



# ACNE



# INTRODUCTION

- ▶ Acne is one of the commonest skin condition in general population . It mostly occurs in girls during their teenage years , but can occur before in adolescence and may persist into adulthood. Most of the girls in their pubertal age must have suffered from this distressing acne.
- ▶ In this article let us learn what is acne, how it is formed and what are its possible treatment.

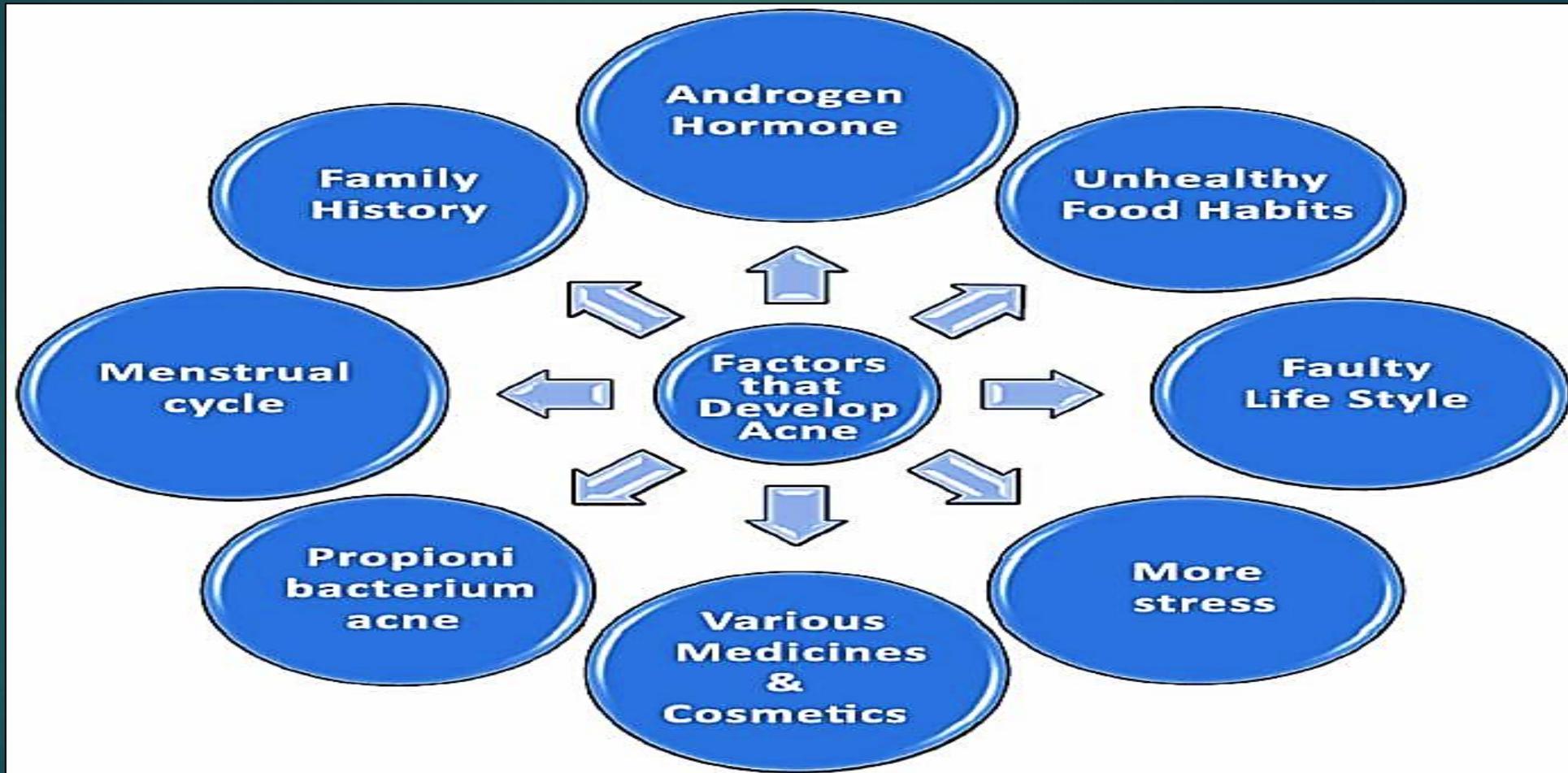
# DEFINITION

- ▶ Acne is commonly called as acne vulgaris.
- ▶ This is a disorder characterized by chronic inflammation of blocked pilosebaceous follicles. It predominantly affects teenagers.
- ▶ It causes whiteheads, blackheads or pimples.

