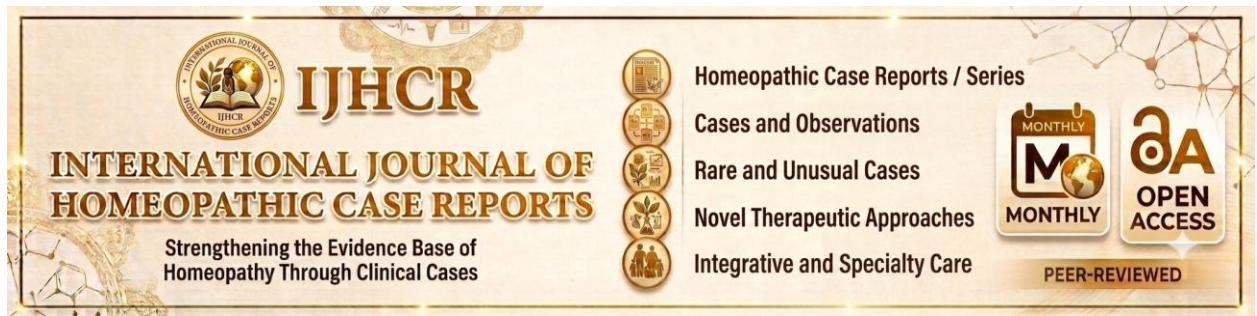




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Individualized Homeopathic Management of Chronic Itchy Whitish Facial Patches in a Child: A Case Report

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Abstract

Background

Chronic facial patches associated with itching may have a varied clinical presentation and require careful documentation of their distribution, sensations, modalities, physical generals and constitutional characteristics. A detailed case history can help establish an individualized treatment approach.

Case Presentation

A female student presented with **itching over the face associated with whitish patches for 3–4 years**. The complaint was reported to be aggravated during the **daytime and summer season**. She had previously received allopathic and Ayurvedic treatment.

The physical-general assessment documented a **hot thermal state**, preference for thin covering, normal appetite, thirst for **small quantities at short intervals**, preference for cold water, profuse perspiration particularly over the **palms and soles**, and refreshing sleep of approximately 10 hours.

The mental-general profile was characterized by an **extroverted, approachable and sociable personality**, easy mixing with others, confidence, desire to try new things, stubbornness, sharp memory and a tendency to become angry easily. She was also described as intelligent and interested in outdoor activities.

Based on the documented constitutional picture, **Silicea** was selected, with the recorded prescribing rationale emphasizing a **mild/yielding disposition and profuse perspiration of the palms**.

At follow-up, the initial condition was reported as unchanged, followed by reduction in itching and subsequent improvement in the facial patches. By July 2026, the patient was documented as better, with the patches improved.

Conclusion

The case demonstrates the documentation of a chronic facial skin complaint through local symptoms, physical generals and mental characteristics, followed by individualized constitutional prescribing. The supplied follow-up records document clinical improvement, although objective lesion measurements and standardized photographic assessment are not available.

Keywords: Facial patches; itching; chronic skin disorder; constitutional prescribing; Silicea; case report.

Introduction

Chronic facial skin complaints may persist for several years and can have a fluctuating course. Detailed case documentation is important to characterize the lesion, associated sensations, aggravating and ameliorating factors, physical generals and individual mental characteristics.

The present case describes a young female student with a **3–4-year history of itching over the face associated with whitish patches**, with aggravation during the daytime and summer.

The case was approached through individualized constitutional assessment, with **Silicea** documented as the prescribed constitutional remedy.

Patient Information

Parameter	Details
Sex	Female
Occupation	Student
Chief complaint	Itching over face with whitish patches
Duration	3–4 years
Previous treatment	Allopathic and Ayurvedic treatment
Main aggravation	Daytime, summer
Constitutional remedy	Silicea

Chief Complaint

Itching with whitish patches over the face

The patient presented with:

- **Whitish patches over the face**
- **Itching**
- Duration of approximately **3–4 years**

Aggravating factors

- Daytime
- Summer season

Previous treatment

The patient had previously taken:

- Allopathic treatment
- Ayurvedic treatment

Clinical Course Before Treatment

The facial complaint had been present for approximately **3–4 years**.

At the initial follow-up documentation, the patient was recorded as having:

Condition same; wait and watch.

