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To evaluate the effectiveness of homoeopathic medicine lycopodium in the treatment of freckles: A case report

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Abstract

Freckles are one among the commonest type of complaints which arises mainly due to sun-exposure, mainly seen over the photo-exposed parts. A case visited our OPD with chief complaints of lesions which were multiple, ill-defined macules mainly over face region in the past 15 years which becomes darker on sun exposure. After unsatisfactory outcome with modern system of medicine, patient turned to homoeopathic treatment. After 3 months of homoeopathic treatment the patient shows significant improvement in symptoms.

Keywords: Case report, freckles, homoeopathy, lycopodium, incidence

Introduction

Freckles are brown macules on photo-exposed parts which vary in colour.

Clinical Features

Morphology

Lesions are multiple, ill-defined brown macules, on sun exposure macules becomes darker. Every macule may show variegation in skin colour.

Site of predilection

Photo-exposed areas (face, dorsolateral aspect of forearms, hands, and v of neck).

Treatment

Photoprotection: Avoid sun at its peak large brimmed hats /umbrellas; broad-spectrum sun-screens.

Topical depigmenting agents: Some hydroquinone and azelaic acid can be tried.

Differential Diagnosis

Freckles and Lentigines both are different from each other.

Freckles

Skin colour: In fair skinned

Morphology: Freckles are less well-defined. Each lesion has different colour variation within. It may be lighter or darker than neighbouring lesion.

Sun exposure: Darken on exposure to sunlight.

Lentigines

Skin colour: Can be seen in any skin colour.

Morphology: Lentigines are well defined, with uniform colour.

Distribution: Any part of the can be affected including mucosae.

Sun exposure: No change in colour.

Treatment

Treatment is generally not required; facial lesions may be removed by excision or by cryotherapy ^[1].

Homeopathic treatment: Homoeopathy gives holistic approach in most of the complaints including Freckles. It prevents relapse of freckles and reduces the pace of progression of complaint. Lycopodium is one such deep acting polycryst homoeopathic remedy. It is frequently the first remedy, indicated after much dosing, establishing a short of equilibrium of forces and counteracting chronic effects. It is pre-eminently the remedy for many of the condition's incident to modern life. Lycopodium, Phosphorus, Ammonium carb, etc. are important homoeopathic medicines which is used to treat freckles ^[2].

Epidemiology: According to Davidsons principles and practice of medicine: Freckles are common in fair skinned individuals, particularly those of Celtic or Northern European descent, more frequent in children and adolescents, tend to fade with age, no specific prevalence data are provided.

Aetiology

Genetics: The presence of freckles is largely determined by the MC1R gene, which controls the melanin production in skin.

Research indicates that freckling is a heritable trait. Females had a significantly higher prevalence of freckles than males.

Sun Exposure: Ultraviolet rays from the sun are the primary environmental factor that triggers freckles formation and darkening. This is the reason why freckles often become more prominent in the summer and become fade somewhat in the winter season.

Sex: Some studies showed that a higher prevalence of freckles seen in females as compared to males.

Clinical Diagnosis: Is usually straightforward, based on: characteristic appearance: small, pigmented spots on sun exposed areas.

History: Fair skin, sun exposure, and genetic predisposition.

Differential diagnosis

- i Lentigines (solar lentigines, age spots)
- ii Café-au-lait spot
- iii Moles (nevi)
- iv Melasma

Investigations

Usually none required, but dermoscopy or biopsy may be needed to rule out other conditions (e.g. melasma) ^[3].

Aim and Objective: To observe the effect of homoeopathic medicine Lycopodium in Freckles.

Case presentation: A 22 years old female patient visited our OPD number-07 with the central registration number-57672 of Pt. Jawahar Lal Nehru Homoeopathic Medical

College and Hospital, Kanpur with the chief complaints of blackish discoloration over the face region without itching and burning sensation in the last 15 year, which is aggravated in sun rays' exposure.

History of present illness

According to the patient she suffered from dark multiple ill-defined macules over face region which is going to increase on sun exposure, this problem is continue last 15 year. She was given some allopathic medicines along with laser. In spite of such a multiangle prescription, there was no remarkable improvement. Patients suffering continue even after being referred to other hospital, where he was given similar treatment. After that patient visited our hospital for conservative treatment.

Past history: History of typhoid in childhood and leucorrhoea in the last three years.

Personal history: Patient was college student and belongs to the middle-class socioeconomic group. She consumed mixed type of diet.

Family history: Father has history of rheumatoid arthritis and mother has diabetes mellitus. She has no family history of Freckles in her primary relatives.