# Site of affection

- ▶ Acne mainly appears on
  1. Face
  2. Forehead
  3. Chest & upper back
  4. Shoulders

# ETIOLOGY



# PATHOGENESIS

- ▶ Both androgen and progestogens increase sebum production; colonization of pilosebaceous ducts by *Propionibacterium acnes*,



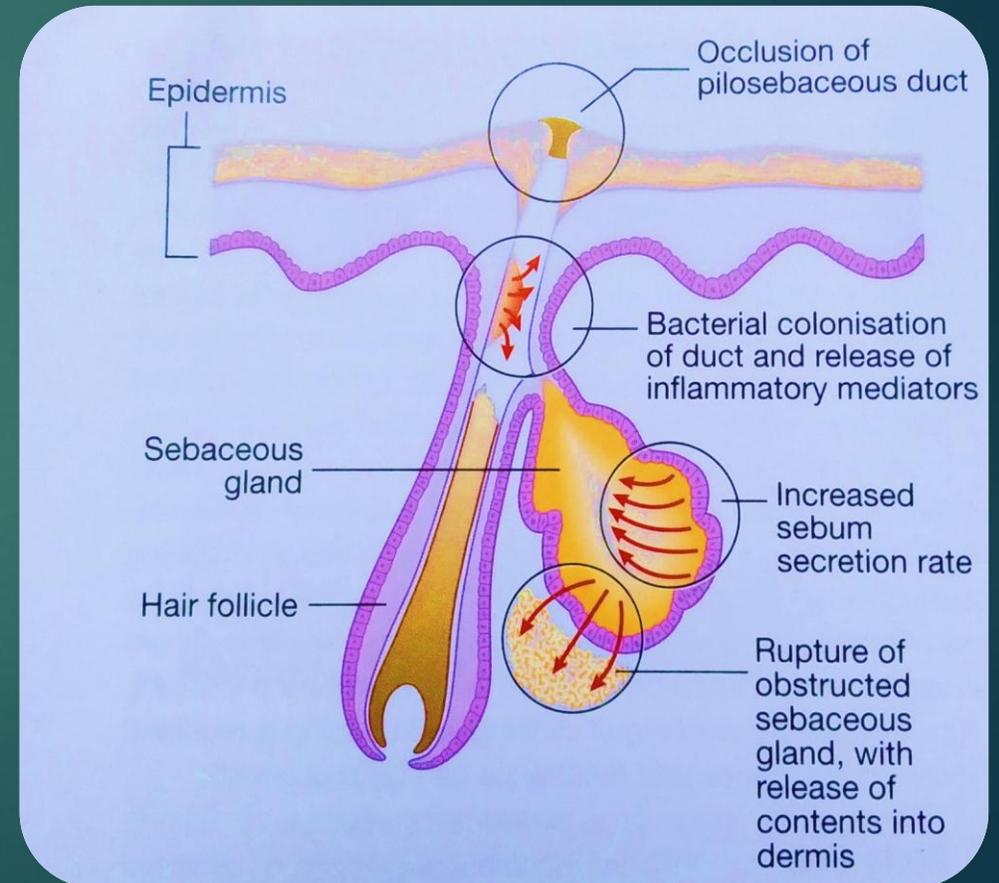
Causes inflammation & hypercornification



