International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
Impact Factor (RJIF): 5.96
www.homoeopathicjournal.com
IJHS 2025; 9(3): 761-763
Received: 20-07-2025
Accepted: 25-08-2025

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Pityriasis Alba in child cured by homeopathic therapy: A case report

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DOI : https://www.doi.org/10.33545/26164485.2025.v9.i4.L.1995

Abstract
Pityriasis alba is a a frequently observed non-serious dermatological condition. These are two uncommon variants that exist, like a pigmenting type and an extensive type. Extensive pityriasis in Alba is rare. A pigmenting type more persistent, more generalized, more symmetrical, and more persistent, more generalized, more symmetrical, and more frequently seen over the face, cheeks, and trunks. This this report describes the improvement of a case of Pityriasis alba in one month of homoeopathic management approach.

Keywords: Pityriasis alba, hypo pigmentation, homeopathic therapy, tinea alba

Introduction
It is a common disease usually seen in children. The morphology of Pityriasis alba is characterized by scaly hypo pigmented macule1. It is a common cutaneous disorder usually asymptomatic, hypo-pigmented macule with or without mild scaling are its presenting lesions2. It occurs on face as a rounded scaly patch of 0.5 to 2 cm in diameter having red or pink colour with loss of natural skin colour. Later the colour starts fading and there is loss of pigmentation within the patch3. There is minute scaling. This hypo pigmented patch is more evident in dark skins. The patches are, and mainly limited to the face, though the neck, chest and forearms may also be involved4.

Causes of Tinea (Pityrasis) Alba [5, 6]
The precise etiology remains unidentified for Tinea Alba. Contributing factors include: Humid climate, heat, detergent and soaps, stress, dry skin, deficiency of vitamins and calcium, worms and parasites.

Risk Factor Pityrasis (Tinea Alba) [7, 8, 9]
Age- Pityriasis alba is most common in children and adolescents. It occurs in approximately 2 to 5 percent of children. It's most frequently seen in children between the ages of 6 and 12 years. It's also very common in children with atopic dermatitis, an itchy inflammation of the skin.
Heat-Pityriasis alba often appears in children who take hot baths frequently or who are exposed to the sun without sunscreen. However, it's unclear if these factors cause the skin condition.
Humid climate - precipitates dryness of the skins
Skin soaps - without knowing, children and young adults may have acute reactions to skin soaps which they are not usually using
Asthma - skin asthma has manifestations similar to the symptoms of Pityriasis alba
Clothing detergents - some products are not hypoallergenic that it can result to skin irritation thus leading skin disorders

Case History
It is a case of 7-11-2023, a fair skinned complexion child 6 years of age presented with white spot patchy like eruption on left side cheeks for last 4 month. He is intelligent, craving sweets, fats, meats, and pickles. Thirst excessive, Constipation alternate days, frequent urination, sometimes very anxious about study. No other symptoms marked or noticeable.

Medical History-A moisturising cream may improve the dry appearance. Some allopathic physician prescribed calamine lotion & light liquid paraffin lotion (Moisturex calm lotion)

