



# INDIVIDUALIZED HOMOEOPATHY AS A COMPLIANT IN THE TREATMENT OF PITYRIASIS: A CASE REPORT

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**Abstract:** Pityriasis alba is a common, skin disorder that mostly affects children and adolescents. It is characterized by ill-defined macules and patches (or thin plaques), round or oval, with mild scaling, and occasionally with mild pruritus. They are most commonly found on the face (particularly the cheeks), arms, and upper trunk. No specific cause of pityriasis alba has been identified. Homoeopathic medicines are prescribed on the basis of individualization, as every individual is different from others. In such cases homoeopathy when given after individualization works effectively.

**Method:** Arsenic album was prescribed on the basis of individualization.

**Result & Conclusion:** An 18 year old female patient had complaint of scaly patches on face since 2 months. Arsenic album 30 was given on the basis of totality of symptoms. In her subsequent visits she showed improvement with reduction in patches.

**Keywords:** Pityriasis alba, Homoeopathy, Individualization, Arsenic album

**Introduction:** Pityriasis alba is a common, benign skin disorder occurring predominantly in children and adolescents. The name refers to its appearance *pityriasis* refers to its fine scales and *alba* to its pale color (hypopigmentation). It is characterized by ill-defined macules and patches (or thin plaques), round or oval, with mild scaling, and occasionally with mild pruritus. They are most commonly found on the face (particularly the cheeks), arms, and upper trunk, and are more in people with darker skin<sup>1, 2</sup>.

Pityriasis alba is most common in children aged three to 16 years, with 90% of cases occurring in children younger than 12 years. No specific cause of pityriasis alba has been identified. Pityriasis alba is not seasonal, although scaling worse in the winter (as a result of dry air in homes), and lesions more obvious in the spring and summer (as a result of sun exposure and darkening of the surrounding skin). It is not contagious, and no infectious etiology has been reported. It is more common in patients with a history of atopy, and a slightly male predominance has been noted<sup>1, 3</sup>.

The microscopic features of pityriasis alba are a mild, chronic, nonspecific dermatitis with decreased melanin production. Although there is no specific diagnostic criteria, but in skin biopsy specimen include certain feature, irregular or markedly reduced melanin in the basal layer, no significant decrease in melanocyte count, and reduced number of active melanocytes with a decreased number and size of melanosomes. The diagnosis of pityriasis alba is based on the clinical appearance and distribution of the skin lesions<sup>1, 3</sup>.

## CASE PROFILE

**Presenting complaints:** An 18 year old female presented with the complaint of scaly patches in spot on face with itching since 2 months. Itching worse after bathing and on exposure to air, better from covering the face.

**History of presenting complaints & treatment history:** Patient was apparently well two months back when she gradually developed scaly patches on face. Initially, it appeared in small spot which later spread over face. She applied ointment application which provided mild relief in itching, but after withdrawing the ointment the itching reappeared and patches were same.

**Past history:** Patient had history of Atopic Dermatitis 10 years back.

**Family history:** Father – healthy and alive; Mother – alive, H/O bronchial asthma.

**Mental generals:** Patient feels anxiety during sleep<sup>+++</sup>, there is fear of being alone<sup>+++</sup>, she gets frightened easily<sup>+++</sup>

### Physical generals:

Thirst: unquenchable thirst for normal water.