Subsequently:

03/05/2026

- Itching remained the same
- Patches described as red
- Appetite normal
- Thirst: small quantity at small intervals

12/06/2026

- Patient reported to be better
- **Itching reduced**

18/07/2026

- Patient better
- **Patches improved**

21/07/2026

- Patient continued to be documented as better

Thus, the supplied follow-up sequence documents **initial stability followed by reduction in itching and subsequent improvement of the patches.**

Physical Generals

The physical-general assessment revealed:

Parameter	Finding
Appetite	Normal
Craving	Spicy
Thirst	Normal; small quantity at small intervals
Water preference	Cold water
Thermal state	Hot
Covering	Thin
Bathing	Both
Seasonal preference	Winter
Preference	AC
Perspiration	Profuse
Perspiration site	Palms and soles
Odour	Non-offensive
Urine	Normal
Stools	Satisfactory
Sleep	10 hours
Sleep quality	Refreshing
Sleep position	Abdomen

Mental Generals

The mental profile documented in the case included:

Social disposition

- Extroverted
- Easily mixes with others
- Approachable
- Sociable

Personality

- Intelligent
- Sharp memory

- Stubborn
- Confident
- Wants to try new things
- Likes wearing good/new clothes

Emotional/behavioural characteristics

- Easily becomes angry
- Described as revengeful toward her elder sister
- Good confidence
- Outdoor activities preferred

The case record therefore describes an individual who is **social, confident, active and approachable**, rather than withdrawn or shy.

Family and Life-Space History

Family structure

The patient belongs to a well-settled family.

- Father – ex-serviceman in the Army
- Mother – homemaker
- Two children
- Patient – younger child

Childhood

No major illness during childhood was reported.

School and social relationships

- Good relationship with teachers
- Good relationship with friends
- Student

No major psychosocial stressor was documented in the supplied record.

Personality Profile

The patient's personality can be summarized as:

Extroverted → approachable → easily mixes with others → confident → intelligent → sharp memory → stubborn → enjoys new experiences → active/outdoor-oriented

The patient was also described as wanting to try new things and having a preference for good/new clothes.

Totality of Symptoms

Category	Characteristic
Chief complaint	Itching with whitish facial patches
Duration	3–4 years
Location	Face
Sensation	Itching
Aggravation	Daytime
Aggravation	Summer
Appetite	Normal
Thirst	Small quantity at small intervals
Water	Cold water
Thermal	Hot
Covering	Thin
Perspiration	Profuse
Perspiration location	Palms and soles
Sleep	10 hours, refreshing
Mind	Extroverted
Mind	Approachable
Mind	Easily mixes with others
Mind	Confident
Mind	Intelligent
Mind	Sharp memory
Mind	Stubborn
Mind	Easily angered
Hobbies	Outdoor activities

Homeopathic Treatment Plan

Sr. No.	Category	Remedy	Rationale
1	Constitutional	Silicea	Mild/yielding disposition with profuse perspiration of palms
2	Acute	Not documented	—
3	Intercurrent	Not documented	—

Constitutional prescription

Silicea

The supplied record specifically identifies:

Silicea – mild, yielding, profuse sweats on palms

as the prescribing rationale.

Individualization of the Case

The prescribing approach was based on the totality rather than the skin complaint alone.

Skin particulars

Whitish facial patches + itching + worse during the day + worse in summer

combined with:

Physical generals

Hot patient + thin covering + profuse perspiration of palms and soles

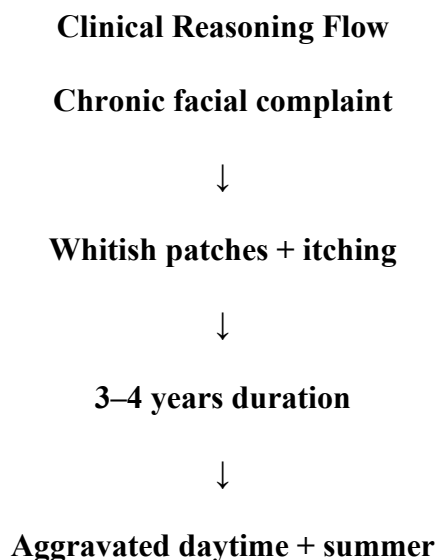
and:

Mental generals

Extroverted + approachable + easily mixes + confident + intelligent + stubborn

The documented constitutional prescription was therefore:

SILICEA





Hot patient



Profuse perspiration – palms and soles



Small quantity of water at short intervals



Extroverted + approachable + confident + intelligent



Silicea

Follow-up and Outcome

Baseline

- Chronic facial itching
- Whitish facial patches
- 3–4 years duration
- Worse during daytime
- Worse during summer
- Previous allopathic and Ayurvedic treatment

