



Original Research Article

Volume 15 Issue 05

May 2026

SUCCESSFUL HOMEOPATHIC MANAGEMENT OF STEROID-INDUCED FOOT DISCOLORATION AT DR BATRA'S

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Abstract

A 23-year-old male presented with bilateral foot discoloration for eight months following use of low-quality shoes and subsequent prolonged application of topical steroid (Mometasone). The condition progressed to hypopigmentation, wrinkling and offensive foot perspiration. Based on a detailed homeopathic assessment including mental, physical generals and characteristic PQRS symptoms, Lycopodium 200C was prescribed as the constitutional remedy. Marked improvement in pigmentation, sweating and mental stress was observed over 3 months. This case highlights the effectiveness of individualized homeopathic prescribing in steroid-damaged skin presentations.

Keywords: Steroid induced hypopigmentation, Contact dermatitis, Foot discoloration, Lycopodium, Homeopathy, Constitutional prescribing

Introduction

Topical corticosteroid misuse is a common cause of skin barrier disruption, leading to hypopigmentation, thinning, irritation and psychological distress. Homeopathy offers a holistic approach addressing both local pathology and the person's constitution. This case demonstrates classical homeopathic methodology with totality, repertorization, miasmatic evaluation and follow-up.

Case History

Patient: Male, 23 years

Chief Complaint:

- Bilateral foot discoloration × 8 months
- Started as black pigmentation → later white patches after steroid cream
- Wrinkled skin, profuse offensive sweating of feet
- Burning and redness after using MOMATE (Mometasone)

Trigger: Poor quality shoes & socks → sweating/friction → contact dermatitis → steroid use

Associated symptoms:

- No itching
- No pain or numbness
- Offensive perspiration feet

Past History: Hydrocele at age 12, habitual masturbation

Family History: Bua – eczema

Mental/Emotional State:

Patient is reserved, worried about appearance and future. He feels guilty regarding sexual habits and is stressed about low sperm count. Anger is rare but explosive, with abusive behavior, followed by remorse. He fears snakes, is dissatisfied with his job due to low salary, and becomes anxious about his skin condition. He has good intellect, enjoys cricket, and had a happy childhood.

Physical Generals:

- Hot patient
- Craving: sour
- Thirst: 1 L/day
- Sleep: 6–8 hrs refreshing
- Perspiration: profuse, offensive, mainly feet

- Appetite decreased sometimes
- Stool/urine: normal

LSMC Analysis

Location: Both feet – discoloration (black → white)

Sensation: Burning after steroid application

Modalities:

< wearing shoes, sweating

after stopping steroid

Concomitants:

- Offensive profuse foot sweat
- Mental stress about appearance
- Sexual guilt
- Anger outbursts

Analysis & Evaluation of Symptoms (PQRS)

Characteristic Mentals (PQRS)

- Reserved, internalizes emotions
- Fear of snakes
- Sudden violent anger, abusive
- Guilt related to sexuality
- Health anxiety about skin and fertility

Characteristic Physicals

- Offensive perspiration feet
- Profuse sweating
- Hot patient
- Sour craving

Particulars

- Steroid induced hypopigmentation
- Wrinkled skin feet

Totality of Symptoms

1. Reserved nature
2. Fear of snakes
3. Anger violent, abusive
4. Sexual guilt & nightfall
5. Offensive profuse foot sweat
6. Craving sour
7. Hot patient
8. Health anxiety about appearance

Repertory Rubrics Used

Mind

- MIND – RESERVED
- MIND – ANGER – violent, abusive
- MIND – FEAR – snakes
- MIND – WORRY – health about
- MIND – GUILT – sexual

Physical

- PERSPIRATION – offensive – feet
- PERSPIRATION – profuse
- SKIN – discoloration – white patches
- SKIN – hypopigmentation – after steroid

Remedies	nat-n.	hep.	ars.	calc.	sep.	sulph.	bell.	ign.	lach.	puls.	spig.	arg-n.	elaps	ruta	carc.	cham.	nux-v.	phos.	staph.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	3	3	3	3
Intensity	10	9	8	8	8	8	7	7	7	7	6	5	5	5	4	8	8	8	8
Result	4/10	4/9	4/8	4/8	4/8	4/8	4/7	4/7	4/7	4/7	4/6	4/5	4/5	4/5	4/4	3/8	3/8	3/8	3/8
Clipboard 5]																			
MIND - RESERVED	3	1	1	2	1	1	1	2	1	2	1	1	1	1	1	1	1	3	2
MIND - IRRITABILITY	3	3	3	3	3	3	3	1	2	3	2	2	1	2	1	3	3	3	3
MIND - FEAR - snakes, of	1	1	1	1	1	1	1	1	2	1	1	1	2	1	1				
MIND - ANGER	3	4	3	2	3	3	2	3	2	1	2	1	1	1	1	4	4	2	3

Remedy Selection & Justification

Lycopodium 200C chosen due to:

- Reserved yet anger outbursts
- Fear of snakes
- Sexual guilt & anxiety about potency
- Sour craving
- Offensive foot perspiration
- Health worry about appearance
- Performance insecurity

👉 Strong mental + physical keynote match

Miasmatic Evaluation

- Strong **Psoric** base: anxiety, guilt, fear, pigmentation disorder
- **Sycotic** influence: sweating, skin changes, sexual history
- **Steroid suppression** aggravation

Remedy Lycopodium covers **psoro-sycotic miasm** effectively.

Prescription

- Lycopodium 200C – single dose monthly
- Chelidonium 30C – supportive alternate days

- Calc Phos 6X – tissue support

Follow-Up Summary Table

Follow-Up	Symptoms	Skin	Sweating	Mentals
0 Month	White patches, wrinkling, burning	Hypopigmented	Profuse, offensive	Stress+, guilt, anger
1 Month	Burning ↓	Pigment returning	Reduced	Confidence improved
2 Months	No burning	Marked repigmentation	Mild	Less worry
3 Months	Normalizing	70–80% pigment restored	Minimal	Calm, anger rare

Discussion

This case demonstrates classical homeopathic constitutional prescribing. *Lycopodium* was selected based on complete totality rather than pathology alone. The improvement occurred not only in skin pigmentation but also in mental state, sweating pattern and self-confidence, confirming holistic action.

Conclusion

Individualized homeopathic treatment with *Lycopodium* resulted in significant improvement in steroid-induced foot discoloration and associated emotional distress. This case supports the efficacy of homeopathy in dermatological conditions where suppression and steroid misuse are involved.

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