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A COMPREHENSIVE HOMEOPATHIC MANAGEMENT OF ERUPTIVE LICHEN PLANUS WITH SYSTEMIC COMORBIDITIES: A ONE-YEAR OBSERVATIONAL CASE REPORT

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ABSTRACT

Lichen Planus is a chronic inflammatory skin disorder that often shows relapses and poor response to conventional therapy. This case presents a 45-year-old woman with widespread eruptive Lichen Planus, severe itching, bleeding after scratching, hyperpigmented lesions, joint pains, menopausal symptoms, and steroid-induced weight gain. Previous treatment with steroids, cyclosporine, antihistamines, and Unani medicines gave only temporary relief. A detailed homeopathic assessment based on skin symptoms, generals, and emotional history guided the prescription of **Calcarea carbonica 200** as the constitutional remedy and **Arsenicum album 30** as a specific intercurrent. Over one year, the patient showed steady improvement—itching stopped, lesions healed, and no new eruptions appeared. This case demonstrates the effectiveness of individualized homeopathy in managing chronic, recurrent dermatological conditions.

Keywords:

Lichen Planus, Homeopathy, Calcarea carbonica, Arsenicum album, Chronic Dermatitis, Constitutional Treatment

INTRODUCTION

Lichen Planus (LP) is a chronic inflammatory mucocutaneous disorder of unknown etiology, often associated with autoimmune dysregulation, metabolic disturbances, hepatitis infections, hormonal transitions, and stress. LP presents with violaceous, polygonal, flat-topped papules, intense itching, and variable distribution. The eruptive type is particularly severe, widespread, and resistant to conventional therapy.

Homeopathic therapeutics approaches disease as a manifestation of internal derangement of vital force, necessitating individualized prescriptions based on the totality of symptoms. This case highlights a classical homeopathic approach in chronic dermatology.

CASE PRESENTATION

Patient: Female, 45 years

Married, homemaker

Diagnosis: *Eruptive Lichen Planus* (biopsy-proven in past)

Onset: First during 3rd pregnancy (17 years ago) → remission → recurrence in 2024 with severe itching

Chief Complaints

- Severe itching (++), aggravation when idle, washing clothes, mental inactivity
- Red-pink eruptions → scaling → bleeding → violaceous hyperpigmented patches
- Distribution: **whole body**, bilaterally arms, legs, entire back; scalp & nape involved; **face spared except moles/freckles**
- Pain in joints and soles on waking
- Numbness in legs (past disc compression)
- Heel pain, back pain (sciatica suspicion)

Past Treatment

- LNJP Hospital: Topical steroids, Defcort 12 mg, Folitrax, cyclosporine, LCZ, Betnovate
- Temporary relief in itching but **weight gain (70→83 kg)**, BP fluctuations, dyspnea
- Unani medications + hijama: no relief

- Mantoux strongly positive but chest X-ray normal
- Menopause since 2022

Investigations

- HbA1c: 6.1
- BP: 173/109
- TSH normal
- HCV/HBV negative

Generals

- **Diet:** Non-vegetarian; desire meat
- **Thirst:** Increased
- **Sweat:** profuse face & axilla (1 year)
- **Stool:** Hard, constipated
- **Sleep:** Late (2:30–3 AM); disturbed
- **Thermals:** Ambithermal
- **Menses:** Menopause since 2022

Mentals

The patient carries a long history of emotional sensitivity beginning in childhood. Her parents divorced when she was 15 years old, a period during which she felt unsupported and insecure. She was raised by her Bua, which created deep feelings of emotional dependency and longing for stability. Despite this, she maintained affectionate bonds with her step-siblings and displayed a naturally sympathetic disposition. She is highly sensitive, cries easily, and is deeply affected by others' suffering—often taking responsibility for resolving others' problems. In adult life, she became easily irritable, especially with noise or disturbances, and reacts with sudden anger when overwhelmed, particularly towards her children when they stay awake late. She desires peace and a calm environment, and gets mentally exhausted if overstimulated. A peculiar fear of electricity persists since her youth. She is emotionally weak, anxious about family wellbeing, and has a strong need for reassurance and security. Her mental state shows a blend of sensitivity, irritability,

fearfulness, and suppressed emotional trauma, all of which form the core of her constitutional picture.

