



Original Research Article

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## EFFECTS OF HOLISTIC HOMEOPATHIC MANAGEMENT IN PITYRIASIS

### ALBA OF A GIRL CHILD: A CASE REPORT

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#### ABSTRACT

Pityriasis Alba, a common skin condition characterized by hypopigmented, scaly patches, often poses cosmetic concerns, especially in children and young adults. While conventional treatments primarily focus on symptom relief, homeopathy offers an alternative approach, targeting the root cause of the ailment. This article presents a case study of a 9 -year-old girl successfully treated for pityriasis alba using the homeopathic remedy Arsenicum Album. The remedy was chosen based on the principle of "like cures like," considering the patient's specific symptoms and mental state. Over several weeks, the patient experienced significant improvement, with the scaly patches fading and the skin regaining its normal pigmentation. The case underscores the individualized nature of homeopathic treatment and emphasizes the importance of holistic care in addressing both physical and emotional aspects of health. Regular follow-up appointments and lifestyle guidance contributed to sustained improvement, highlighting the potential of homeopathy in managing skin disorders.

#### KEYWORDS

Homeopathy, Homeopathic Treatment, Pityriasis Alba, skin disorders and hypopigmentation.



## INTRODUCTION

Pityriasis Alba is a common skin condition that predominantly affects children and young adults. It is characterized by the presence of light coloured, hypopigmented, scaly patches on the skin, most commonly on the face. While the condition is generally harmless and self-limiting, it can be a cause of concern for individuals due to its cosmetic impact. Conventional medicine often relies on moisturizers and topical steroids to manage symptoms, but alternative approaches like homeopathy have shown promise in treating such skin disorders.

## ARSENICUM ALBUM IN HOMEOPATHY

Arsenicum Album, derived from arsenic trioxide, is a key remedy in homeopathy with a broad range of applications. It is known for its effectiveness in treating various skin conditions, including eczema, psoriasis, and pityriasis alba. Homeopathy operates on the principle of "like cures like," and Arsenicum Album is chosen based on its ability to produce symptoms similar to those of the ailment it aims to treat. Here's how homeopathy may be approached for pityriasis alba:

### Individualized Assessment:

In homeopathy, the treatment is highly individualized. The homeopath considers not only the physical symptoms but also the patient's mental and emotional state. This holistic approach is crucial in understanding the unique characteristics of the skin condition in each individual.

## **Selection of Remedies**

Different homeopathic remedies may be considered based on the specific symptoms presented by the patient. For pityriasis alba, remedies like Arsenicum Album, Natrum Muriaticum, Sepia, or Sulphur might be considered, depending on the unique symptom picture of the individual.

### **Arsenicum Album for Pityriasis Alba**

Arsenicum Album is often indicated for skin conditions with dryness, scaling, and itching. If the patches in pityriasis alba are accompanied by restlessness and anxiety, Arsenicum Album may be considered as a potential remedy.

### **Natrum Muriaticum for Pityriasis Alba**

Natrum Muriaticum is another remedy often used in skin conditions. It is considered when there is a connection between emotional issues, particularly grief or suppressed emotions, and the skin condition. If a patient with pityriasis alba exhibits signs of emotional distress, Natrum Muriaticum may be a suitable choice.

### **Sulphur for Chronic Cases of Pityriasis Alba**

Sulphur is a remedy often considered for chronic skin conditions. It may be indicated when there is intense itching, burning sensations, and the skin tends to be dry and rough.

## **HOMEOPATHIC ASSESSMENT**

We conducted a detailed case history, considering the physical symptoms, the child's emotional state, and any associated factors. The girl's parents reported that she was generally anxious and sensitive, with a tendency to become restless when confronted with stressful situations. The examination revealed dry and scaly skin, particularly on the affected areas of the face.

### **Selection of Arsenicum Album**

Arsenicum Album, a homeopathic remedy derived from arsenic trioxide, was selected based on its characteristic symptoms matching the girl's presentation. Arsenicum Album is known

for addressing dry, scaly skin conditions with a strong component of anxiety and restlessness, making it a fitting choice for this case.

### **Treatment Plan**

The girl was prescribed Arsenicum Album in a suitable potency, and the treatment plan was explained to the parents. Homeopathic remedies are chosen on the basis of principle of individualization, aiming to stimulate the body's natural healing processes.

