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Pityriasis amenable to individualized homoeopathy: A case report

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Abstract

Pityriasis is a skin disease characterized by the shedding of the fine flaky scales from the surface. Pityriasis is a common skin condition we come across in daily clinical practice. In such cases homoeopathic medicines are always beneficial when given after individualization and selection of the similimum.

Method: Individualized homoeopathic medicine was given with the help of repertory.

Result & Conclusion: A 23 year old female patient was complaining of pityriasis; started from chest and later spread on back since 2 months. After getting her totality she was prescribed Pulsatilla 30 single dose and on rubrum for 15 days during follow up, shedding of the flaky scales had vanished & no new flaky scales appear were observed in subsequent visits. So, it is classical example of homoeopathic medicine in treatment of pityriasis with photographical evidence.

Keywords: Homoeopathy, similimum, pityriasis, pulsatilla

Introduction

Pityriasis is a skin disease characterized by the shedding of the fine flaky scales from the surface. It can also be confused with different other skin conditions like vitiligo, psoriasis or leprosy. Most commonly affected is the children & young age adults & thus require appropriate & careful inquiry of the patient. This skin condition can be classified into the following types depending on the causes, predisposing factors, associated factors or many different reasons – Pityriasis versicolor, Pityriasis alba, Pityriasis rosea, Pityriasis rubra pilaris (PRP), Pityriasis lichenoids chronic (PLC), Pityriasis lichenoids et varioliformis acuta (PLEVA)

Prevalence of Pityriasis in India

A study on epidemiology & clinical characteristics of hypopigmented & depigmented lesion in patients; of children & adolescent age group; in Hadoti region in Rajasthan from April 2015 to March 2016; the age group 0-19 yrs with hypopigmented & depigmented lesion irrespective of sex reported that the most common disorder was pityriasis alba seen in 27.111%; followed by pityriasis versicolor in 21%; vitiligo 19.1111%; post inflammatory hypopigmentation in 14%.

Types of Pityriasis

Pityriasis Versicolor: Pityriasis is also known as tinea versicolor is a frequent benign superficial fungal infection caused by a *Commensal yeast, Malassezia furfur*. The most frequently affected site is upper trunk which later spread to neck & upper arms.

Pityriasis Alba: The name refers to its appearance: "pityriasis" refers to its fine scale & "alba" to its pale color (hypopigmentation). They are most commonly located on the face (the cheeks especially), arms & upper trunk & they are more noticeable in people with darker skin types.

Pityriasis Rosea (PR): Pityriasis rosea is also known as pityriasis circinata. Pityriasis rosea means pink coloured scales. The site of lesions are trunk & proximal extremities with christmas tree appearance.

Pityriasis Rubra Pilaris: Pityriasis rubra pilaris is a rare infection papulosquamous disorder. As the name suggests, characteristic lesions are scaly (pityriasis), pink to orange (rubra), follicular (pilaris) papules.

Pityriasis Lichenoids Chronic (PLC) - PLC is relatively mild form of pityriasis lichenoids. Initially, they appear pink & scaly, gradually flatten & become brown in color over period of weeks.

PLEVA - It is uncommon skin disease that presents as skin eruption of multiple, small, red papules that develop into polymorphic lesions with periods of varying remissions, as well as sequel of hypopigmentation & hyperpigmentation. Most commonly occurs on trunk, extremities, flexural areas but diffuse & generalised patterns may also occurs.

Case profile

A 23 years old female came with the complaints of pityriasis on back on 8 August 2020. The shedding of the fine scaly flakes patches in spots & mild itching was present; severe pain in b/l calf muscles of legs associated with dyspnoea.

History of present complaints & treatment history

Patient was apparently well two months back when she gradually developed a fine flaky scales on back. Initially, it was a small spots which later spreading all over the neck & back. She apply external applications with mild relief. But after sometime, it reappeared on affected part in more severe form.

Physical generals

Appetite - Decreased, 1&1/2 chapati / meals / 2 times

Thirst - Scanty, 1 lit./day

Desire - Cold food, spicy food

Urine - Burning sensation in urethra before urination.

Sleep - Refreshing sleep, lying on right side

T/R – Chilly

Family History

Father - Died, H/O Asthma

Mother - Alive, H/O bilateral renal calculi

Sister - Alive, H/O Haemorrhoids

Mentals - Patient is mild in nature, fear of dogs especially black dogs++, fear of darkness+++ , weeping easily, suppressed anger.

