



ORIGINAL RESEARCH PAPER

Homeopathy

PITYRIASIS VERSICOLOR TREATED WITH INDIVIDUALIZED HOMOEOPATHIC MEDICINE: A CASE REPORT.

KEY WORDS:

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ABSTRACT

Pityriasis versicolor, also known as Tinea versicolor and caused by Malassezia, referred to as Pityrosporum, a dimorphic lipophilic fungus, manifests with distinct skin lesions presenting as hyperpigmented or hypopigmented finely scaly macules primarily affecting the trunk, neck, and proximal extremities. This condition follows a self-limiting course, lasting for years untreated; however, recurrence tends to be more prevalent post-successful treatment. A ten-year-old male child exhibited a dry, scaly white hypopigmented lesion on the neck persisting for one month, with resolution achieved through the administration of individualized homeopathic medicine Arsenicum album (30C) over two months and recurrence not reported. These case findings indicate the potential utility of homeopathic remedies in managing Pityriasis Versicolor.

INTRODUCTION

Pityriasis versicolor, also known as Tinea versicolor, is a prevalent benign superficial skin condition caused by Malassezia, a dimorphic lipophilic fungus, which is also referred to as Pityrosporum.^[1-4] This skin disorder primarily impacts adolescents and young adults, although it can also manifest in children and infants.^[14-16] The hallmark skin lesions of Pityriasis versicolor consist of either hyperpigmented or hypopigmented finely scaly macules, with the most commonly affected areas being the trunk, neck, and proximal extremities. It is important to note that this condition is generally not considered contagious; however, instances of successful inoculation have been documented under experimental circumstances involving tropical oils and occlusion.

The diagnosis of Pityriasis versicolor is typically based on clinical findings and the distribution of skin lesions. While it is a self-limiting ailment that can persist for years without treatment, recurrence is more likely to transpire following successful treatment. In the realm of conventional medicine, tropical therapy utilizing nonspecific antifungal agents is usually the preferred course of treatment. Yet, in cases of severe, refractory, or recurrent Pityriasis versicolor, oral medications are often regarded as a secondary treatment option, especially in instances of widespread involvement.

A study conducted in India revealed that 59.09% of individuals with Pityriasis versicolor are male, while 40.91% are female. Furthermore, the majority of patients are young adults, with the highest proportion (56%) falling within the 21–30 age bracket. Among these patients, 52.73% are asymptomatic, while 47.27% experience mild to moderate itching.^[21] Another study in India, involving a total of 113 patients, found that 60% of individuals reported recurrent episodes of the condition. Additionally, 57.5% of patients had an outdoor occupation, and 33.6% had a positive family history of Pityriasis versicolor.^[22]

Homeopathy is a very cost-effective, mild, gentle, approach to treating disease in the shortest, most reliable, and most harmless way but in homeopathic literature, reported evidence for the treatment of Pityriasis versicolor is very few. Some case study shows that Individualized Homeopathic medicine like Nat.Mur, Staph, Carcininum, Sulphur,^[9-13] were successfully treated Pityriasis versicolor. This case report Pityriasis versicolor treated by individualized Homeopathic medicine has been presented as per the HOM-CASE CARE guideline,^[1] to add evidence of successful homeopathic treatment in the case of Pityriasis versicolor and improvement of the quality of life of the patient.

Patient Information

A 10 year old boy came to our outpatient Department of CRU(T), Gangtok on 4 November 2023 with the complaint of Dry, scaly white hypo pigmented sport on the neck associated with burning in the eye for 1 month. At first, he took allopathic ointment but no significant result was noticed.

Clinical Findings

Chief Complain

As narrated by the patient, he was suffering from Dry, scaly, Rough, Round shaped, white, hypopigmented sport on neck that sometime itching and burning which aggravated by cold and wet weather, ameliorated by heat since 1 month and associated with burning in eyes which was aggravated by cold water from few days.

History of the present complains:

Past History: Itchy eruption on groin, 4 years ago.

Personal History:

The patient is a school going boy read in class 6 slandered . He has no addiction to any particular things. The environment of the patient is very much cold and damp all over the year.

Family History: His father had a history of hemorrhoids, and Pityriasis versicolor.

Homeopathic Generals:

Physical Generals:

Appetite: Less. Sometime burning pain in epigastrium > after taking hot water.

Desire: Acidic food, Coffee,

Aversion: To vegetable diet.

