

Acne Vulgaris: Treated With Natrum muriaticum (Homoeopathic Medicine): A Case Report

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Abstract: The Skin is the most beautiful covering of the human body, and everybody is very sensitive to their Skin especially in woman in our society. Acne Vulgaris is one of the most common skin disorders which dermatologists have to treat. It mainly affect adolescent, though may present at any age. In recent years, due to better understanding of the pathogenesis of acne, new therapeutic modalities and various permutation and combinations have been designed. In topical agents; benzoyl peroxide, antibiotics, retinoids, etc are the mainstay of treatment; can be given in combinations. While systemic therapy includes oral antibiotics, hormonal therapy, and isotretinoin, depending upon the need of patients it has to be selected. Physical treatment in the form of lesion removal, photo-therapy is also helpful in few of them. Since various old and new topical and systemic agents are available to treat acne, it sometime confuse treating dermatologist. To overcome this, panel of physicians and researchers worked together as a global alliance and task force to improve outcomes in acne treatment. They have tried to give consensus recommendation for the treatment of acne. Successful management of acne needs careful selection of anti-acne agents according to clinical presentation and individual patient needs.

Keywords: Acne, treatment, consensus recommendation.

INTRODUCTION:

Acne vulgaris is one of the commonest skin disorders which dermatologists have to treat, mainly affect adolescents, though it may present at any age. Acne by definition is multifactorial chronic inflammatory disease of pilosebaceous units. Various clinical presentations include seborrhoea, comedones, erythematous papules and pustules, less frequently nodules, deep pustules or pseudocysts, and ultimate scarring in few of them. Acne has four main pathogenetic mechanism—increased sebum productions, follicular hyperkeratinization, *Propionibacterium acne* (*P. acne*) colonization, and the products of inflammation[1]. Onset and progress: just after puberty the comedones progress to papules and May completely involutes or progress to form pustules, and heal with resultant scars or pits. Sites – cheeks, chin, nose, forehead, chest, back, shoulders, and buttocks. Usually associated with an oily scalp [2].

Type of Acne vulgaris:

- Mild acne vulgaris – comedones only on oily skin.
- Acne papulosa – large numbers of inflammatory papules.

- Acne indurates – deep seated indurate popular lesions.
- Acne cysts – cystic lesion on the face, neck, and upper trunk.
- Acne fulminans – occasionally, particularly severe forms of acne may occur in association with systemic symptoms of malaise and polyarthralgia and leucocytocysis and raised ESR.
- Sequelae – severe acne can result in scarring.
- Three types of scars are seen –
- Ice-pick scars on cheeks.
- Tissue paper scars across shoulders
- Keloid scar over mid chest and shoulders [2].

CASE REPORT:

Here we represent a case of Acne Vulgaris which was treated with Natrum Muriaticum a Homoeopathic medicine very gently. The case here we discussing about is a female, aged about 20(Twenty) years and a college student. She always feels uneasiness and remains great irritable for acne with greasy perspiration on her face. She was also suffering from headache, heartburn, constipation, mind-irritable & anger easily, tongue-frothy coating, aggravation from mental exertion & heat and amelioration from cold application. Desire for salty things [5, 6].

She was fasted due to her acne vulgaris as because she was treated long time by the Dermatologists but result was not satisfactory. Ultimately she was decided to treat with homoeopathic medicine and accordingly Natrum Muriaticum-200/1dose prescribed to her. After one month she had reported much improvement. All symptoms are going down gradually. The comparative statement of her improvement status is given below after one month of medication.

DISCUSSION:

Natrum Muriaticum is a Homoeopathic medicine and used for Acne vulgaris. The case was

studied properly with a sign and symptoms before and after treatment with Natrum Muriaticum-200/1 dose and after taking medicine she was improving very nicely and felt better all the symptoms. Once treated successfully as per homoeopathic principle with well selected homoeopathic medicine, recurrence does not take place.

One month later she reported that she is improving more than 80% along with others symptoms including blood report. So that she becomes very happy. A hematological report along with a comparison statement of improvement before and after treatment is also given below.

Table 1: Comparison of signs and symptoms before and after treatment with Natrum Muriaticum:

Before treatment:	After treatment:
Acne – Redness	No redness
Acne – Swelling	Almost clear
Acne – Itching	No itching
Acne – Pain	No pain
Acne - Pustule	No pustule
Face – Greasy	Almost nil
Constipation	Almost regular bowel
Headache	Almost nil
Heartburn	Almost nil
Mind- Irritable	Less
Mind- Anger easily	Less
Aggravation - Mental exertion	Less
Aggravation – heat	Less
Amelioration-cold application	Less
Tongue- Frothy coating	Almost nil
Desire- Salty things	Less

Table 2: Comparison of hematological profile before and after treatment with Natrum Muriaticum:

Blood report before treatment:		Blood report after treatment:	
Haemoglobin-	12 gm/dl	Haemoglobin-	14 gm/dl
W.B.C.Count(TC)-	9000/cu.mm	W.B.C.Count(TC)-	9500/cu.mm
Neutrophil-	67 %	Neutrophil-	70 %
Lymphocyte-	27 %	Lymphocyte-	27 %
Monocyte-	04 %	Monocyte-	04 %
Eosiophil-	07 %	Eosiophil-	03 %
Basophil-	00 %	Basophil-	00 %
ESR(Westerngen)	28 mm/hr.	ESR(Westerngen)	18 mm/hr.



Before Treatment:

After Treatment

CONCLUSION:

The patient was much better more than 80% after taking the Single dose of Natrum Muriaticum 200. This was strictly followed by Homoeopathic principle (Homoeopathy treat the patient as a whole not the specific disease [3]).

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