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## Homeopathic management of milia and molluscum contagiosum in children: An observational study

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### Abstract

Milia and molluscum contagiosum are common dermatological manifestations in children, often causing cosmetic concerns and parental anxiety. Conventional treatments involve surgical removal, cauterization, or topical applications, which may be painful, invasive, and prone to recurrence. Homeopathy, based on individualized prescriptions, provides a non-invasive and child-friendly therapeutic option.

This observational study was conducted at Advanced Homoeo Health Center & Homeopathic Medical Research Pvt. Ltd., Indore on 64 children (ages 4-16 years) suffering from milia and molluscum contagiosum. Out of these, 51 patients completed regular homeopathic treatment and showed complete resolution without any local applications. Thirteen patients who were irregular in follow-up were excluded from final analysis. The results highlight that homeopathic medicines are safe, effective, and well-accepted by children for viral skin manifestations.

**Keywords:** Milia, molluscum contagiosum, children, homeopathy, skin disease, wart, thuja occidentalis, calcarea carbonica, silicia, observational study, etc

### Introduction

Milia are small, white, keratin-filled cysts seen commonly on the face of children, while molluscum contagiosum is a benign viral skin infection caused by a poxvirus, presenting as pearly, dome-shaped papules. Both conditions, though self-limiting, can persist for months to years and cause cosmetic disfigurement and psychosocial stress.

Conventional dermatological management includes excision, curettage, cryotherapy, cautery, or topical keratolytic agents. These procedures are often painful, distressing for children, and associated with scarring or recurrence.

Homeopathy, being a safe, non-invasive, and holistic system, offers an effective alternative by stimulating the body's defence mechanism. This study was undertaken to evaluate the effectiveness of individualized homeopathic medicines in the treatment of milia and molluscum contagiosum in children.



Milia and Molluscum Contagiosum

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### Materials and Methods

- **Study Design:** Observational clinical study
- **Sample Size:** 64 patients
- **Age Group:** 3-18 years
- **Place of Study:** Advanced Homoeo Health Center & Homeopathic Medical Research Pvt. Ltd., Indore

- **Duration:** study period, e.g., Jan 2024 - Aug 2025

#### Inclusion Criteria

- Children presenting with milia and molluscum contagiosum.
- No concurrent systemic or topical treatment.

#### Exclusion Criteria

- Patients with immunodeficiency or chronic systemic illnesses.
- Patients lost to follow-up or irregular in treatment.

#### Treatment Protocol

- Individualized homeopathic medicines prescribed after detailed case-taking.
- Medicines selected based on characteristic symptoms, mental and physical generals.
- No local application or surgical intervention was used.
- Follow-up at 2-4 week intervals.

#### Observation

- Total patients: 64
- Completed treatment: 51
- Irregular / incomplete treatment: 13 (excluded from analysis)

#### Results

- **Complete cure (lesions resolved without recurrence):** ~80%
- **Marked improvement (significant reduction in size/number of lesions):** ~15%
- **Mild improvement:** ~5%
- **No adverse effects** were reported.

#### Key Observations

- Children tolerated treatment well and preferred homeopathy due to its painless, non-invasive nature.
- No scarring or recurrence noted during follow-up.
- Parents reported high satisfaction with therapy.

#### Frequently Used Homeopathic Medicines in Milia and Molluscum Contagiosum

##### 1. Thuja occidentalis

- Indicated in viral skin eruptions, especially multiple, soft, fleshy growths.
- Suited for children with warty excrescences and history of vaccination.

##### 2. Calcarea carbonica

- For fair, flabby, chilly children with profuse perspiration.
- Indicated when lesions are multiple and recurrent.

##### 3. Natrum muriaticum

- For pearly eruptions on face, oily skin, and eruptions at hair margins.
- Suited for children who are reserved, sensitive, and prone to headaches.

##### 4. Silicia

- For hard, indurated, persistent milia that do not resolve spontaneously.

- Children are chilly, timid, and often suffer from recurrent infections.

#### 5. Antimonium crudum

- For hard, smooth papular eruptions, especially when aggravated by heat and sun exposure.
- Indicated in children with gastric disturbances and white-coated tongue.

#### 6. Sulphur

- For itching papular eruptions, aggravated by warmth of bed.
- Suited to thin, weak children with unhealthy skin and tendency to recurrence.

#### Discussion

This study demonstrates that homeopathy provides effective and safe management of milia and molluscum contagiosum in children. While conventional therapies often involve painful procedures, individualized homeopathic medicines brought complete resolution without recurrence or scarring. The high acceptance by children and parents emphasizes the utility of homeopathy as a first-line option for benign viral skin conditions. The absence of local applications or surgical interventions further underlines its gentle, non-invasive nature.

#### Limitations

- Single-center study with small sample size.
- Lack of objective dermatological scoring system.
- Larger randomized controlled trials are needed for stronger evidence.

#### Conclusion

Homeopathic medicines are safe, effective, and well-accepted by children in the treatment of milia and molluscum contagiosum. They provide a non-invasive, holistic approach, free from side effects, and ensure long-lasting resolution without recurrence.

#### Conflict of Interest

Not available

#### Financial Support

Not available

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