

Effects of Holistic Homoeopathic Management in Pityriasis Alba of A Boy

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ABSTRACT

Homoeopathy is a unique system of medicine based on individualization and symptom similarity of the patient. It treats sickness of a man as a whole and individualised entity. Homoeopathy can help in the treatment of various skin conditions, as it can be seen from the case report presented of a 12 years old boy who was suffering from hypo pigmented skin since 4-5 months and treated within 3 weeks with Homoeopathic similimum which was selected on the basis of individualisation.

Keywords: Homoeopathy, Pityriasis alba, Individualisation.

INTRODUCTION

The morphology of Pityriasis Alba is characterized by scaly hypo pigmented macule. [1] It is a common cutaneous disorder usually asymptomatic, hypo-pigmented macules with or without mild scaling are its presenting lesions. Its aetiology and pathogenesis are still poorly understood. [2] Homoeopathy signifies a system of treatment in which the prescription is based on the similarities of symptoms of the patient. Diagnosing Pityriasis Alba through clinical examination and rule out the local symptoms. Dr. Samuel Hahnemann says in the Organon of Medicine that disease is the dynamic derangement of the vital dynamism by the dynamic influence of the disease producing agent. [3] As stated by Dr. Hahnemann in his Organon of Medicine in Aphorism 1, "The physician's high and only mission is to restore the sick to health, to cure, as it is termed." [4]

MATERIAL AND METHOD

Case: A 12 years old boy reported to the outpatient department (OPD) of Solan Homoeopathic medical college and hospital Kumarhatti, (H.P.) on 13 August 2024, came with complaint of dry scaly skin with circular hypopigmentation over neck since 4-5 months.

History of present complaint: Patient was apparently well 5 months back. Since 5 months he noticed dryness in the back of neck and also slowly white patches developed over the same region. So on advice of one of her family member he applied coconut oil but dryness remains same then he applied some ointment for few months but there was not any improvement in the patient. So he visited to SHMC&H for treatment.

Past history: Patient had history of cold and cough since childhood.

Medicinal history: He has applied ointment topically over skin for 3-4 months.

Family history: Father has vitiligo since 6-8 years.

Physical generals: He has difficulty in tolerating cold weather. He drinks 1 glass of water per day. His appetite is good. He has desire for ice cream. Urine and bowel habits are normal.

Mental generals: Patient is timid and anxious. He keeps his school bag and his uniform properly and cleanly. Whenever he got any attack of coryza he becomes anxious and thinks he can die from this suffering.

Diagnosis: Pityriasis Alba

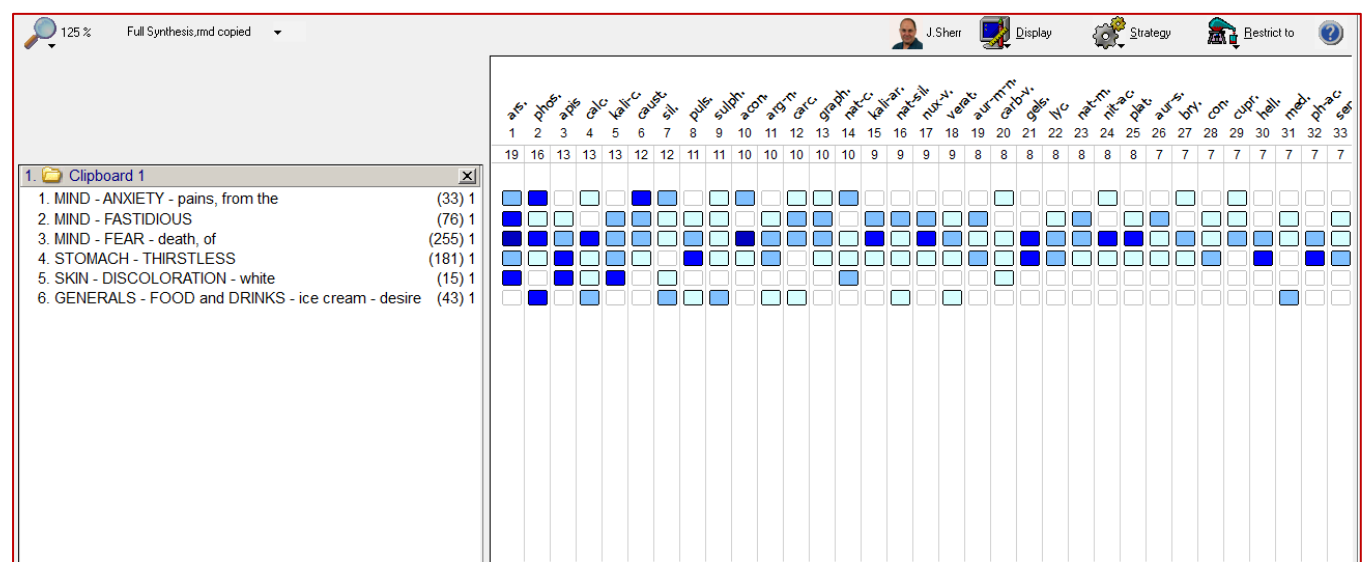
Analysis and Evaluation of Symptoms:

S.NO.	SYMPTOMS	MG/PG/PARTICULARS	INTENSITY
1.	Anxiety from pain	MG	+++
2.	Fastidious	MG	+++
3.	Fear of death	MG	+++
4.	Drink very less water	PG	+++
5.	White spot over skin	PG	+++
6.	Desire ice cream	PG	++

Repertorial Totality:

S.NO.	SYMPTOMS	CHAPTER/RUBRICS
1.	Anxiety from pain	MIND-ANXIETY-pain, from the
2.	Fastidious	MIND-FASTIDIOUS
3.	Fear of death	MIND-FEAR-death, of
4.	Drink very less water	STOMACH-THIRSTLESS
5.	White spots over skin	SKIN-DISCOLORATION-white
6.	Desire ice cream	GENERALS-FOOD AND DRINKS-ice cream-desire

Repertorial Sheet:



The screenshot shows a software interface for a repertorial sheet. On the left, there is a 'Clipboard 1' window listing six symptoms with their corresponding repertorial numbers in parentheses:

- 1. MIND - ANXIETY - pains, from the (33) 1
- 2. MIND - FASTIDIOUS (76) 1
- 3. MIND - FEAR - death, of (255) 1
- 4. STOMACH - THIRSTLESS (181) 1
- 5. SKIN - DISCOLORATION - white (15) 1
- 6. GENERALS - FOOD and DRINKS - ice cream - desire (43) 1

On the right, there is a large grid of remedies. The columns are labeled with remedy names: ars., phos., apis, calc., kali-c., caust., sil., pulv., sulph., acon., arg-n., cer-c., graph., nat-c., kali-car., nat-sil., nux-v., verat., aur-m., carb-v., gels., lyc., nat-m., nit-c., plat., aur-s., bry., con., cupr., hell., med., ph-ac., ser. The rows are numbered 1 to 33. Blue squares indicate the presence of a symptom for a given remedy. For example, in the first row (Anxiety from pain), remedies like ars., phos., apis, calc., kali-c., caust., sil., pulv., sulph., acon., arg-n., cer-c., graph., nat-c., kali-car., nat-sil., nux-v., verat., aur-m., carb-v., gels., lyc., nat-m., nit-c., plat., aur-s., bry., con., cupr., hell., med., ph-ac., and ser are marked with blue squares.

Repertorial Analysis:[5]

S.NO.	REMEDIES AND THEIR RELATIVE VALUES
1.	Arsenic album 19/5
2.	Phosphorus 16/5
3.	Apis mellifica 13/4
4.	Calcarea carb 13/4

The remedy: Arsenic album 200-single dose followed by Rubrum for 1weeks -13/08/2024.

Medicine was selected after analysing the detailed case history of patient and on the basis of presenting totality of symptoms using (synthesis repertory) with the help of RADAR version-10 software. As Arsenic album covered all rubrics and higher score. Finally Arsenic album was found to be most appropriate for this case covering general, including physical and mental picture as well as thermal reaction. Remedy is again confirmed with reference from MateriaMedica. The points considered in confirming the remedy from various texts are as follows;

Eruptions, popular, dry, rough, scaly, worse cold and scratching[6]

Anxious, fearful, restless, full of anguish.[7]

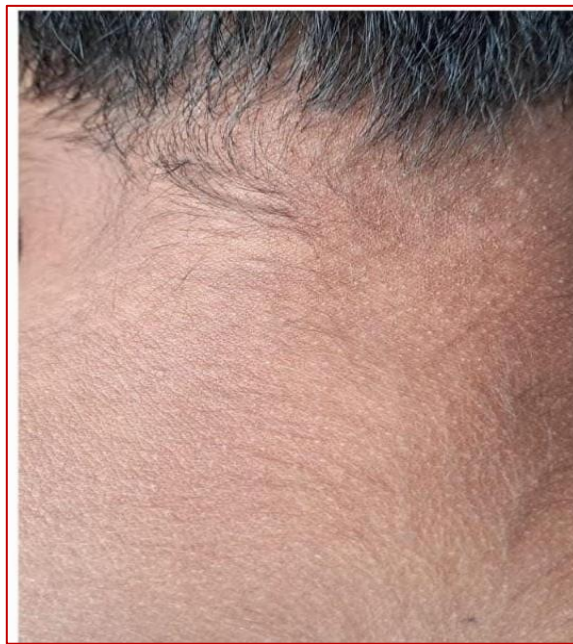
Fears ; of death ,of being left alone[8]

The potency was selected according to the susceptibility of the patient. Single dose of Arsenic album is given to avoid unnecessary aggravation as has been said in aphorism 278 that only true experience is the best guide for a physician to know how much small a dose should be in order to bring upon a cure without causing unnecessary aggravation of the disease. [9]

Follow up:The patient was followed after one week and there was improvement in hypo pigmented skin and after 3 weeks neck was clear.



(Fig.-1, Before treatment)



(Fig.-2, After treatment)

Result and discussion: Homoeopathy is known to be useful in many dermatological conditions and a number of case studies have documented its beneficial effect in many diseases of skin.

Skin diseases are common and these makes the person disabled in one way or another. Globally, skin diseases continue to be the fourth leading cause of non-fatal disease burden worldwide. Quality of life assessment in dermatology can be done using various scales. These have been developed for quantitative measurements of quality of life. Dermatology 'quality of life index' alternately referred to as dermatology life quality index (DLQI) is one amongst different measurement systems. [10]

Conclusion: In Homoeopathy physician encounter with many skin diseases in day to day practice and medicine is selected on the basis of reportorial analysis and individualisation. Potency selection is done on the basis of susceptibility and as mentioned in organon of medicine 5th and 6th edition under aphorism 270 foot note.

Hahnemann mentioned in aphorism 190, 'local disease occurred from little or no injury from without, must be treated as general malady by internal medicines'. In aphorism 191, he mentioned, 'internal administration of a remedy causes important changes in general health and particularly in the affected external parts.' [11]

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