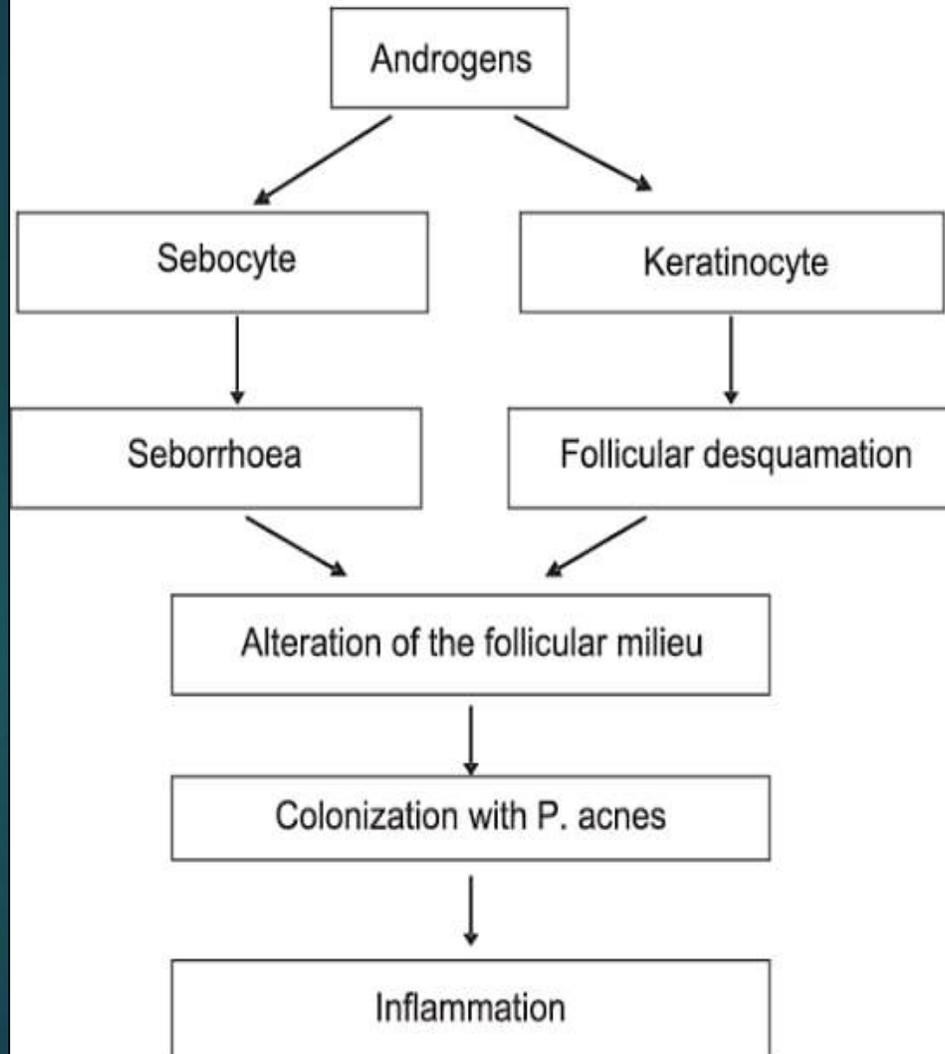
Occlusion of Pilosebaceous duct.



