



IJAYUSH
International Journal of AYUSH
AYURVEDA, YOGA, UNANI, SIDDHA AND HOMEOPATHY
<http://internationaljournal.org.in/journal/index.php/ijayush/>

International Journal
Panacea
Research library
ISSN: 2349 7025

Original Research Article

Volume 10 Issue 6

Nov-Dec 2021

A CASE OF PITYRIASIS ALBA TREATED WITH LACHESIS MUTUS

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ABSTRACT-

Pityriasis Alba is a common benign skin disorder consisting of characteristic round or oval hypopigmented lesions with fine scales and occurring predominantly in children and adolescents. The lesions may initially be mildly erythematous and over time become hypopigmented. They are most commonly located on the face, arms & upper trunk and are more noticeable in people with darker skin types. Sun exposure accentuates the lesion. Besides conventional dermatologic treatment, many patient choose Homoeopathic treatment for this condition due to their efficacy & lack of side effects. In this article we report a case of Pityriasis Alba treated till recovery with Lachesis Mutus which was prescribed according to individualization of patient.

KEYWORDS- Hypo-pigmented, Individualisation, Pityriasis Alba.

INTRODUCTION- Pityriasis Alba is a common benign skin disorder occurring predominantly in children & adolescents. The name refers to its appearance; pityriasis refers to its fine scales and alba to its pale colour (Hypopigmentation). It is characterized by ill- defined macules & patches (or thin plaques) round or oval, often with mild scaling & sometimes with mild pruritis. [1]

It is most common in children aged 3 to 16 years, with 90% of cases occurring in younger than 12 years. It is a common skin disease seen in dermatology practice of any geographic area. It is more common in patients with a history of atopy, and a slight male predominance has been noted. [2]

A CASE REPORT

A 25 year old male came with c/o hypopigmented spots on neck, hands from 2-3 years. He had sensation of burning which is aggravated by exposure to sun. Homoeopathic medicine lachesis mutus 30 one dose was given to the patient for 15 days along with rubrum.

HISTORY OF PRESENT COMPLAINTS & TREATMENT TAKEN-

Complaints started 2-3 years ago, Hypopigmented spots appear on neck first then on chest & hands. There is no complaint of itching and pain. Patient took allopathic treatment for 1.5 year but got no relief.

CHIEF COMPLAINT-

Hypopigmented spots on neck & hands.

There is no itching & pain.

Irregular margins.

Burning which is < sun exposure

PAST HISTORY-

Dengue- 1.5 year ago, took allopathic treatment.

History of dog bite twice.

FAMILY HISTORY-

Mother - Hypotension since 5 years

- TB since 3 years, on allopathic medication

Sister- pityriasis alba, took allopathic treatment (relieved).

MENTAL GENERALS -

Doesn't express his feelings & emotions.

Always doubts on people around him.

Aversion to company

Fear of dogs

PHYSICAL GENERALS

Appetite – Hunger Intolerable

Thirst- Increased

Desire- Spicy

Aversion- Sour food

Stool- Unsatisfactory stool, twice in a day.

Perspiration- Profuse esp on back, axilla, Offensive, yellowish stains on clothes.

Thermal- Ambithermal

CLINICAL OBSERVATION-

General built up- Average, lean & thin.

Height- 181 cm

Weight-65 kg

Pulse-72 beats/min.

Bp-120/80 mmhg

Temp-98.6 F

FOLLOW UP WITH PRESCRIPTION

DATE	SYMPTOMS	PRESCRIPTION
31/7/21	Discoloration of skin in small spots on neck & hand. C/o Unsatisfactory stool	Rx Lachesis 30 /1Dose Phytum 30/ TDS/for 15 Days
17/8/21	Relief in burning in spots & no new complaint appear. Mild relief in unsatisfactory stool.	Rx Rubrum 30 /1 Dose H.S Phytum 30/ TDS/for 15 Days
04/09/21	No new spots appear. Relief in burning.	Rx Rubrum 30 /1 Dose H.S Phytum 30 /TDS/ for 15 Days

**Before Treatment****After Treatment**



Before treatment

After treatment

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