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## CASE STUDY

# HOMOEOPATHIC MANAGEMENT OF LICHEN PLANUS PIGMENTOSUS: A CASE STUDY

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### ABSTRACT

Lichen Planus Pigmentosus (LPP) is a skin condition which is chronic in nature commonly known as hyperpigmentation. LPP causes dark patches on sun-exposed areas. This paper explores a case study where efficacy of homeopathy is witnessed in a depressed and hopeless female, almost confined to her home because of her facial condition. After starting homeopathic treatment, she saw incredible results, regained her confidence, and began socializing again. This study highlights how homeopathy can effectively manage LPP and improve patients' lives.

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## INTRODUCTION

Hyper pigmentation of skin can be caused due to chronic exposure of sun and flexural folds. The exact cause is unclear, but it may involve immune-mediated mechanisms and triggers such as infections or certain medications. Symptoms include Itchy, thick dark patches, papules, purplish appearance, dry and rough skin. If left untreated complications can include significant cosmetic concerns and psychological distress, affecting the patient's quality of life.

## CASE PROFILE

A 48-year-old female patient came with a complain of with hyperpigmentation on her face, particularly on her forehead and cheeks since 2020. The darkening of her skin began a month after a beauty treatment done at a salon. The darkening was not only limited to the skin but that also affected her self confidence. She experienced itching and burning sensation in the affected areas. This itching and burning is aggravated when she applies hair color. A marked aggravation of these complaints is noted when she has extreme stress for certain issue or else it worsens with heat and any kind of but improve with the application of cold water. Prior to the salon treatment, she was under severe mental stress due to her separation from her husband.

### Physical Generals

Diet	She is hard core non vegetarian
Appetite	Good
Desire	Chicken; salty; chilly
Aversion	Sweet
Thermal Reaction	Prefers winter
Thirst	Less
Stools	Regular
Urine	Pale yellow
Perspiration	Less
Sleep	Disturbed 5-6 hrs
Dreams	Fearful dreams of robbery

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**Examination:** Under woods lamp examination violaceous maculo papular rashes observed.

**Mental Generals:** She was a teacher by profession and was perusing the same in Kurseong, Darjeeling from 2001. Later after 6 years as she was getting married she had to resign from the job and move to Kolkata, she started staying depressed as she missed Kurseong a lot. She got married in 2012 and divorced in 2020. During her marriage there were many disturbing incidences such as - She had a miscarriage in 2014. Her husband subjected her to mental and physical abuse, and her mother-in-law did not accept her. Her husband demanded dowry, which she did not provide. After all this she was drenched into depression and she used to be very fearful at night as her husband would beat her. Eventually, her husband ordered her to leave the home. Now they are finally separated and she lives with her mother now

**Past History**

Suffered from Malaria; Covid; Asthma

**Family History**

Father - Diabetes

Mother - Cervical spondylosis

**Case analysis**

Repertorial totality

Repertory used	Rubrics selected
Synthesis Repertory by Frederick Schroyence	<ul style="list-style-type: none"> <li>Mind - Delusions - alone being</li> <li>Mind - Company- aversion to - alone amel, when</li> <li>Mind - Secretive</li> <li>Generals - Food &amp; Drinks - salt - desire</li> </ul>

**Repertory screenshot**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
5. Clipboard 5	14	11	10	9	8	7	6	6	9	7	7	6	6	6	6	6	6	6	5
1. MIND - DELUSIONS - alone, being (62) 1		1	1	1		2	1	1	2			1		2		1			
2. MIND - COMPANY - aversion to - alone amel.; when (59) 1	2	1	2			1	1	1	3		2		2	1				1	1
3. MIND - SECRETIVE (45) 1	1	1	1	2	1		1			2		1	2		1				2
4. GENERALS - FOOD and DRINKS - salt - desire (161) 1	1	1	2	1		1	2		1	1	1		1		1		1	1	1
5. MIND - FORSAKEN feeling (191) 1	2	2	1	1	1	2	1	2	3	2	2	3	1	2	2	2		2	2
6. SKIN - DISCOLORATION - blackish (51) 1	1	1	3		1			1				1			2	2	1		1
7. GENERALS - LIGHT; from - agg. - sunlight (45) 1	1	1			1	1		1		2	2		1		1		3		
8. MIND - DELUSIONS - wretched; she looks (6) 1	3																		1

**Selection of Remedy**

Remedy	Reasons
NAT-MUR 200 - 2 doses	Mental grief

**Miasmatic approach**

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Dry skin		Secretive	Alone desire	Desire chicken
Amel from cold		Confidence want of	Hyper pigmentation	P/h - asthma
Desire chilly spicy		p/h asthma, appendicitis		
<b>Miasmatic predominance</b>				
It is a multi miasmatic case but predominantly sycotic in nature				

**RESULTS**

MONTHS	PROGRESS	PRESCRIPTION
1 <sup>st</sup> month	Slight changes started taking place after 1 <sup>st</sup> Rx	Nat-mur 200 2 doses followed by Berberis Aqua 6c/LA Silicea powder 6x
2 <sup>nd</sup> month	Hyper pigmentation reduced much & itching was there	Berberis aqua 6c & fago 6c
3 <sup>rd</sup> month	Pigmentation has reduced skin is getting smooth & itching reduced	Berberis aqua 6c & fago 6c
4 <sup>th</sup> month	Pigmentation is less with no itching	Berberis aqua 6c
5 <sup>th</sup> month	Hyper pigmentation is much less	Nat-mur 200c 2 dose doses followed by berberis aqua 6c
6 <sup>th</sup> month	Hyper pigmentation is less	Berberis aqua 6c
7 <sup>th</sup> month	Hyper pigmentation is less sometimes there is itching	Berberis aqua 6c & fago 6c
8 <sup>th</sup> month	Hyper pigmentation is less & itching reduced	Berberis aqua 6c & silicea powder 6x local application
9 <sup>th</sup> month	Hyper pigmentation is less with no itching	Berberis aqua 6c & sil powder 6x
10 <sup>th</sup> month	Hyper pigmentation is less	Nat-mur 200c 2 dose with Berberis aqua 6c

## DISCUSSION & CONCLUSION

Lichen Planus Pigmentosus (LPP) is a chronic skin condition that causes hyperpigmentation, leading to dark patches on sun-exposed areas. This case study of a 48-year-old woman highlights the efficacy of homeopathy in treating LPP, resulting in significant improvement in her skin condition and psychological well-being. After starting homeopathic treatment, she regained her confidence and began socializing again, demonstrating how homeopathy can effectively manage LPP and enhance patients' lives.

To whome it may concerned,  
I am Jennifer Joseph bearing patient I.D 110007331753  
Undergoing treatment in Minto Park Clinic, Dr. batra's, under the guidance  
of Dr. Sudepta Indra. I have taken both Homeopathy and skin AI  
therapy as advised by my dr.  
I wish to say both are still left but I have got maggical differenes  
after a month. I would like to thank dr for his expert advise.  
My therapist is also very good and helpfull.

### The transformation



## **Acknowledgments**

I thank those who have helped and supported me personally and professionally during this case.

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