Follow-up 1 — 03/05/2026

- Itching persisted
- Patches described as red
- Appetite normal
- Thirst in small quantities at short intervals
- **Wait and watch**

Follow-up 2 — 12/06/2026

- Patient better
- **Itching reduced**

Follow-up 3 — 18/07/2026

- Patient better
- **Patches improved**

Follow-up 4 — 21/07/2026

- Patient continued to be documented as better

Outcome Summary

Parameter	Baseline	Follow-up
Itching	Present	Reduced
Facial patches	Present	Improved
Overall condition	Chronic	Better
New lesions	Not documented	Not documented
Objective lesion measurement	Not available	Not available
Standardized photographs	Not available	Not available

Overall documented response

Itching ↓ → patches improved → overall condition better



Discussion

This case demonstrates the importance of looking beyond the local skin complaint during individualized case assessment.

The chief complaint consisted of chronic itching with whitish facial patches. The local modalities were relatively limited, with aggravation during the daytime and summer. The physical-general assessment provided additional individualizing characteristics, particularly the **hot thermal state, preference for thin covering, profuse perspiration over the palms and soles and thirst for small quantities at short intervals.**

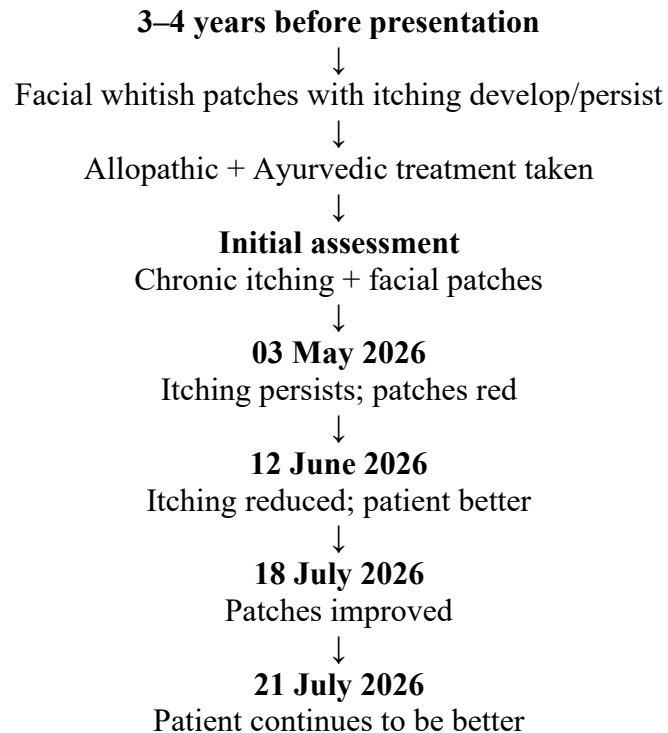
The mental profile added further individuality, with the patient described as **extroverted, approachable, confident, intelligent, sharp-memory and stubborn**, with an inclination toward outdoor activity.

The recorded prescribing rationale for Silicea was specifically:

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mild/yielding disposition + profuse perspiration of palms.

Timeline



Prognosis

Based on the supplied follow-up record:

Favourable clinical response documented.

The response is supported by the recorded reduction in itching and improvement of patches.

Learning From the Case

The case highlights:

1. Do not prescribe only from the disease name.

The case was approached through:

Local complaint + modalities + physical generals + mental generals.

2. Physical generals can provide important individualizing features.

In this case:

Profuse perspiration of palms and soles

was specifically recorded.

3. Mental characteristics contributed to the constitutional assessment.

The patient was described as:

Extroverted + approachable + confident + intelligent + stubborn.

4. Follow-up documentation is essential.

The sequential record demonstrated:

Stable → itching reduced → patches improved → overall better.

Conclusion

A young female student with a **3–4-year history of itchy whitish facial patches**, aggravated during the daytime and summer, was evaluated through detailed local symptoms, physical generals and mental characteristics.

The constitutional picture included a **hot thermal state, thin covering, profuse perspiration over the palms and soles, thirst in small quantities at short intervals, extroversion, confidence, intelligence and stubbornness.**

Silicea was selected as the constitutional remedy, with the documented rationale of a **mild/yielding disposition and profuse palmar perspiration.**

The available follow-up records documented **reduction in itching followed by improvement in the facial patches**, with the patient subsequently reported as better.

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