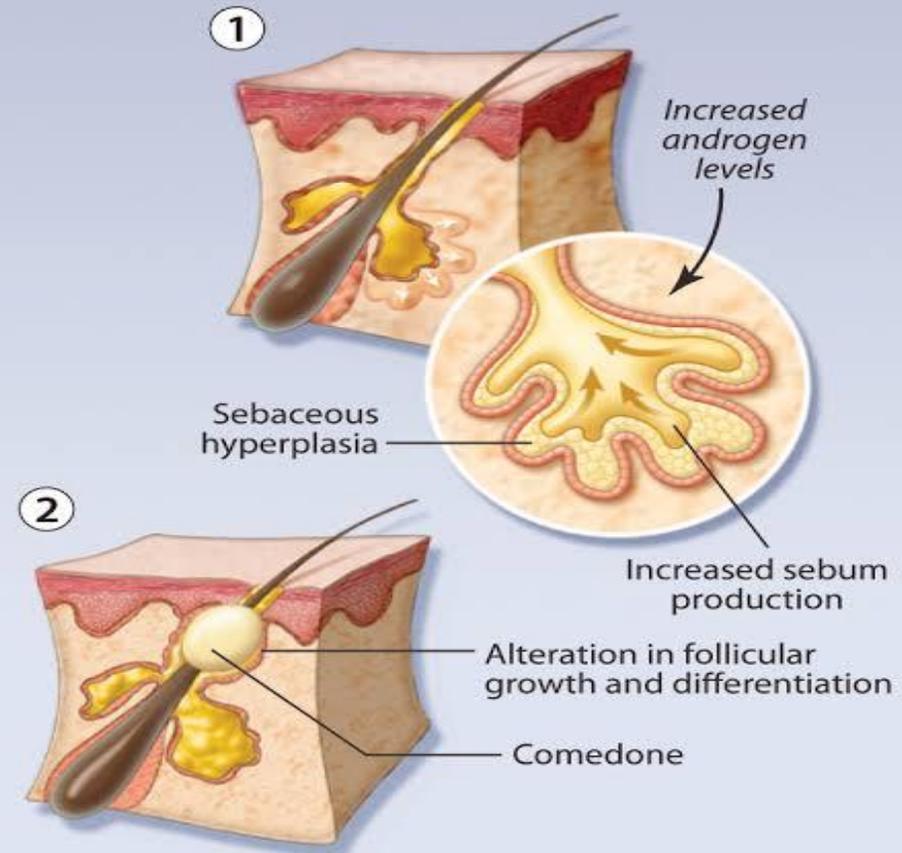
Acne



### Schematic View of Pathogenesis of Acne



## Pathogenesis of Acne



# Clinical features

- ▶ Lesions are limited to the face, shoulders, upperchest and back.
- ▶ Seborrhoea (greasy skin) is often present.
- ▶ Comedones :



## **Open comedones (blackheads) :**

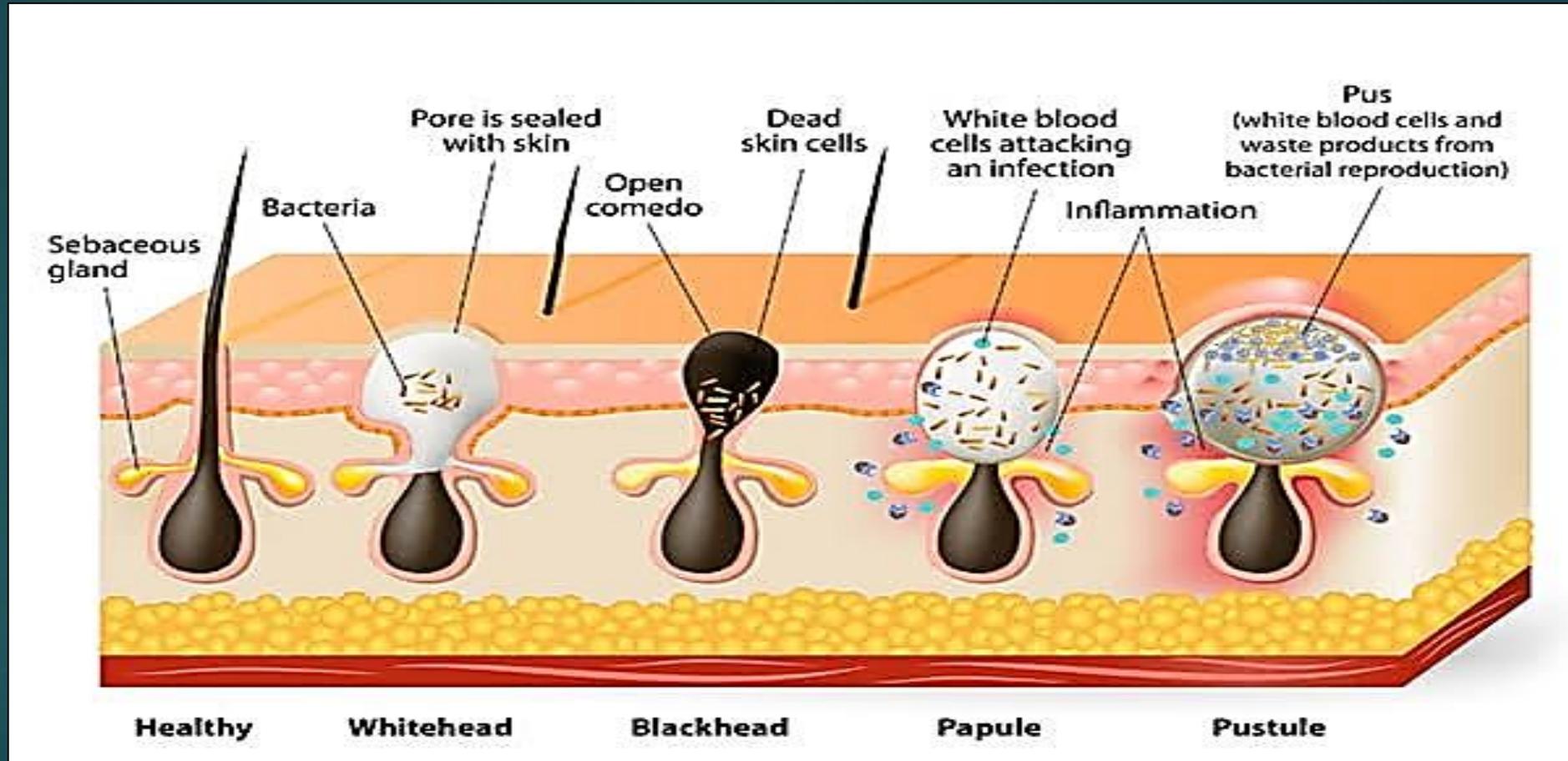
This are dilated keratin-filled follicles, which appear as black papules due to the keratin debris.