Treatment history: Allopathic treatment shows only palliation not much better.

Generals: Her appetite is increased and cannot remain on empty stomach for prolonged period of time, she has desire for sweet and aversion for bread, thirst is of moderate amount, with generalised perspiration, want to eat warm food.

Bowel movements are regular without urgency and tenesmus.

Stool is of normal consistency. Thermal reaction of patient is chilly (craves for sweet things) Angry person, patient cant not read what he writes, sadness in the morning on awaking.

General examination: At the time of first OPD visit, patient was examining properly and following observation was noted.

BP-110/70mmHg

P/R-76/min

Pallor- present

Icterus- Absent

CVS- S₁ S₂ normal

Chest- B/L equal air entry, no added sound.

CNS- Conscious well oriented with name, place and person.

GIT system: P/A- Abdominal region non-tender.

Investigation reports brought by patient revealed.

1. Hb-8.2%

2. ESR-35mm(1hr.)

Analysing the case: Detailed case-taking was done as per Hahnemann guidelines. The case taking suggested in Organon of Medicine followed by analysis and evaluation of the symptoms ^[4]. After analysing the symptoms of the case, the characteristics mental and physical generals and

particular symptoms were considered for framing the totality. Patient was getting angry during case taking on her younger sister, she was suffering from anxiety issues too, desire for company, she was also suffering from confused mind, delirium was there. These all symptoms were included in totality. Miasmatic evaluation for the presenting symptoms was done with the help of the chronic disease by Dr. Samuel Hahnemann” showed the predominance of psoric miasm [5]. Repertorisation was done by taking description only the most remarkable physical as well as mental generals and uncommon particulars using Kents repertory in RADAR 7. The Repertorization sheet is mentioned in Table-1. After

repertorisation, the top medicines were Lycopodium, phosphorus, pulsatilla, sulphur, Belladonna, Bryonia, Calcarea carbonica, Merc etc [6]. After analysing the mental and physical generals of patient and the repertorial results along with homoeopathic Materia-medica similimum was prescribed. Lycopodium has carbo-nitrogenoid constitution the non-eliminative lithemic. The patient was chilly, Lyco is especially adapted to ailments develops gradually, functional power weakens, failure of the digestive powers, when the liver function is seriously disturbed which further confirmed the selection of medicine [7]. Individualised homoeopathic treatment was started with Lycopodium 30 followed by placebo following the law of minimum dose [8].

Table 1: Repertorisation sheet

Timeline including follow-up of the case

Follow-up date	Indications for prescription	Medicine with doses
August 06, 2025	Skin colour improved	S.L.30/TDS for 15 days
	Anxiety was improved	
	Confusion was improved	
	Appetite increased	
August 21, 2025	Skin discoloration was more improved	S.L.30/TDS for 15 days
	She had passed normal stool	
	Her diet was gradually increased	
	Associated complaints slightly improved	
September 6, 2025	Improvement remains standstill	Lycopodium 30/1 dose
September 21, 2025	Patient was doing well, no new complaints.	
	S.L. 30 for 1 month	
	She performs all her daily house-hold activities without ant anxiety	
	Confusion and her Hb% have risen from 8.2 to 10 gm%	
	Patient once again advised for the follow up	

General Management: The patient was instructed to home-made light, warm and fresh food, fruits salad, green leafy vegetables, drinking lukewarm water and to avoid fast food, spicy oily food, tea, cold drinks, milk and milk products.

Discussion

The patients of Freckles present with extensive skin discoloration mainly over face region sometimes accompanied with anxiety and confusion of mind [2, 7]. Homoeopathic medicines straighten the immune system to, maintain homoeostasis aiming to reduce the disease burden and to improve overall health with following the holistic approach not only alleviating the symptoms along. Individualised homoeopathic medicine Lycopodium was selected on the basis of totality of symptoms, it adapted to ailments developing gradually, Mild temperament of lymphatic constitution with catarrhal tendencies; older people, with earthy complexion, uric acid diathesis, skin shows yellowish spots, etc. also precocious weak children. Symptoms characteristically run from right to left. Act especially on the right side of the body and are worse from

about 4 to 8 p.m. Melancholy; afraid to be alone, constant fear of breaking down under stress, weak memory, confused thoughts; spell or write wrong words and syllables. Failing brain power [7].

Conclusion

In this current case report, management of Freckles through Homeopathic medicine Lycopodium was intended. The result reveals that homeopathic medicine Lycopodium have significant effects in management of Freckles.

Conflict of Interest

Not available

Financial Support

Not available

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