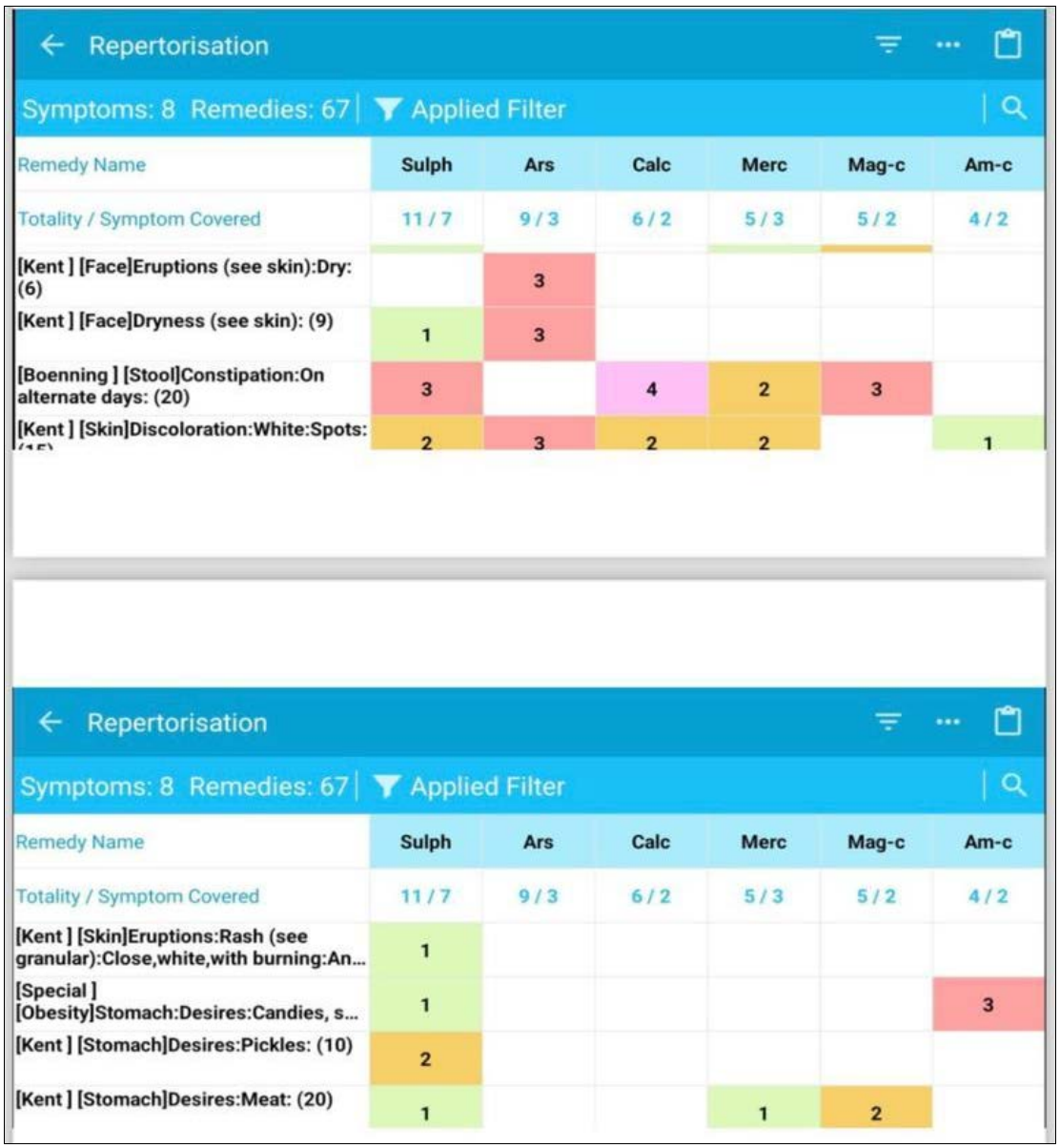
Physical Generals Symptoms

- Appearance - fair complexion, hypopigmented macules (spot) left side cheeks (face).
- Appetite - good
- Desire - craving pickles, sweets, meat
- Thermal -hot
- Thirst-normal
- Sleep- good sleep
- Dream - no significant
- Perspiration - profuse no smell
- Stool- constipated alternate days, sometimes to be hard, no strain
- Urine - after drink of water frequent urination
- Mental Generals Symptoms - anxious about study
- Miasmatic Analysis - psora, sycosis, syphilis, tuberculosis
- Family History - No history pityrasis in family member

Totality of Symptoms

- Fair complexion, hypopigmented macules (spot) left side cheeks (face).
- face eruption skin Dryness
- Eruption on face white burning and itching
- face discolouration of skin white spot
- Stomach craving for candy sweet
- Stomach craving for meat
- Stomach craving for pickles
- Stool constipation alternate day

Diagnosis - Pityrasis (tinea Alba)
Repertorial Analysis



Prescription-
First Prescription (07-1-2024)
Rx,
Sulphur 200/ 2 doses followed by placebo for 1 month

Follow Up- (12-02-2024) notable clinical improvement.
Rx,
Sulphur 200/ 1 dose followed by placebo for 1 month.

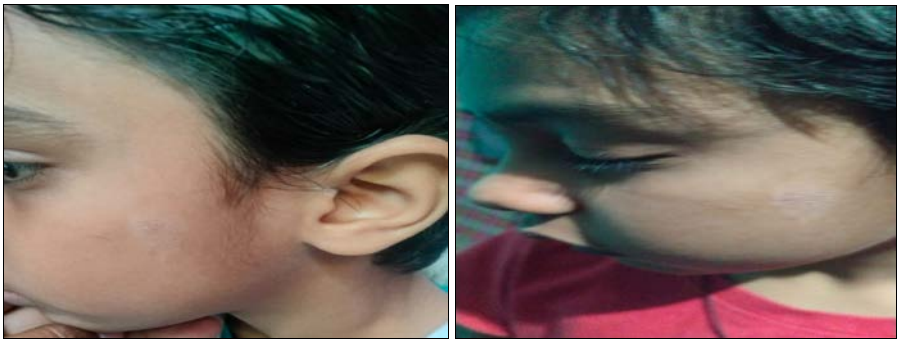
Result

Repertorisation was done by using the software Hompath software mobile app, using Kent's Repertory giving priority to mental generals followed by particular symptoms.

After reportorial analysis, sulphur covered maximum marks i.e. 11/7. Sulphur was prescribed after consultation with Materia Medica.

Hypo- pigmented patch on the left cheek face partially disappeared within a period of 1 months of homoeopathic management approach.

After management approach patient picture -



Before prescription patient picture

After 1st follow-up

Discussion [10, 11, 12]

The the patient reported hypo-pigmented patch on left side cheeks. There was no family history of Pityriasis alba or other benign skin disease in the family. This case treated with individualized homoeopathic medicine showed resolution of pigmentation of skin of left side cheeks.

As there is no effective management approach in conventional medicine, a substantial number of Pityriasis alba patients resort to Complementary and alternative medicine (CAM). Patient's choice of management approach gave positive response through homoeopathic management approach

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Conclusion

This study highlights homoeopathic management approach as a promising complementary or alternative therapy and emphasizes the need of repertorisation in individualized homoeopathic prescription. This case shows a positive role of homeopathic therapy in treating Pityriasis alba. However, this is a single case study and requires well designed studies which may be taken up for future scientific validation.

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How to Cite This Article

Mishra A. Pityriasis alba in child cured by homeopathic therapy: A case report. International Journal of Homoeopathic Sciences 2025; 9(3): 761-763.