## **Closed comedones (whiteheads) :**

Usually have no visible follicular opening and are caused by accumulation of sebum and keratin deeper in the pilosebaceous ducts.

- Inflammatory papules, nodules and cysts occur and may arise from comedones and can lead to scarring.



# **CLINICAL VARIANTS OF ACNE :**



## **ACNE CONGLOBATA :**

Usually affecting adult males, seen most commonly on trunk and upperlimbs. Characterised by comedones, nodules, abscess, sinuses and cysts, usually with marked scarring.

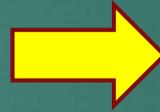


## **ACNE FULMINANS :**

Also known as acne maligna. It is usually found on trunk in adolescent males. Acne associated with fever, arthralgias and systemic inflammation, with raised neutrophil count and plasma viscosity.

## Acne Excoriee:

Acne lesions that are compulsively squeezed and scratched, resulting in scabs and scars. Results in making mild acne look worse.



# DIAGNOSIS



- Complete history
- Pay attention to endocrine function
  - Rapid appearance with virilization/menstrual irregularity
- Complete medication list
  
- Physical exam:
  - Location                   - scarring
  - Lesion type               - keloid
  - pigmentation

# MANAGEMENT :

## ▶ General measures:

1. Regular washing of face with soap and water.
2. Dietary management :
  - Avoid foods that causes acne :
    - i. Refined grains & sugars such as – bread, rice noodles, sodas & other sugar-sweetened beverages.
    - ii. Fast food : burger,, French fries, hot dogs.
    - iii. Foods rich in omega-6 fats ; western diet which contain large amount of corn & soy oils.
    - iv. Chocolate.

➤ Foods to eat during acne :

- i. Omega-3 fatty acids : such as walnuts.
- ii. Vegetables such as : green leafy vegetable, carrots, onion, garlic.
- iii. Fruits : Melon, oranges.

3. Avoid touching or picking  
acne-prone areas  
as it can cause scarring.



# HOMOEOPATHIC MANAGEMENT :

## **1. Berberies aquifolium :**

It is a remedy for the skin, chronic catarrhal affections, secondary syphilis. It stimulates all glands and improves nutrition. Acne, blotches and pimples on face. Clears the complexion. Pimples, dry, rough, scaly skin. It is given in mother tincture 10 to 15 drops a day.

## **2. Kalium bromatum :**

- The acnes are of pustular, indurate nature. Scars left after the acne heals up.
- The person is very nervous, depressed, low spirited in nature.
- Acne on face, pustules. Itching; worse on chest, shoulders, and face.
- Better when occupied mentally or physically.
- It is usually given in 30<sup>th</sup> potency in acne.

### 3. **Asterias rubens :**

- It is a remedy for the sycotic diathesis; flabby, lymphatic constitution, flabby with red face. Lancinating pains.
- Disposition to pimples at adolescence. Red, pimples on side of nose, chin and mouth.
- Worse, at night and in damp weather.

### 4. **Pulsatilla :**

- It is pre-eminently a female remedy, especially or mild, gentle, yielding disposition
- Acne occurring in young girls at puberty
- Acne especially when attended with menstrual irregularities of any kind.
- Acne worsened with consumption of fatty foods.
- Worse, from heat, rich fat food, after eating towards evening, better – in open air, motion, cold application.

## 5. **Bovista lycoperdon :**

- Has a marked effect on the skin. Adapted to stammering children, old maids with palpitation; and “tottery” patients.
- Acne worse in summer; due to use of cosmetics.
- Acne itch on getting warm.
- Pimples covers the entire body.

## 6. **Psorinum :**

- It is indicated for acne of all types – acne simplex, acne pustular and acne indurata.
- Acne due to oily skin
- Intolerably itchy acne which worsen during the winter.
- Worse From eating sweets, chocolates, meat and fatty food.

**THANK YOU**

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