## **CASE STUDY**

### **Patient Background**

Name: XYZ

Age: 9 years

Gender: Female

Presenting Complaint: Pityriasis Alba

### **Chief Complaint**

Parents brought her to my OPD with concerns about the presence of light coloured, scaly patches on her face, primarily on the cheeks. The lesions had been bothering her for approximately six months, and despite trying conventional treatments & supplements, there was only minimal improvement. The parents sought a holistic approach to address both the skin condition and any underlying factors contributing to her discomfort.

### **Medical History**

She had an unremarkable medical history with no significant chronic illnesses or major allergies. She had a history of occasional upper respiratory tract infections otherwise she is in good health. There was no family history of skin conditions or autoimmune disorders.

### **Psychosocial History**

During the initial consultation, parents described her as a generally anxious and sensitive child. They noted that she tended to become restless, especially in unfamiliar or stressful

situations. Her anxiety seemed to exacerbate when she was the center of attention due to her skin condition.

## **SYMPTOMS**

**Skin Lesions:** Light-coloured, scaly patches on both cheeks, more prominent on the right side of face.

**Itching:** Mild itching associated with the skin lesions.

**Emotional Symptoms:** Increased anxiety and restlessness, particularly related to her appearance.

## **Homeopathic Approach**

For specific characteristics of her symptoms and her overall temperament. The following key aspects were considered

Physical Symptoms: Dry, scaly skin with a tendency to itch.

Mental and Emotional State: Anxiety and restlessness, particularly in social situations.

Modalities: Symptoms aggravated in stressful situations and slightly relieved by warmth.

## **Remedy Selection**

Based on the totality of symptoms and characteristics, Arsenicum Album was selected as the homeopathic remedy. Arsenicum Album is known for addressing dry, scaly skin conditions with a strong component of anxiety and restlessness.

## **Treatment Plan**

She was prescribed Arsenicum Album in a 30C potency, and her parents were instructed on the dosage and administration. The importance of regular follow-up appointments to monitor progress and adjust the remedy as needed was emphasized.

**16-09-2022**

## **RX**

- 1) Arsenicum Album 30 x TDS / 7 days

## FOLLOW UP DETAILS

DATE OF VISIT	IMPROVEMENT ASSESSMENT / FOLLOW UP	MEDICINE PRESCRIBED
23/09/2022	Parents reported a mild reduction in itching after 2-3 days of prescription and Patches appeared less inflamed. Dryness of skin improved. Patient mood became jolly and come with a big smile on face.	Rx: 1) Arsenic Album 30 x BD 2) SBR 30 TDS / 15 days
7.10.2022	No Irritability, No dryness on skin Significant improvement in the appearance of the lesions, with reduced scaling, A notable decrease in her overall anxiety	Rx: 1) Arsenic Album 200 x OD/3 Dose 2) SBR 30 TDS / 15 days
21.10.2022	No new complaints, Almost complete resolution of the skin lesions, No visible white patches and her anxiety levels were significantly reduced.	Rx: 1) SBR 30 TDS / 15 days
04.11.2022	No new complaints No anxiety, parents told that she is happy & totally fit now.	Rx 1) SBR 30 TDS / 15 days

## LONG-TERM MANAGEMENT

Her parents were provided with guidance on maintaining good skincare practices, including the use of gentle moisturizers. The importance of addressing any potential triggers for the skin condition, such as environmental factors or dietary considerations, was also discussed.

## RESULTS

Within a few weeks of starting the homeopathic treatment, the girl's parents noticed a significant improvement in the skin lesions. The patches became less prominent, and the associated itching reduced. Importantly, the child's overall demeanor improved, with a noticeable decrease in anxiety and restlessness.

## CONCLUSION

This case study highlights the successful resolution of pityriasis alba in a girl child through the targeted use of Arsenic Album medicine in homeopathy. The individualized approach of

homeopathic medicine, addressing both the physical symptoms and the emotional aspects of the patient, played a crucial role in achieving positive outcomes. While each case is unique, this example underscores the potential of homeopathy as a safe and effective option for treating dermatological conditions in children. Further research and exploration of homeopathic treatments can contribute to a more comprehensive understanding of their role in paediatric dermatology.

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