Clinical findings: Appearance - Wheatish, pale complexion, Height - 5'2"; Weight - 48 KGS; Skin - discoloration on back & neck. Other general and systematic examination findings suggest no abnormal sign.

Provisional Diagnosis: Pityriasis Versicolor

Totality of case

1. Fear of darkness+++
2. Fear of dogs especially black dogs++
3. Patient is mild in nature
4. Weeping easily
5. Thirst scanty
6. Cold food desire
7. Discoloration of skin in spots on back
8. Severe pain in b/l calf muscles of legs associated with dyspnoea

Clipboard 1																														
1. MIND - FEAR - dark; of																														
2. MIND - FEAR - dogs, of - black dogs; of																														
3. MIND - MILDNESS																														
4. MIND - WEEPING - easily																														
5. STOMACH - THIRSTLESS																														
6. GENERALS - FOOD and DRINKS - cold food - desire																														
7. BACK - DISCOLORATION - spots - Dorsal region																														
8. EXTREMITIES - PAIN - Leg - Calf																														
	puls.	calc.	lyc.	sep.	rhus-t.	bell.	tub.	ars.	phos.	caust.	nat-m.	nux-v.	chin.	arg-m.	stram.	sil.	cupr.	ign.	op.	thuj.	verat.	carc.	staph.	sulph.	plb.	zinc.	ant-t.	am.	ca	
6	6	6	6	6	6	6	5	5	5	5	5	5	5	4	4	4	4	4	4	4	4	4	4	4	4	4	4	3	3	3
16	11	10	10	9	8	7	10	9	8	8	8	7	6	9	7	6	6	6	6	6	6	5	5	5	4	4	4	6	6	6
1.	2	2	2	1	1	1	2	1	2	2	1	1	1	1	4	1	2	-	1	-	-	1	-	1	-	1	-	-	-	2
2.	-	-	-	-	1	1	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
3.	3	2	2	2	3	1	1	3	2	1	3	2	1	-	2	3	2	2	1	2	2	1	2	1	2	1	1	-	3	-
4.	3	2	1	2	1	2	-	-	-	3	2	-	1	1	-	-	-	-	2	-	-	1	1	-	-	-	-	-	-	-
5.	3	1	2	2	1	2	1	2	1	1	1	1	3	2	2	-	-	1	2	1	1	-	2	1	1	-	3	1	2	
6.	3	1	2	-	1	1	1	2	3	1	1	2	1	1	-	2	1	2	-	2	2	1	-	-	1	1	2	-	2	
7.	-	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	
8.	2	3	1	1	2	-	1	2	1	-	-	2	-	1	-	1	1	1	-	1	1	-	1	1	1	-	1	2	-	

Fig 1: Repertorial Analysis

On repertorial analysis Pulsatilla have scored highest marks (16) covering most of the rubrics (6 out of 8), while Calcarea covering (11/6) and Lycopodium (10/6).

First prescription with justification - Pulsatilla 30 one dose was prescribed after repertorization on the basis of

totality of symptoms and 30 potency prescribed according to susceptibility of patient and nature of medicine & disease. 30 CH potency was selected and single dose was given to avoid any unwanted aggravation. After that patient was given placebo for 15 days.

Table 1: Follow ups with prescription and justification

Date	Symptoms	Prescription
08.09.2020	Discoloration of skin in small spots on back & severe pain in b/l calf muscles of legs.	Rx Pulsatilla 30 / 1 Dose Placebo /30 TDS for 15 days
21.09.2020	Relief in itching in spots & no new appears fine flaky scales & an old spot was shedded off; mild relief in pain in b/l calf muscles of legs.	Rx Phytum 200 / 2 Dose Placebo /30 TDS for 15 days
10.10.2020	All c/o are still persist – S.Q	Rx Pulsatilla 30/ 1 Dose Placebo /30 / TDS for 15 days
28.10.2020	No new spots appear & shedding of skin are seen. Relief in pain in b/l calf muscles of legs	Rx Rubrum 200 / 2 Dose Placebo /30/ TDS for 1 months

**Fig 1:** Before Treatment**Fig 3:** After Treatment

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