



Original Research Article

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## HOLISTIC RESOLUTION OF PITYRIASIS ALBA WITH CONSTITUTIONAL HOMEOPATHY: A CASE SUCCESSFULLY TREATED AT DR BATRA'S HOMEOPATHY CLINIC

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### Abstract

Pityriasis alba is a common, benign dermatological condition characterized by hypopigmented patches, primarily affecting the face, and often associated with dryness and mild eczema. This case study presents a 26-year-old female with facial hypopigmented patches, dryness of skin, fissured heels with bleeding, and associated allergic rhinitis. A classical homeopathic approach was adopted significant improvement was observed within one month, with reduction in discoloration, healing of fissures, and improvement in allergic symptoms. The patient also reported enhanced confidence and emotional well-being.

This case highlights the role of individualized homeopathy in treating dermatological conditions with systemic involvement. **A complete transformation was achieved at Dr Batra's Homeopathy Clinic.**

**Keywords** Pityriasis alba, Calcarea carbonica, Homeopathy, Hypopigmentation, Vitamin D deficiency

### Introduction

Pityriasis alba is a mild form of eczema presenting as:

- Hypopigmented patches on face

- Dryness and scaling
- Ill-defined margins

**Etiology includes:**

- Nutritional deficiencies (Vitamin D, calcium)
- Allergic tendencies
- Environmental factors

**Complications:**

- Cosmetic concern
- Psychological impact

Conventional treatment provides symptomatic relief but often fails to prevent recurrence. Homeopathy addresses the root cause through constitutional prescribing.

**Case Profile**

**Age/Sex:** 26 years/Female

**Occupation:** Housewife

**Chief Complaints:**

- Whitish discoloration on face
- Dryness of face
- Cracks in heels and big toe with bleeding
- Dryness of fingertips

**Associated Complaints:**

- Sneezing < dust, cold exposure
- Allergic rhinitis
- Itching of eyes

**Investigations:**

- Hb: 11.8 gm%

- Vitamin D3: 11.01 (Low)
- Calcium: 8.1 mg/dL (Low-normal)

### **Mental Generals**

The patient had a stable and supportive upbringing with good interpersonal relationships during childhood. She maintained healthy interactions with family, teachers, and peers, without any significant emotional disturbances or stressors.

As she matured, she developed a shy and reserved personality. She preferred limited social interaction and tended to avoid attention. She described herself as sluggish, both physically and mentally, with a tendency to delay tasks and avoid exertion.

In adulthood, she adapted well to her role as a homemaker but continued to exhibit introversion and mild insecurity about her appearance. The onset of facial discoloration further affected her confidence, making her more self-conscious in social settings. Despite this, she remained calm, non-irritable, and emotionally stable.

### **Physical Generals**

<b>Parameter</b>	<b>Findings</b>
Diet	Mixed
Appetite	Normal
Desire	Spicy
Aversion	Not marked
Thermal	Not marked
Thirst	Decreased
Stools	Regular
Urine	Normal
Perspiration	Profuse, non-staining
Sleep	6 hrs, refreshing
Dreams	Not significant

## **Examination**

- Face: Hypopigmented patches with dryness
- Hands: Dry fingertips
- Feet: Cracked heels with bleeding
- No signs of vitiligo (well-demarcated depigmentation absent)

**Past History** Allergic rhinitis

## **Case Analysis**

### **Totality of Symptoms**

- Hypopigmented facial patches
- Dry skin and fissures with bleeding
- Allergic tendency
- Decreased thirst
- Profuse perspiration
- Shy, sluggish personality

### **Repertorial Totality**

**Repertory Used:** Kent Repertory

### **Rubrics Selected:**

- Skin – Discoloration – white patches
- Skin – Dryness
- Extremities – Cracked heels
- Generals – Perspiration profuse
- Mind – Shy

### **Selection of Remedy**

### **Constitutional Remedy**

- **Calcarea Carbonica 1M (Single dose)**

**Reason:**

Hypopigmented skin conditions

- Profuse perspiration
- Shy, sluggish personality
- Nutritional deficiencies

**Acute Remedy**

- **Silicea**

**Reason:** Supports skin healing and fissures

**Intercurrent Remedy**

- **Psorinum**

**Reason:** Addresses underlying miasmatic background

**Miasmatic Approach**

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Dryness	✓			
Cracks	✓		✓	
Chronicity	✓	✓		✓

**Miasmatic Predominance:** Psoric

**LSMC**

Level	Observation
Mental	Mild disturbance (shyness, low confidence)
Physical generals	Strong (thirst ↓, perspiration ↑)
Particulars	Marked skin pathology

**Materials and Methods**

Repertorization was done using Kent Repertory. Remedy selection followed classical principles of individualization and miasmatic analysis.

## Results

Month	Progress	Prescription
1st	Discoloration reduced	Calc Carb 1M
2nd	Cracks healed	Silicea
3rd	Allergy improved	Psorinum
4th–6th	Skin normalizing	Placebo
7th–12th	Stable	Observation

## Detailed Follow-Up Table

Month	Progress	Prescription
1st	Improvement in patches	Calc Carb 1M
2nd	Fissures healed	Silicea
3rd	Allergy ↓	Psorinum
4th	Skin smoother	Sac Lac
5th	No new lesions	Continue
6th	Stable	Observation
7–12th	Maintained	No repetition

## Transformation Table

Parameter	Before	After
Discoloration	Prominent	Reduced
Dryness	Severe	Minimal
Cracks	Painful, bleeding	Healed
Allergy	Frequent	Reduced
Confidence	Low	Improved

## Discussion & Conclusion

This case demonstrates the effectiveness of constitutional homeopathy in managing pityriasis alba with associated systemic features. Calcarea Carbonica addressed the patient's physical constitution, nutritional deficiency tendencies, and mental state.

The addition of Silicea and Psorinum supported healing and miasmatic correction. The rapid improvement without recurrence confirms the curative action of homeopathy.

The case highlights the importance of:

- Individualization

- Addressing nutritional background
- Miasmatic understanding

### The Transformation



### Acknowledgments

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### References

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