelrazik, Ali, Salek, & Finlay, 2021).

Intervention:

- o Participants underwent comprehensive homoeopathic case-taking, focusing on physical, emotional, and environmental factors.
- o Repertorization was performed using the Complete Repertory via the Complete Dynamics software.
- o Individualized remedies were prescribed based on symptom totality, and participants were followed up every 15 days.

RESULTS

Demographics:

- o Gender: 46 females and 55 males.
- o Age: The majority of participants were aged 18-25 years.

Pre-treatment Assessment:

- o GAGS: Mean score of 27, indicating moderate to severe acne.
- o CADI: Mean score of 8.5, reflecting moderate impairment in quality of life.

Post-treatment Outcomes:

- o GAGS: Reduced to a mean score of 11 after treatment, showing a 59.3% improvement in acne severity. (Table:1)
- o CADI: Reduced to a mean score of 3.2, indicating significant improvement in psychological well-being. (Table:2)

Table:1 Before And After Treatment Of GAGS Score

Statistics	"Before treatment GAGS Score"	"After treatment GAGS Score"
N	101	101
Mean $\pm$ SD	26.64 $\pm$ 10.04	12.42 $\pm$ 7.46

Min Maximum	6.0;80.0	0.0;40.0
Median	25.0	12.0

Source:(Bhatt, 2024)

Table: 2 Before And After Treatment Of CADI Score

Statistics	Before treatment CADI Score	After Treatment CADI Score
N	101	101
Mean ± SD	8.7 ± 2.38	2.3 ± 1.78
Min Maximum	4.0; 15.0	0.0; 10.0
Median	8.0	2.0

Source:(Bhatt, 2024)

CASE EXAMPLES:

Case 1: A 22-year-old male with severe nodular acne was treated with Pulsatilla. GAGS reduced from 30 to 9, and CADI dropped from 8 to 2 over four months.

Case 2: A 24-year-old female with cystic acne received Silicea, leading to a reduction in GAGS from 28 to 8 and a CADI improvement from 6 to 1.

Statistical Analysis:

A paired t-test revealed statistically significant improvements in both GAGS and CADI scores (p < 0.05).

DISCUSSION

The findings demonstrate that individualized homeopathic treatment, guided by repertorization with the Complete Repertory, effectively reduces acne severity and its psychological impact. By addressing the totality of symptoms, this approach targets underlying factors such as stress, hormonal imbalances, and lifestyle influences, which are often overlooked in conventional treatments.

Compared to conventional methods, homeopathy offers a non-invasive, holistic alternative that not only improves physical symptoms but also enhances emotional well-being. The results support the use of the Complete Repertory in clinical practice, highlighting its role in improving diagnostic precision and remedy selection.

Limitations:

The absence of a control group and reliance on subjective self-assessment tools are limitations of this study. Future randomized controlled trials with larger sample sizes are recommended to validate these findings.

CONCLUSIONS

This study concludes that individualized homeopathic treatment, guided by repertorization using the Complete Repertory, is an effective approach for managing Acne Vulgaris. The significant reduction in acne severity and improvement in psychological well-being underscore the potential of homeopathy as a holistic treatment modality. Given its non-invasive nature, this method represents a valuable option for patients seeking alternative treatments for acne.

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