Craving: for Milk

Intolerance: To smell of food when cooking causes vomiting.

Thirst: Great thirst, Drinks water little quantity at a time.

Tongue: Dry clean and red.

Stool: Usually at night after eating, offensive smelling.

Urine: Clear, sometime Scanty burning pain in urination when he takes little quantity of water.

Sweat: cold sweating all over the body.

Sleep: Good, 5 to 6 hours/ day.

Dreams: Nothing particular.

H/C: Chilly Patient. Cannot bear cold weather or cold things.

General tendency: To take cold easily.

Mental general: The patient was very much anxious and restless about his complain because his skin eruption was very much affected his friendship.

Analysis of the Case

After proper case taking done following the rule and philosophy of Homeopathy, the totality of the symptoms was constructed to find out the correct similimum of medicine. The

following symptoms are considered for repertorisation.

- Dry, scaly, Rough, Round shaped, white, hypopigmented sport on neck.
- Sometime itching and burning of affected part which aggravated by cold and wet weather, ameliorated by heat.
- Burning in eye aggravated by cold water and night.
- Desire: Acidic food, Coffee.
- Aversion: To vegetable diet.
- Craving: for Milk
- Intolerance: Smell of food when cooking causes vomiting.
- Thirst: Great thirst, Drinks water little quantity at a time.
- Tongue: Dry clean and red.
- Stool: Usually at night after eating, offensive smelling.
- Sweat: cold sweating all over the body.
- Anxious, Restless.
- H/C: Chilly Patient.

Diagnostic Assessment

The diagnosis of Pityriasis versicolor is made by its clinical presentation and distribution. In the present case report the boy was suffering from Dry, scaly white hypo pigmented sport on his neck, which is seen in pictures no 1 and 2.



Picture 1 (Before Treatment) Picture 2 (Before Treatment)

Reportorial Analysis

The totality of symptoms indicates the picture of Arsenicum Album but for final confirmation, a software reportorial assessment was done after converting the symptoms into rubrics with the help of Hompath version 5.00. After repertorisation Arsenicum Album cover most of the symptoms with the highest score of 30, followed by sulphur, Calcareacarbonica, Mercurius, Rhus-t, Lycopodium, and Phosphorous, with the score of 19, 18, 16, 16, 15, and 14 respectively shows in picture no 3.

Remedy Name	Ars	Sulph	Calc	Merc	Rhus-t	Lyc	Phos
Totally / Symptom Covered	30 / 11	19 / 10	18 / 8	16 / 8	16 / 7	15 / 6	14 / 7
[Kent] [Skin]Discoloration:White:Spots:...	3	2	2	2			2
[Kent] [Skin]Eruptions:Itchin g:Washing :in cold water agg: (1)							
[Kent] [Eye]Pain:Burnin g,smarting,biting:Night: (16)	3	1		1			
[Kent] [Stomach]Desires:Sour,acids,etc....	2	2	2		1		2
[Kent] [Stomach]Aversion:Vegetables: (5)							
[Kent] [Stomach]Desires:Milk: (27)	2	1	2	2	3		
[Kent] [Stomach]Nausea:Food:Smell of:...	2						
[Kent] [Stomach]Thirst:Small quantities,for: (20)	3	2			2	3	1
[Kent] [Mouth]Discoloration:Tongue:Re...	3	2	2	3	3	2	3
[Kent] [Perspiration]Cold: (121)	3	2	2	2	1	3	2
[Kent] [Face]Expression:Anxious: (67)	3	2	2	1		2	
[Kent] [Mind]Restlessness,nervousness:...	3	3	3	3	3	3	1
[Kent] [Generalities]Heat:Vital,lack of: [...]	3	2	3	2	3	2	3

Picture 3 (Repertorial Chart)

Therapeutic Intervention

After reportorial analysis and consulting with homoeopathic materia medica, [5-7] Arsenicum album 30/ 2 dose, once daily for 2 days and Phytum 500/ 14 dose, once daily for 14 days was prescribed.

Follow up Assessment

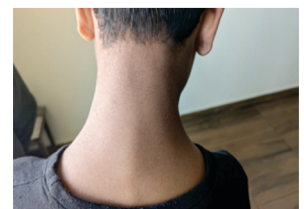
Follow-up of the patient was done as per the requirement and all changes in clinical presentation CDLQI score were noted. In the whole process of the homoeopathic treatment the medicine, potency and dose were unchanged. The timeline of the presented case with 1st visit and subsequent follow-up and prescription is shown in Table no 1. Finally, the skin lesions of the neck disappear after 2 months of treatment (Pic no 4,5) and the reappearance of symptoms is not reported.

