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Successful treatment of acne with homeopathic medicines

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Disfigurement associated with psychological problem is the major problem of acne which commonly affects the adolescent population. Hyperkeratinization, obstruction of sebaceous follicles, stimulation of sebaceous gland secretion, propionibacterium acnes colonization of pilosebaceous units are some of the important pathogenetic factors of the disease. The clinical lesions are usually mild comedones to cystic inflammatory acne over face, forehead, chest and back. In many cases, conventional treatment fails and the patients become helpless in this condition. In this study, we explored possible curative role of two homeopathic medicines ("sulphur" and "tuberculinum") following a pilot study done earlier at Ramakrishna Mission Charitable Dispensary, Belur Math, Kolkata. A group of 450 such cases were enrolled in the study following consideration of all ethical issues and inclusion and exclusion criteria formulated at our institute. There was also a control group of 40 cases where only placebo was given which were similar in appearance containing only vehicle of the medicine. Only a single oral homeopathic medicine ("sulphur" or "tuberculinum") was given in the test group based on clinical case history as observed in the pilot study. No local application was used in the study. Out of 450 cases, 442 (98.22%) cases showed significant improvements within six months of treatment including cure, while the control group showed no changes even after six months. These results indicate a potential role of homeopathic medicines in such cases.

Biography

Swami Shraddhamayananda is the Monk in Charge of the Medical Unit at Belur Math, Ramakrishna Mission, Belur, Howrah, West Bengal, India. He is now engaged in the study of alternative medicines particularly the homeopathic medicines on different skin diseases and he is now running a separate clinic for this purpose which is at present attended by hundreds of patients daily. He has published 12 papers on various skin diseases in peer reviewed journals and published a book on vitiligo which has been translated in more than 10 different languages.

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