



Original Research Article

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HOMOEOPATHIC MANAGEMENT OF PITYRIASIS AMIANTACEA IN A YOUNG ADULT: A CASE REPORT AT DR BATRA'S

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Abstract

Pityriasis amiantacea is an uncommon inflammatory scalp disorder characterized by thick adherent scales encasing hair shafts, often associated with psoriasis, seborrhoeic dermatitis, or eczema. This case describes a 21-year-old engineering student presenting with persistent scalp scaling, matting of hair, and itching for 1–2 years. Individualized homeopathic treatment resulted in significant reduction in scaling, itching, and improvement in scalp health over a five-month follow-up period.

Keywords: Pityriasis Amiantacea, Scalp Psoriasis, Homeopathy, Calcarea Phosphorica, Scaling Scalp

Introduction

Pityriasis amiantacea is characterized by thick, asbestos-like scales tightly adherent to the scalp and hair shafts, often causing matting of hair and persistent itching. It may occur secondary to psoriasis, seborrhoeic dermatitis, or chronic inflammatory scalp conditions. Early recognition and treatment are important to prevent chronic inflammation and secondary hair loss.

Case Presentation

A 21-year-old male engineering student presented with complaints of severe dandruff and scalp scaling for the past 1–2 years.

Chief Complaints

- Thick scalp scaling since 1–2 years
- Adherent flakes causing matting of hair
- Occasional itching
- Progressive worsening despite using multiple anti-dandruff shampoos
- No previous medical treatment

History of Present Illness

The condition began as ordinary dandruff and gradually progressed into thick adherent scales over the scalp. The patient frequently changed shampoos without significant relief. Hair oiling was irregular and scalp washing was done twice weekly.

Family History

- Father diagnosed with psoriasis
- Similar scaly patch over ankle region reported in family

Physical Generals

- Diet: Vegetarian
- Desire: Spicy food
- Aversion: Sweets
- Thirst: 2 litres/day
- Perspiration: Profuse over chest
- Thermal: Hot patient
- Sleep: Refreshing
- Dreams: Pleasant dreams

Mental Generals

The patient was emotionally sensitive and family-oriented.

Characteristic features included:

- Cries easily instead of expressing anger
- Deep attachment towards grandmother
- Strong protective feelings toward family and friends

- Extroverted and socially connected
- Distressed by loneliness during the COVID period
- Mild performance anxiety due to lack of self-confidence
- Independent decision maker
- Enjoys gaming, piano, and creative design work

Educationally, he was pursuing 4th-year Information Technology engineering and aspired to work in 3D game development.

Clinical Examination

Scalp Findings

- Thick adherent silvery-white scales
- Hair matting due to scaling
- Mild inflammatory changes
- Occasional itching
- No active hair loss

Investigations

- Hemoglobin: 13.7 g/dL
- TSH: 2.867 mIU/L

Both values were within normal limits.

Totality of Symptoms

- Pityriasis amiantacea with adherent scalp scales
- Family history of psoriasis
- Desire for spicy food
- Aversion to sweets
- Hot thermal state
- Profuse perspiration
- Emotional sensitivity

- Strong attachment to family and friends
- Extroverted personality

Prescription

Constitutional Remedy

Calcarea Phosphorica

Acute Remedies

Mezereum and Kali Sulphuricum

Supportive Advice

- Daily use of anti-dandruff shampoo
- Warm oil application 10 minutes before hair wash
- Scalp hygiene measures

Remedies	lyc.	carc.	puis.	arg-n.	caust.	bell.	nat-m.	sep.	calc.	plb.	sil.	aur-m-n.	bar-c.	kali-br.	med.	nat-s.	aster.	bufo	maja	rhus-f
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Symptoms Covered	4	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Intensity	9	4	8	7	7	6	6	6	5	5	5	4	4	4	4	4	3	3	3	3
Result	4/9	4/4	3/8	3/7	3/7	3/6	3/6	3/6	3/5	3/5	3/5	3/4	3/4	3/4	3/4	3/4	3/3	3/3	3/3	3/3
Clipboard 7																				
MIND - SENSITIVE	3	1	3	3	3	3	3	2	2	3	3	2	2	1	2	2	1	1	1	1
MIND - WEEPING - easily	1	1	3	1	3	2	2	2	2	1	1	1	1	2	1		1	1	1	1
MIND - ATTACHED - strongly to others		1														1				
MIND - ANXIETY - new things; when seeing	2						1													
MIND - FEAR - alone, of being	3	1	2	3	1	1		2	1	1	1	1	1	1	1	1	1	1	1	1

Follow-Up and Outcome

Date	Clinical Status
February 2026	Scaling mainly over anterior scalp, itching present
March 2026	Itching comparatively better, slight reduction in scaling
April 2026	Scalp scaling significantly reduced
May 2026	Scaling and itching markedly better
June 2026	Continued improvement with stable scalp condition

Final Outcome

- Significant reduction in scalp scaling
- Marked reduction in itching
- Hair matting considerably reduced
- No progression of lesions
- Improved scalp comfort and quality of life



Discussion

Pityriasis amiantacea is often difficult to manage due to chronic inflammation and recurrent scaling. In this case, individualized homoeopathic treatment based on constitutional characteristics, family history, and scalp pathology resulted in gradual but sustained improvement. The reduction in scaling and itching was accompanied by stabilization of scalp health and prevention of further progression.

Conclusion

This case highlights the successful homoeopathic management of Pityriasis Amiantacea in a young adult male. Significant improvement was achieved in scalp scaling, itching, and overall scalp condition over a five-month treatment period, resulting in improved quality of life and patient satisfaction.

Learning Points

1. Pityriasis amiantacea may mimic severe dandruff and remain undiagnosed for years.
2. Family history of psoriasis can provide important clinical clues.
3. Early intervention may prevent progression and secondary hair complications.
4. Individualized homoeopathic treatment may help reduce scaling and itching while improving scalp health.

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