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RESEARCH ARTICLE

SUCCESSFUL MANAGEMENT OF LICHEN PLANUS PIGMENTOSUS TREATED AT DR BATRA'S® HOMEOPATHY CLINIC: A CLASSICAL CASE STUDY

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ABSTRACT

Lichen PlanusPigmentosus (LPP) is a chronic inflammatory pigmentary disorder that significantly impacts quality of life and often shows limited response to conventional management. This case study documents the successful classical homeopathic management of a middle-aged female presenting with progressive facial hyperpigmentation unresponsive to topical and supportive therapies. A detailed individualistic evaluation based on mental, physical, and general characteristics was undertaken, followed by repertorization and constitutional prescribing. Marked clinical improvement with sustained remission and enhanced quality of life was observed over a one-year treatment period. This case highlights a holistic transformation achieved through individualized homeopathic intervention at Dr Batra's Homeopathy Clinic.

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INTRODUCTION

Lichen Planus Pigmentosus is a variant of lichen planus characterized by insidious onset of slate-brown to dark brown hyperpigmented macules, commonly involving sun-exposed areas. The condition is chronic, cosmetically distressing, and often refractory to conventional treatments such as topical steroids, depigmenting agents, and sunscreens. Classical homeopathy, with its emphasis on individualization and constitutional treatment, offers a holistic therapeutic approach by addressing the underlying susceptibility rather than isolated skin manifestations.

Case Profile

- **Age / Sex:** 45-year-old female
- **Occupation:** Homemaker
- **Marital Status:** Married, two children (LSCS)
- **Presenting Complaint:** Progressive dark pigmentation over face, neck, and later upper limbs

Clinical History: The patient presented with complaints of dark brown to blackish pigmentation over the face for the past 3–6 months, gradually progressive, associated initially with mild itching and dryness of skin.

There was no burning or discharge. The pigmentation was more prominent over sun-exposed areas. The patient had used various over-the-counter cosmetic products, sunscreens, and face washes with no significant relief. She had no history of similar complaints in the past. There was no history of autoimmune disease. She was a known case of hypertension for 10 years, well controlled on conventional medication.

Mental Symptoms: From childhood, the patient described herself as sensitive, emotionally expressive, and deeply religious, with a strong moral value system. She was obedient, disciplined, and punctual, often taking responsibilities seriously. During adolescence and early adulthood, she developed a straightforward and outspoken nature, preferring honesty over diplomacy and disliking pretence or backbiting. With increasing family responsibilities and later emotional stressors such as deaths in the family and property-related disputes, she became more emotionally intense, easily angered, yet forgiving. She preferred solitude when emotionally disturbed, avoiding confrontation. Despite being socially functional, she expressed a desire to remain within a close circle, valuing depth over superficial relationships. Over time, she developed absent-mindedness, forgetfulness in daily activities, and a tendency to overthink, especially regarding family matters. She maintained good self-confidence,

Remedies	lach.	sep.	verat.	hyos.	sulph.	lyc.	aur.	bar-c.	nux-v.	arg-n.	ars.	plb.	staph.	calc.	carc.	olib-sac.	carb-n-s.	cycl.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Symptoms Covered	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
Intensity	11	11	10	9	9	8	7	7	7	6	6	6	6	5	5	5	4	4
Result	4/11	4/11	4/10	4/9	4/9	4/8	4/7	4/7	4/7	4/6	4/6	4/6	4/6	4/5	4/5	4/5	4/4	4/4
Clipboard 2																		
MIND - ABSENTMINDED	3	3	3	2	2	2	2	2	2	1	1	2	1	1	1	1	1	1
MIND - ACTIVITY - desires activity	3	2	3	2	2	1	1	1	1	1	2	1	1	1	1	1	1	1
MIND - COMPANY - aversion to	2	3	1	2	2	2	2	3	3	2	1	2	3	1	1	1	1	1
MIND - RELIGIOUS AFFECTIONS - too occupied with religion	3	3	3	3	3	3	2	1	1	2	2	1	1	2	2	2	1	1

FOLLOW-UP

Date	Clinical Findings	Prescription Given	Response
Initial Visit	Dark facial pigmentation, mild itching, dry skin, emotional stress	Lachesismutus 200C (single dose) + Berberisaquifolium Q (10 drops BD)	Baseline documented
1 Month	Itching reduced, dryness better	Placebo continued + Berb. aquifolium Q	Improvement noted
3 Months	~45% lightening, no itching	Lachesismutus 200C (repeat dose) + Berb. aquifolium Q	Visible change
5 Months	Pigmentation stable, no new lesions	Arsenicum album 200C (single dose)	Supportive
6 Months	50–60% improvement	Placebo + Berb. aquifolium Q	Continued response
8 Months	Emotional calmness improved	Lachesismutus 200C (repeat)	Constitutional balance
10 Months	Pigmentation lightening on face, neck, arms	Placebo only	Sustained
12 Months	85–95% improvement, no recurrence	Maintenance placebo	Remission achieved

Transformation

Parameter	Before Homeopathy	After Homeopathy
Pigmentation	Dark, progressive	85–95% resolved
Itching	Present	Absent
Skin Texture	Dry, dull	Smooth, healthy
Emotional State	Anxious, overthinking	Calm, confident
Sleep	Disturbed	Restorative
QoL	Psychologically affected	Markedly improved



independence of thought, and a strong inclination toward religious practices as a coping mechanism. She reported a desire for activity and productivity, feeling restless when idle.

