



Original Research Article

Volume 15 Issue 04

April 2026

RAPID RESOLUTION OF POST-CHIKUNGUNYA HYPERPIGMENTATION (CHIK SIGN) WITH INDIVIDUALIZED HOMEOPATHY AT DR BATRA'S® HOMEOPATHY CLINIC

Faraz Islam Khan

Lokhandwala Clinic

chc-lokhandwala@drbatras.com

ABSTRACT

Post-inflammatory hyperpigmentation (PIH), particularly following viral infections such as Chikungunya (commonly termed “Chik sign”), is a frequently observed dermatological condition characterized by persistent facial pigmentation. It significantly impacts aesthetic appearance and psychological well-being, especially in young individuals. Conventional dermatological treatments, including topical depigmenting agents and sunscreens, often yield slow or unsatisfactory results.

This case study presents a 25-year-old male who developed facial hyperpigmentation following a febrile illness confirmed as Chikungunya infection. The pigmentation was associated with mild itching and significant emotional distress due to upcoming marriage and social concerns regarding appearance. Despite the use of topical applications, improvement was minimal.

A classical homeopathic approach was adopted, emphasizing individualization based on mental generals, characteristic fears, and acute disease state. Repertorization highlighted Stramonium as the constitutional remedy, supported by Arsenicum album during the acute phase.

Within a short span of one month, there was marked improvement with complete resolution of hyperpigmentation and associated symptoms. The patient also reported enhanced confidence and emotional well-being.

This case demonstrates the effectiveness of individualized homeopathy in managing acute post-inflammatory dermatological conditions with rapid recovery. The transformation was achieved at Dr Batra's® Homeopathy Clinic.

KEYWORDS

Post-inflammatory hyperpigmentation, Chik sign, Stramonium, Homeopathy, Acute prescribing

INTRODUCTION

Post-inflammatory hyperpigmentation (PIH) is a common sequela of cutaneous inflammation, particularly following:

- Viral infections (Chikungunya)
- Dermatitis
- Drug reactions

Pathophysiology

- Increased melanin production
- Deposition in epidermis/dermis
- Triggered by inflammatory mediators

Clinical Features

- Brown to dark macular pigmentation
- Common on face (nose, cheeks)
- May be associated with itching

Complications

- Cosmetic concern
- Psychological distress
- Social anxiety

Homeopathy offers rapid recovery by:

- Addressing acute inflammatory response
- Considering individual susceptibility
- Integrating mental-emotional state

CASE PROFILE

Age: 25 years

Occupation: Small business owner

Chief Complaints

- Brownish facial pigmentation (since 14 Dec)
- Mild itching on face
- Post febrile illness

History of Present Illness

- Fever on 8 Dec → diagnosed Chikungunya (IgM positive)
- Low platelet count
- Mouth ulcers, redness, ankle swelling
- Pigmentation appeared after fever subsided

PHYSICAL GENERALS

Parameter	Observation
Diet	Mixed
Appetite	Normal
Desire	Spicy food
Aversion	None
Thirst	Increased (3–4 L/day)
Thermal	Chilly
Perspiration	Face (summer)
Stool	Normal
Urine	Normal
Sleep	Sound (2 am–10 am)
Dreams	Occasional

EXAMINATION

- Hyperpigmented macules over nose and periocular region

- Mild itching
- No active inflammation
- General condition stable

MENTAL GENERALS

The patient had a **stable and simple upbringing**, living with family in a village, later shifting to Mumbai for business. During early years, he was **practical, hardworking, and socially adaptive**, with mild irritability which gradually reduced over time.

With increasing responsibilities, particularly starting a new business, he experienced:

- **Performance anxiety**
- Stress regarding financial stability
- Concern about success and failure

Recently, with **upcoming marriage**, emotional sensitivity increased:

- **Preoccupation with appearance**
- Fear of social judgment (“what will people say”)
- Desire for quick recovery

Characteristic mental symptoms included:

- **Fear of dogs (marked)**
- **Religious inclination (chanting God’s name frequently)**
- **Desire for light (symbolic of fear/darkness sensitivity)**

This progression from a **practical individual** → **anxious, appearance-conscious, and fear-driven state under stress** formed the basis of remedy selection.

