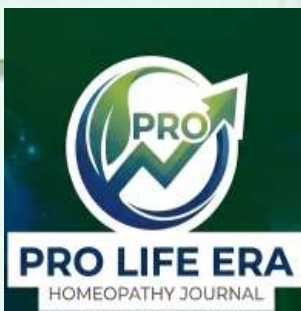




Homoeopathic Rare Remedies and Mother Tinctures For Treatment of Acne

Abstract-Acne is a chronic inflammatory disease of the pilosebaceous follicles, the most common disease which affects almost all adolescents. Age of onset of acne is 12–14 years, being earlier in females. In about 70% of subjects, the lesions subside in the third decade. The problem should never be tackled permanently with superficial, local acting medicines. Instead, deep acting constitutional remedies should be Prescribed judiciously as soon as the complete totality is available.

Key words - Acne, Skin, Homoeopathy, Medicine.

Introduction-Acne is a disorder of the pilosebaceous apparatus characterized by comedones, papules, pustules, cyst and scars.

Etiology-• *Sebum*. Sebum excretion is increased.

• *Hormonal*. Androgens (from the testes, ovaries and adrenals) are the main stimulants of sebum excretion. Premenstrual flare About 70% of women complain of a flare 2-7 day premenstrually.

• *Poral occlusion*. Both genetic and environmental factors (e.g. some cosmetics) cause the epithelium to overgrow the follicular surface

Pathology• *Occlusion* of pilosebaceous orifice

• Increased sebum secretion

• Microbial colonization

• Release of inflammatory mediators

Stages of acne• *Whiteheads* - remain under the skin and are very small

• *Blackheads* - are clearly visible, they are black and appear on the surface of the skin

• *Papules* - are visible on the surface of the skin. They are small bumps, usually pink

• *Pustules* - clearly visible on the surface of the skin. They are red at their base and have pus at the top

• *Nodules* - clearly visible on the surface of the skin. They are large, solid pimples. They are painful and are embedded deep in the skin

• *Cysts* - clearly visible on the surface of the skin. They are painful and are filled with pus. Cysts can easily cause scars.

Rare homoeopathic medicines for acne

• *Arsenicum Bromatum* - Acne rosacea, with violet papules on nose; worse in the spring. Acne in young people.

• *Ars sulph rubrum* - acne accompanied by psoriasis and eczema

• *Asimina triloba* - Itching red pimples, appearing first on the left,

then on right side. Pustular acne, with itching in evening when undressing

• *Berberis aquifolium Q* - Acne. Blotches and pimples. Clears the complexion. Acne associated with menstrual irregularity

• *Bellis per* - Exudations and swellings, acne from cold drinks, give 3X potency

• *Calotropis* - heals the ulcers and blotches from the skin, and perfects the cure

• *Crab apple* - Bach flower remedy which is "sensitive to his external appearance (before others)." Pimples in the face of teenage college girls, grey hair, baldness. This Remedy is for those who are over conscious of filth, dirt, contagion, infection, bacteria etc.

• *Chrysarobinum* - Acne rosacea that leads to easy formation of crusts, Acne is associated with violent itching

• *Eugenia Jambos Q* - It is especially indicated for indurated & painful along with comedones. Pimples are painful for some distance around It is also useful for acne rosacea.

• *Fagopyrum Q* - itching, better by bathing in cold water; worse scratching, touch and retiring. Sore red blotches. Blind boils. Itching of

knees and elbows and hairy portions

• *Granatum* - Pimples on the forehead and left temple with sore pain. They suppurate and on drying leave nodules. Itching in different parts of the body as if pimples would breakout

• *Hydrocotyle* - acne of face, accompanied with uterine derangement, great dryness of skin

• *Juglans regia Q* - Comedones and acne of the face that itch violently. When the acne bursts, it forms thick crusts. Acne that is associated with menstrual irregularities.

• *Nabulus seprpentira* - Pimples on the face, about the nose, upper lip and chin

• *Oophorinum* - acne rosacea and other skin diseases during climetric

• *Sumbul* - Smooth, small, reddish spots on the forehead. Black pores on the face. Comedones

• *Streptococcin* - acne worse during winter season

Conclusion - Acne tends to be chronic, and is obstinately resistant to Treatment. With proper diet and attention to hygiene, together with the homeopathic remedy it yields to treatment in course of a few weeks to a few months.

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