

Acne Simplex in a Young Female Managed with Homoeopathic Medicine *Calcarea Sulphurica* 200: A Case Report

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ABSTRACT

Acne simplex is a common inflammatory disorder of the skin characterized by papules and pustules, commonly affecting the face. Individualized homoeopathic treatment aims to consider the characteristic local symptoms along with the patient's mental and general symptoms. A 20-year-old female presented with multiple papulo-pustular eruptions on the face for one year. The lesions were associated with thick, yellow pus-filled discharge and were aggravated by touch. The patient was conscious about her appearance and sensitive to impressions. Other characteristic symptoms included desire for coffee, aversion to spicy food, thirstlessness, milk intolerance, and a hot thermal state. Based on the totality of symptoms and miasmatic assessment, the case was diagnosed as acne simplex with a predominantly sycotic miasmatic background.

KEYWORDS: Acne simplex, Papulo-pustular acne, Homoeopathy, Individualized treatment

PRELIMINARY DATA

Name of the Patient: Ms. HBI

Father's name/ Husband's name: Mr. BDI

Age / sex: 20/Female

Religion: Hindu

Marital status: Unmarried

Family size: 5

Education: Study

Occupation: Student

Veg/ Non-veg/ Eggetarian: Veg

PRESENTING COMPLAINTS:

LOCATION AND EXTENSION WITH DURATION	SENSATION CHARACTER AND PATHOLOGY	MODALITIES AILMENTS FROM	CONCOMITANTS
SKIN ↓ FACE Duration- since 1 years	multiple, papulo-pustular eruption with yellow pus-filled lesion -discharges- thick, yellow	< Touch	Not any

- **HISTORY OF PRESENT ILLNESS:** Patient was asymptomatic before 1 year then started complaints.
- **PAST HISTORY:** Typhoid at age of 10 years- symptomatic treatment taken- typhoid pox in 1 month
- **FAMILY HISTORY:** Father- Hypertension
- **GYNECOLOGICAL HISTORY**
 - Menarche at age of 13 years
 - Complaints related to menarche -no complaints
 - Last menstrual period -
 - Details of menstrual cycle

PHYSICAL GENERALS:

• Appetite: 3 meals/day, satisfied
• Thirst: thirstless, 1-2 glass/day
• Perspiration: Nape of neck, back, yellow stained
• Desire: coffee
• Aversion: Spicy Things
• Intolerance: milk
• Urine: Day/ Night: 6-7 times/ 1 time
• Stool: Day/ Night: 1 time in a day, satisfactory.
• Thermal- Hot patient

Cycle (regular/ irregular/ and its duration	Particulars of flow					Complaints		
Regular	Quality (normal/ profuse/ scanty)	Consistency (fluid/ Clotted /Partly fluid and clotted)	Colour & stains	odour	Character acid/bland	Before menses	During menses	After menses
	Scanty menstruation (only 2 days) Since 3 years months	Clotted menses	Brown- black	-	-	-	Backache Weakness Fever	-

Sleep: Character- sound Duration- 6-7 hours Position- lying on back

MENTAL STATE:

Conscious about her look
Sensitive to all impression

PHYSICAL EXAMINATION

Pulse: 80/ min	R/R:16/min
B.P: 128/78 mm-Hg	Temperature: 98 F
Tongue: Clear	Built: moderate
Pallor: mild	Cyanosis: Absent
Icterus: Absent	Oedema: Absent
Clubbing: Absent	Lymphadenopathy: Absent
Height: 5'4"	Weight: 52 Kg
Skin general- wheatish, acne on cheeks	

SYSTEMIC EXAMINATION:

System	Findings
Respiratory system	BLEA
Cardiovascular system	S1 S2

Nervous system	Conscious and oriented
Gastro – intestinal system	P/A- soft
Locomotor system	-
Others	Skin- red pustular eruption on cheeks

• **REGIONAL EXAMINATION:**

multiple, papulo-pustular eruption with yellow pus-filled lesions

❖ **DIFFERENTIAL DIAGNOSIS:**

1. Sebaceous hyperplasia
2. Acne rosacea

• **DIAGNOSIS: Acne Simplex**

• **TOTALITY OF SYMPTOMS:**

- Conscious about her look
- Sensitive to all impression
- Desire coffee
- Aversion to spicy food
- multiple, papulo-pustular eruption with yellow pus-filled lesions on face
- discharges- thick, yellow
- < Touch

• **MIASMATIC ANALYSIS:**

	PSORA	SYCOSIS	SYPHILIS	TUBERCULAR
Family history		1	1	
Past history	1			
Mind		1		
Body				1

Miasmatic diagnosis- Sycosis

• **PRESCRIPTION WITH DOSE AND POTENCY:**

Calc Sulph 200 SD

• **GENERAL MANAGEMENT AND AUXILLARY MEASURES:**

- Wash face with clean water frequently
- Avoid touching affected part
- Eat healthy and balanced diet
- Avoid stress.

FOLLOW UP SHEET

DATE	SYMPTOMS	PRESCRIPTION
1 st follow up	Eruptions as it is Thirst increased	Calc Sulph 200 SD SL 4×3×15 DAYS
2 nd follow up	Slightly decreased eruptions Mentally feels good	Calc Sulph 200 SD SL 4×3×15 DAYS
3 rd follow up	Slightly decreased eruptions	Calc Sulph 200 SD SL 4×3×15 DAYS
4 th follow up	decreased eruptions	SL 4×3×15 DAYS

CONCLUSION

This case demonstrates gradual clinical improvement in acne simplex following individualized homoeopathic management with Calcarea sulphurica 200, along with appropriate general and auxiliary measures.