HOMEOPATHIC CASE ANALYSIS

Totality of Symptoms

1. **Skin:** Eruptive LP, itching, bleeding, scaling, hyperpigmentation
2. **Mind:** Sympathetic, fearful, anger, irritability < noise
3. **General:** Profuse sweat, obesity, constipation, late sleep, craving non-veg
4. **Physical:** Joint pains, heel pain, numbness, sciatica tendencies
5. **History:** Steroid-induced weight gain, hormonal decline, emotional trauma

REPERTORIAL RUBRICS USED

1. **Mind - sympathetic**
2. **Mind - Anger**
3. **Skin - eruptions - lichen planus**
4. **Skin - eruptions - itching - bleeding after scratching**

Remedies	<i>staph.</i>	<i>sulph.</i>	<i>iod.</i>	<i>nux-v.</i>	<i>ars.</i>	<i>malt-m.</i>	<i>nit-ac.</i>	<i>caust.</i>	<i>ign.</i>	<i>kali-s.</i>	<i>phos.</i>	<i>sep.</i>	<i>anac.</i>	<i>ant-c.</i>	<i>ars-l.</i>	<i>calc-p.</i>	<i>graph.</i>
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Symptoms Covered	4	4	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Intensity	8	8	4	9	8	8	8	7	7	7	7	7	6	6	6	6	6
Result	4/8	4/8	4/4	3/9	3/8	3/8	3/8	3/7	3/7	3/7	3/7	3/7	3/6	3/6	3/6	3/6	3/6
Clipboard 2																	
MIND - SYMPATHETIC	1	1	1	2		2	2	2	2	2	3	1				2	1
SKIN - ERUPTIONS - lichen planus	1	1	1		2								1	2	2		
MIND - ANGER	3	3	1	4	3	3	3	2	3	3	2	3	3	2	2	2	2
SKIN - ERUPTIONS - itching	3	3	1	3	3	3	3	3	2	2	2	3	2	2	2	2	3

MIASMATIC ANALYSIS

- **Psora:** Itching, hypersensitivity, irritability, emotional trauma
- **Sycosis:** Weight gain, hormonal dysfunction, profuse sweat
- **Syphilis:** Violaceous lesions, bleeding, scarring, chronicity

Dominant miasm: Psora-Syphilitic

This justified deep-acting constitutional therapy over palliation.

REMEDY

1. Constitutional Remedy

Calcarea carbonica 200 (once weekly)

Selected due to:

- Obesity with sweat
- Fearful nature
- Emotional sensitivity
- Slow chronic healing
- Hormonal decline
- Morning heel pain, weakness
- Easy fatigue and perspiration

2. Specific / Intercurrent Acute Remedy

Arsenicum album 30 (SOS / daily x 3-5 days during flare)

Justified by:

- Intense itching, burning
- Anxiety and restlessness during acute flare
- Scaling, inflammation
- Aggravation when idle



FOLLOW-UP SUMMARY

Date	Clinical Observation	Patient Remarks	Assessment	Remedy
22/08/2025	Active lesions, hyperpigmentation; itching slightly better	Itching whole body; foot-sole pain	Partial improvement	Calc carb 200 weekly + Ars alb 30 intermittently
12/09/2025	No new lesions; old healing; itching fluctuating	Lower back pain; physio going on	Improvement continues	Calc carb continued
16/10/2025	Abdomen lesions dried; limbs and back reduced	Heel pain; sciatica symptoms	Good progress	Calc carb 200; occasional Ars alb
21/11/2025	Skin getting clean; old lesions healing	No itching since 2 months	Significant improvement	Only Calc carb 200 weekly
Jan 2026 onward	No new eruptions; hyperpigmentation lightening	No itching; emotional balance improved	Sustained remission	Maintain 1 year treatment plan

LSMC -**L - Location**

Whole body except face; scalp & nape involved.

S - Sensation

Itching, burning, bleeding after scratching; pain in soles; numbness.

M - Modalities

Itching ↑ **when idle**, ↑ **when wet**, ↓ **when busy**

Noise aggravates mind; desires calm.

C - Concomitants

- Profuse sweat
- Constipation
- Irritability

- Menopause
- Emotional sensitivity
- Heel pain + sciatica tendencies

DISCUSSION

This case reflects the classical homeopathic principle of individualization. Despite long-term conventional treatment including steroids and cyclosporine, the disease remained active with recurrences and significant side effects (weight gain, hypertension). Homeopathy produced:

- Gradual reduction in inflammation
- Cessation of itching
- Arrest of new lesions
- Healing of older violaceous patches
- Improvement in general health (sleep, mood, energy)
- Relief in joint pains

The combination of a deep-acting constitutional remedy with a short-acting specific intercurrent proved effective.

CONCLUSION

Homeopathy demonstrates a safe, effective, and holistic approach in treating chronic autoimmune dermatological conditions such as eruptive Lichen Planus. This case illustrates that with individualized prescription and long-term follow-up, sustained remission and improved quality of life can be achieved—without adverse drug reactions.

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