Desire: warm food

Urine: ineffectual urge for urination

Sleep: sleeplessness before midnight

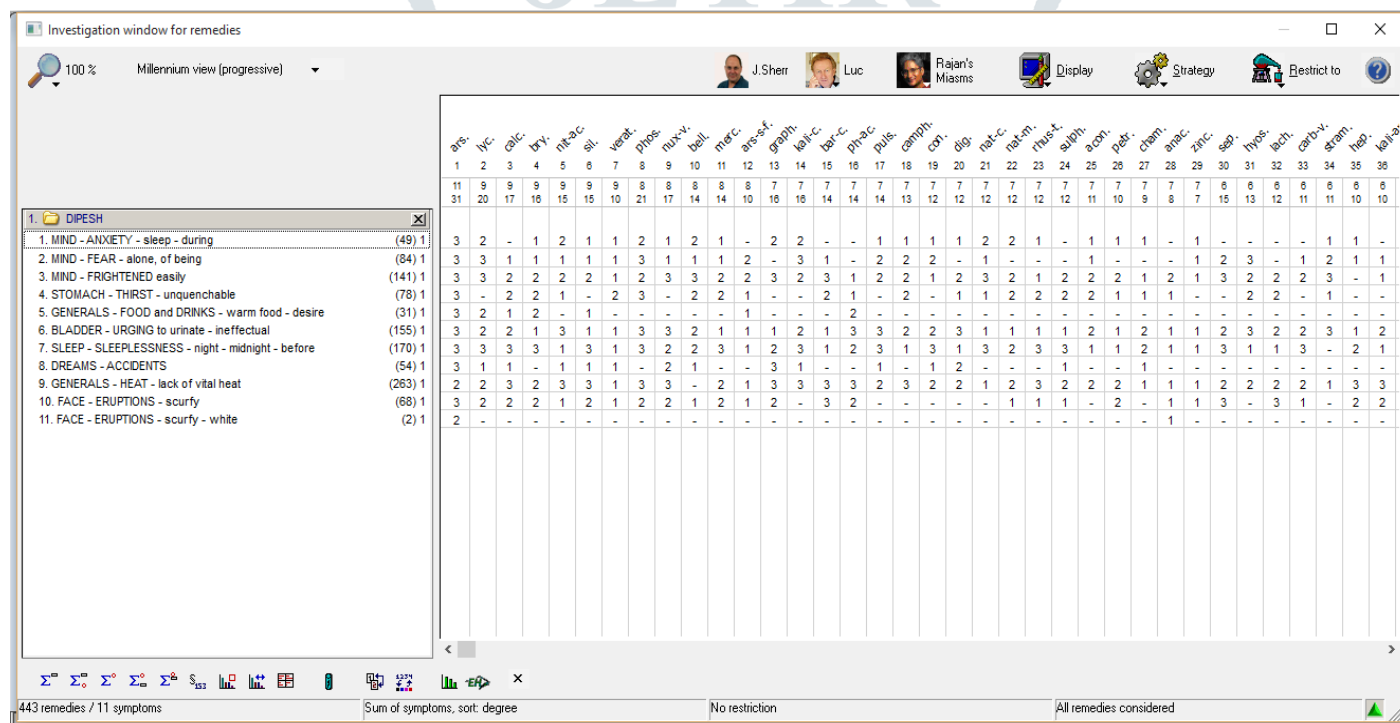
Dreams: of accidents

Thermal Reaction: chilly

**Diagnosis:** Pityriasis versicolor

**Totality of symptoms:**

1. Anxiety during sleep+++
2. Fear of being alone+++
3. Gets frightened easily++
4. Unquenchable thirst for normal water+++
5. Desire warm food+++
6. Ineffectual urge for urination++
7. Sleeplessness before midnight++
8. Dreams of accidents++
9. Chilly++
10. White scaly eruptions in face+++



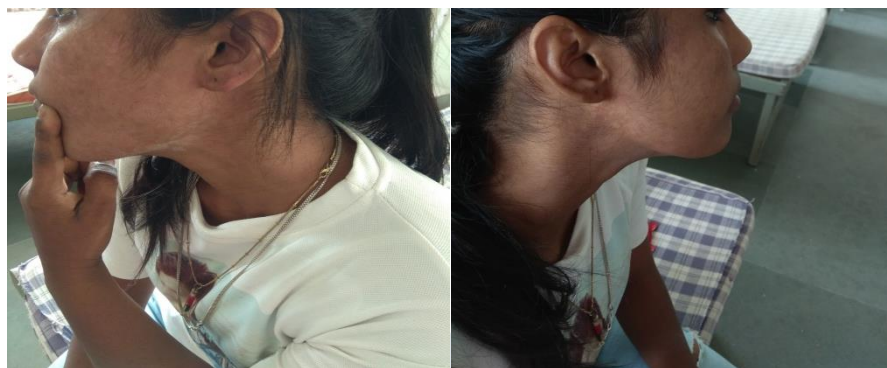
**Fig 1: Repertorial analysis<sup>4</sup>**

On repertorial analysis Arsenic secured highest marks (31) covering all the rubrics (11) while Lycopodium covering (20/9) and Calcarea (17/9).

**Prescription with justification:** Arsenic album was prescribed on the basis of totality of symptoms. 30 CH potency was selected and single dose was given to avoid any aggravation, followed by Rubrum for 15 days.

**Table 1: Follow ups:**

Date	Symptoms	Prescription
03/08/2021	White scaly patches on face with itching after bathing and on exposure to air.	R <sub>x</sub> Arsenic album 30/ 1 dose, Rubrum 30/ TDS x 15 days
17/08/2021	Slight reduction in patches with no further spread, itching ameliorated.	R <sub>x</sub> Phytum 30/ 1 dose, Rubrum 30/ TDS x 15 days
31/08/2021	Patches – SQ with no episode of itching	R <sub>x</sub> Arsenic album 30/ 1 dose, Rubrum 30/ TDS x 15 days
14/09/2021	Patches cleared, there was no spread and no episode of itching till now.	R <sub>x</sub> Phytum 30/ 1 dose, Rubrum 30/ TDS x 15 days

**Fig 2: Before Treatment****Fig 3: After Treatment****References:**

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