Physical Generals

- **Appetite:** Mixed
- **Thirst:** Increased (3–4 L/day)
- **Thermal Reaction:** Hot patient
- **Perspiration:** Normal, non-offensive
- **Sleep:** Initially disturbed due to stress; later improved
- **Menses:** Regular
- **Habits:** None

Diagnosis Lichen Planus Pigmentosus

Differential Diagnosis

- Melasma
- Post-inflammatory hyperpigmentation

Homeopathic Case Analysis

Life Space–Mind–Body–Chief Complaint (LSMC)

- **Life Space:** Homemaker, emotionally affected by family losses and responsibilities
- **Mind:** Religious, sensitive, expressive, easily angered, desires solitude, absent-minded, active
- **Body:** Hot patient, dry skin, facial hyperpigmentation
- **Chief Complaint:** Progressive facial pigmentation

Totality of Symptoms

- Religious disposition
- Absent-mindedness
- Desire for activity
- Easily angered; desires solitude when angry
- Sensitive, expressive emotions
- Dry skin with facial hyperpigmentation
- Hot patient
- Increased thirst

Repertorial Rubrics

- Mind – Religious affections
- Mind – Absent-minded
- Mind – Activity, desires
- Mind – Anger, easily
- Mind – Desire to be alone
- Skin – Discoloration, dark
- Skin – Dryness
- Generals – Heat, aggravation

Repertorization Result

The repertorial analysis highlighted a constitutional remedy covering the mental generals, physical generals, and skin pathology with strong correspondence to the patient's emotional intensity, religious inclination, activity desire, and pigmentary disorder.

Remedy Selection & Justification

Constitutional Remedy: Lachesismutus 200C

Reason for Selection: Lachesismutus was selected as the constitutional remedy based on the predominance of mental generals and characteristic personality traits. The patient exhibited deep religious inclination, emotional intensity, loquacity, and a straightforward nature. She expressed emotions openly, became easily angered, and preferred solitude when emotionally disturbed. Marked absent-mindedness, desire for activity, strong self-confidence, and sensitivity were prominent features. Physically, she was a hot patient with dry skin and chronic pigmentary changes. The remedy also has a strong affinity for chronic skin conditions with discoloration and supports deep constitutional correction.

Acute / Intercurrent Remedy: Arsenicum album 200C

Reason for Selection: Arsenicum album was prescribed intermittently to address acute phases characterized by skin dryness, initial itching, anxiety related to health, restlessness, and exhaustion due to emotional stress. Its action on chronic skin disorders with pigmentation, coupled with mental restlessness and fastidiousness, made it suitable as an intercurrent remedy.

Specific Remedy: Berberisaquifolium Q Reason for

Selection: Berberisaquifolium was used as a specific supportive remedy due to its well-documented affinity for hyperpigmentation, discoloration of skin, and chronic dermatoses. It supported gradual clearing of pigmentation and improved skin texture without suppressive action.

Miasmatic Consideration

The case predominantly reflected a syphilitic-sycoticmiasmatic background, evident from:

- Chronic progressive pigmentation
- Emotional intensity and sensitivity
- Deep-seated pathology affecting skin and psyche

DISCUSSION

This case demonstrates the effectiveness of classical homeopathy in managing chronic pigmentary disorders like Lichen PlanusPigmentosus. The individualization of treatment based on mental and physical generals allowed for deep constitutional action rather than symptomatic suppression. The gradual yet sustained improvement aligns with homeopathic principles of cure, emphasizing restoration of internal balance. Failure of prior cosmetic and supportive measures underscores the importance of holistic case-taking. The absence of recurrence during remission further supports the role of homeopathy in chronic dermatological conditions. Emotional and psychological transformation observed in the patient highlights the mind-body connection central to homeopathic philosophy.

CONCLUSION

The present case illustrates that a well-selected constitutional homeopathic remedy, guided by classical principles, repertorization, and miasmatic understanding, can lead to significant clinical and psychological improvement in Lichen PlanusPigmentosus. The sustained remission, absence of

adverse effects, and overall enhancement of quality of life emphasize the role of individualized homeopathy in chronic skin disorders. A clear transformation was achieved through systematic homeopathic care at Dr Batra's Homeopathy Clinic.

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