

Holistic Treatment of Acne Vulgaris: Integrating the Complete Repertory for Quality-of-Life Enhancement

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Abstract

Acne vulgaris, a common dermatological condition, significantly impacts the quality of life, particularly in adolescents and young adults. This study investigates the effectiveness of individualized homeopathic treatments selected using the Complete Repertory in alleviating acne symptoms and enhancing patients' quality of life. Over a period of 4-6 months, 101 patients, aged 15 to 25, were treated using the Global Acne Grading System (GAGS) and the Cardiff Acne Disability Index (CADI) to evaluate progress. Significant improvements in both physical symptoms and psychological well-being were observed, suggesting that personalized homeopathic regimens could be a viable holistic approach (Schroyens, 2018).

Keywords: Individualized Homeopathic Treatment, Quality of Life Enhancement in Acne, Complete Repertory for Symptom Management

1. Introduction

Acne vulgaris affects millions worldwide, often leading to psychological distress, diminished self-esteem, and a reduced quality of life (Goulden et al., 1999). Conventional treatments, including antibiotics and topical agents, may not offer sustained relief, and some patients turn to complementary therapies like homeopathy for more individualized care (Thompson et al., 2008). This study evaluates the role of homeopathic medicine, guided by the Complete Repertory, in improving the overall well-being of acne patients by addressing both physical and emotional symptoms (Schroyens, 2018).

2. Materials and Methods

Treatment Protocol:

A total of 36 different homeopathic medicines were used, prescribed based on the patients' complete symptomology. The most commonly prescribed remedies included *Natrium Muraticum 200* (9 cases), *Pulsatilla 200* (10 cases), *Silicea 200* (10 cases), and *Hepar Sulphur 200* (8 cases). Potency and repetition were determined by each patient's clinical response (Schroyens, 2018).

Study Design:

This prospective observational study included 101 patients (55 males and 46 females), aged between 15

and 25 years, diagnosed with acne vulgaris. Over a 4–6-month period, patients were prescribed homeopathic remedies based on their individualized symptoms, determined using the Complete Repertory (Schroyens, 2018). The Global Acne Grading System (GAGS) was used to categorize acne severity, while the Cardiff Acne Disability Index (CADI) assessed the psychosocial impact of acne (Finlay & Khan, 1994; Doshi et al., 1997).

Inclusion Criteria:

Age: 15 to 25 years

Diagnosed with acne vulgaris

No prior homeopathic treatment within the last year

Assessment Tools:**1. Global Acne Grading System (GAGS):**

The severity of acne was categorized into mild, moderate, severe, and very severe based on facial lesions both before and after treatment. Pre-treatment data indicated 23 mild, 47 moderate, 27 severe, and 4 very severe cases. Post-treatment, 83 mild, 17 moderates, and only 1 very severe case remained (Doshi et al., 1997).

2. Cardiff Acne Disability Index (CADI):

CADI measured the psychological and social impact of acne on patients' lives. The CADI score dropped significantly from a mean of 8.7 before treatment to 2.3 post-treatment, highlighting a notable reduction in psychological stress (Finlay & Khan, 1994).

Statistical Analysis:

Standard deviations (SD) and Z-scores were used to evaluate the significance of changes in GAGS and CADI scores. GAGS SD reduced from 10.04 before treatment to 7.46 after, while CADI SD improved from 2.38 to 1.78, indicating reduced psychological distress. Z-scores reflected these improvements, with a GAGS Z-score of -0.463 before treatment and -0.056 afterward, and CADI Z-scores of -0.295 (before) and -0.727 (after).

3. Observation and Results

Significant improvements were noted across both GAGS and CADI scores. Pre-treatment, 23 patients had mild acne, 47 moderate, 27 severe, and 4 very severe cases. Post-treatment, 83 had mild acne, 17 moderate, 0 severe, and only 1 very severe case. The mean CADI score dropped from 6.2 to 3.4, indicating a marked reduction in the psychological burden of acne.

The data suggest that individualized homeopathic treatment, guided by the Complete Repertory, can lead to significant improvements in both the physical and psychological dimensions of acne vulgaris (Schroyens, 2018). The reduction in GAGS and CADI scores demonstrates the effectiveness of this holistic approach. Given the rising interest in non-conventional treatments, homeopathy presents a promising alternative or complement to mainstream dermatological therapies (Thompson et al., 2008; Ernst, 2002).

4. Conclusion

This study provides evidence supporting the efficacy of repertory-guided homeopathic treatment in improving the quality of life for patients with acne vulgaris. Individualized remedies, selected through the Complete Repertory, showed significant promise in reducing both acne severity and the associated psychological burden, highlighting homeopathy's potential as an integrative treatment option.

5. Conflict of Interest

We the authors declare that there are no conflicts of interest regarding the publication of this paper. They have no financial, personal, or professional affiliations that could influence the research outcomes or the integrity of the study. The research was conducted independently, with no external influence affecting the results.

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