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Case Study

Constitutional Homoeopathic approach - In the case of Lichen Planus

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Abstract

Background: Lichen planus (LP) is a provocative skin problem, described by a bothersome, sparkling, violaceous, level-bested, papular emission over various pieces of the body. Since the regular method of medication doesn't fix the sore but smothers it, in the equivalent or the other structure. Homoeopathy running against the norm plays a critical part in the treatment of LP based on the entirety of side effects (individualization) and comprehensive methodology. In the event of LP, Homeopathic meds focus on the changed resistance of the body and take it back to typically over the timeframe. An instance of an LP of 48 years of a male is introduced in this article who answered praising with single medication Arsenicum album relying upon the entirety of side effects repertorial result. A decrease in the size and number of emissions was seen over a time of Multiple months.

An itemized case-taking was finished and LP was analyzed on the premise of clinical history, actual assessment, and biopsy report. Individualized Homeopathic medication was given based on the entirety of the side effects.

The patient recuperated surprisingly with Homeopathic treatment.

Conclusion: Homeopathy has treated a hard-to-treat condition, for example, LP, in somewhat less time, where moderate treatment neglects to give positive outcomes.

Keywords: Individualization, Lichen planus, Arsenicum album, Homeopathy, Single medicine.

INTRODUCTION

LP is an ongoing incendiary and invulnerable interceded infection that influences the skin, nails, hair and mucous layer. It is portrayed by polygonal, level-bested, violaceous papules and plaques with overlying reticulate fine white scales.



Fig 1: Before treatment and After treatment

Case Profile

A 48-year-old male was detailed in my clinic on 23.12.23, with grievances of L.P. over his hands for a long time. The patient was well 3 years prior, when, bit by bit, he began griping of strongly irritated, little, erythematous, level bested, marginally purplish emissions over hands.

Analysis and evaluation of symptoms

Table 1: Analysis and evaluation of symptoms

SYMPTOMS	ANALYSIS	INTENSITY
Restlessness, both physically and mentally	Mental general	+++
Fear of blackish darkness	Mental general	+++
Feeling of alone	Mental general	++
A desire for ice cream	Physical general	+++
Lower chest pain	Characteristic particular	++
Itchy, erythematous, vesicular eruptions over hands	Characteristic particular	+++

Totality of symptoms

- Restlessness, both physically and mentally.
- Fear of blackish darkness
- Feeling alone
- A desire for ice cream
- Lower chest pain
- Itchy, erythematous, vesicular eruptions over hands

Miasmatic analysis

Table 2: Miasmatic analysis

Symptom	Miasmatic analysis
Restlessness both physically and mentally	PSORA
Fear of blackish darkness	PSORA
Feeling alone	PSORA-SYPHILIS
A desire for ice cream	PSORA
Lower chest pain	PSORA
Itchy, erythematous, vesicular eruptions over hands	PSORA-SYCOSIS
Chilly	Psora

For this situation, according to examination, psora is the prevailing miasm with a syphilitic foundation.
A first prescription with justification

Arsenicum album 30 was prescribed after consultation of materia medica on 23-12-2023; considering that the Arsenicum album patient is physically as well as mentally restless and its pathogenetic effects primarily cause vesicular eruptions. 200 potency in repeated doses was selected as the patient was having intense itching with oozing eruptions with considerable chest pain.

Follow-up with prescription and justification:

Table 3: Follow-up with prescription and justification

Date	Symptoms	Prescription with justification
23-12-2023	Few new eruptions appeared and there is a slight improvement in old eruptions. Itching and discharge from eruptions decreased. Lower chest pain was reduced by 40%	Arsenicum album 30/ TDS for 28 days As improvement was evident and amelioration going on medicine was repeated, considering that lichen planus is a chronic inflammatory immune-mediated condition, hence it was repeated. (6)
24-1-2024	Further improvement in old eruptions but new eruptions continued to form. Itching remarkably reduced. Discharges dried up.	SL /TDS for 21 days.
24-2-2024	Old eruption begins to start fading. No new eruption. Low back pain resolved around 80%.	Arsenicum album 200/TDS for 21 days. As improvement was evident and amelioration going on with no new eruptions, the patient was kept on wait and watch.
02-3-2024	Relief in all symptoms	7 days of SL/TDS The patient was monitored closely while there was improvement in every symptom.
10-3-2024	Relief in all symptoms and general condition became better	30 days of SL/TDS After the patient healed, a month-long placebo was administered, and he was counselled to return in case of relapse.

CONCLUSION

The Arsenicum album was first prescribed. Old eruptions showed a little improvement, but a few new eruptions also surfaced, so the potency was increased. This caused the old eruptions to disappear, the discharges to dry up, and new eruptions to appear during the course of treatment. The area was free of itching, and fresh hair follicles started to grow over it. The patient indicated in follow-ups that the recommended medication not only improved the symptomatology but also other general symptoms.According to Hahnemann's Lesser works, Homeopathy is a medical approach that selects a simillimum and addresses the patient as a whole rather than just the ailment. There is pertinent evidence in this case that LP was successfully treated with just homeopathic treatment.

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