PAST HISTORY

- Dengue (2025)
- Chikungunya (current episode)

FAMILY HISTORY

- Not significant

CASE ANALYSIS

TOTALITY OF SYMPTOMS

- Post-inflammatory facial pigmentation

- Itching
- Fear of dogs
- Religious inclination
- Anxiety about appearance
- Desire for quick recovery

REPERTORIAL TOTALITY

Repertory Used: Kent Repertory

Rubrics Selected:

- Mind – Fear – dogs
- Mind – Religious affections
- Mind – Desire for light
- Skin – Discoloration
- General – Acute conditions

REPERTORY SCREENSHOT

Remedies	<i>bell.</i>	<i>nat-m.</i>	<i>stram.</i>	<i>calc.</i>	<i>puls.</i>	<i>verat.</i>	<i>phos.</i>	<i>plb.</i>	<i>sil.</i>	<i>chin.</i>	<i>ars.</i>	<i>hyos.</i>	<i>lach.</i>	<i>lyc.</i>	<i>sep.</i>	<i>sulph.</i>	<i>carb-v.</i>
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Symptoms Covered	4	4	3	3	3	3	3	3	3	2	2	2	2	2	2	2	2
Intensity	11	4	10	5	5	5	3	3	3	6	5	5	4	4	4	4	3
Result	4/11	4/4	3/10	3/5	3/5	3/5	3/3	3/3	3/3	2/6	2/5	2/5	2/4	2/4	2/4	2/4	2/3
Clipboard 8																	
MIND - FEAR - dogs, of	4	1	3	1	2	1	1	1	1	3		2	1	1		1	
MIND - RELIGIOUS AFFECTIONS - too occupied with religion	2	1	4	2	2	3		1	1		2	3	3	3	3	3	2
GENERALS - FEVER - after	2	1			1	1	1		1	3	3				1		1
MIND - LIGHT - desire for	3	1	3	2			1	1									

SELECTION OF REMEDY

CONSTITUTIONAL REMEDY

Remedy: Stramonium

Potency: 200C

Dose: Single dose

Reasons:

- Fear of dogs
- Desire for light
- Religious tendency
- Acute anxiety state
- Sudden onset condition

ACUTE REMEDY

Remedy: Arsenicum album

Potency: 30C

Reasons:

- Skin involvement
- Restlessness
- Acute inflammatory phase

DIFFERENTIAL REMEDIES

- Sepia
- Sulphur
- Natrum mur
- Berberis aquifolium

MIASMATIC APPROACH

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Pigmentation	✓	✓		
Acute infection	✓			✓
Anxiety	✓			✓

Miasmatic Predominance: Psoro-tubercular

MATERIALS AND METHODS

- Repertory: Kent
- Method: Acute + Constitutional prescribing

RESULTS (FOLLOW-UP TABLE)

Month	Progress	Prescription
Week 1	Mild improvement	Stramonium 200
Week 2	Itching reduced	Placebo
Week 3	Pigmentation lightened	Arsenicum alb 30
Week 4	Significant clearing	Placebo
Month 2	Complete resolution	Placebo

TRANSFORMATION TABLE

Parameter	Before	After
Pigmentation	Prominent	Cleared
Itching	Present	Absent
Anxiety	High	Minimal
Confidence	Low	High

DISCUSSION & CONCLUSION

This case highlights the importance of **acute totality-based prescribing** in post-infectious dermatological conditions. Stramonium, though not a conventional skin remedy, was selected based on strong mental generals and provided rapid relief.

The integration of:

- Mental symptoms
- Acute pathology
- Individual susceptibility

led to quick and sustained recovery.

THE TRANSFORMATION



ACKNOWLEDGMENTS

We thank the team at **Dr Batra's® Homeopathy Clinic**.

REFERENCES

1. Hahnemann S. Organon of Medicine.
2. Kent JT. Repertory of Homeopathic Materia Medica.
3. Boericke W. Materia Medica.
4. WHO guidelines on Chikungunya.