Follow up: (Table No 1)

Date	Symptoms	Prescription	CDLQI Score
4/11/2023	On the basis of the baseline symptoms.	1. Arsenicum Album 30/2 dose. In globules no 10. 4 piles be taken once daily in morning on empty stomach for 2 days. 2. Phytum 500/ 14 dose. In globules no 10. 4 piles be taken once daily in morning and evening on empty stomach for 14 days	9
22/11/2023	• Hypopigmented sport on neck become lighter. • No itching • No complain of burning in eye.	1. Phytum 500/ 14 dose.	7
11/12/2023	• Marked improvement was observed that is Hypopigmented sport on neck become lighter than before.	1. Phytum 500/ 28 dose.	3
10/01/2024	• Complete disappearance of hypopigmented sport from neck. • All physical general become normal.	1. Phytum 500/ 60 dose.	0
14/03/2024	• No reappearance of hypopigmented sport. • All physical general ware normal.	1. Patient was advised to re visit our OPD when any further reappearance of sport or any new complain.	0



Picture 4 (After Treatment)



Picture 5 (After Treatment)

Objective Evidence

The case was documented photographically at the onset and the end of the treatment. The photo of the onset of the case clearly shows the dry scaly hypopigmented patch on the neck. To assess the effect of skin disease on a child's quality of life in the previous week, The Children's Dermatology Life Quality Index (CDLQI) was used in the presented case.[3]

Intervention adherence and tolerability: On every follow up patient was inquired about timely taking medicine in prescribed dose and general advice.

Adverse and unanticipated events: No adverse and unanticipated events were noticed during whole homeopathic process of treatment.

Possible Casual Attribution of Changes

Modified Naranjo Criteria for Homoeopathy (MONARCH) was used to find out the relationships between the homeopathic treatment and its outcome.^[2] MONARCH score obtained 10 domains with a maximum score of +13 and a minimum score of -6. In this case, MONARCH score at the final visit was +8, shown in table no-2 which means a positive casual attribution if the individualized Homoeopathic treatment in the case of Pityriasis versicolor is shown in table no 2.

Modified Naranjo Criteria: (Table no 2)

Sl NO	Modified Naranjo Criteria	Answers of the patient	Score
1	Was there an improvement in the main symptom or condition for which the homeopathic medicine was prescribed?	Yes	+2
2	Did the clinical improvement occur within a plausible time frame relative to the drug intake?	Yes	+1
3	Was there an initial aggravation of symptoms?	No	0
4	Did the effect encompass more than the main symptom or condition (i.e., were other symptoms ultimately improved or changed)?	Yes	+1
5	Did over all well-being improve? (suggest using validated scale)	Yes	+1
6A	Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease?	Not Sure	0
6B	Direction of cure: did at least two of the following aspects apply to the order of improvement of symptoms	Not Sure	0
	From organs of more importance to those of less importance?		
	From deeper to more superficial aspects of the individual?		
	From the top downwards		
7	Did "old symptoms" (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?	No	0
8	Are there alternate causes (other than the medicine) that—with a high probability— could have caused the improvement? (Consider known course of disease, other forms of treatment ,and other clinically relevant interventions)	No	+1
9	Was the health improvement confirmed by any objective evidence? (e.g., laboratory test, clinical observation, etc.)	Yes	+2

10	Did repeat dosing, if conducted, create similar clinical improvement?	No	0
Total			+8

DISCUSSION

Homoeopathy is a therapeutic medicinal system where the patient is treated with the totality of symptoms constructed by physical makeup, subjective, objective, and mental symptoms of the patient. According to Hahnemann's classification, Pityriasis versicolor comes under local disease and he advised to treat with proper anti psoric medicine. Most skin diseases are not diseases of the skin, but they are constitutional diseases that manifest themselves in the skin and try to produce an outlet for the diseased matter by way of the skin, the skin this acting as a kind of safety valve.^[12] Dr Hahnemann, in his Nobel book Chronic Diseases, said "that human skin does not evolve by itself, without the cooperation of the rest of the living whole, nor does it become sick in any way without being induced and compelled to it by the general diseased state by the lack of normality in the whole organism"^[23] In conventional medicinal system tropical therapy with nonspecific antifungal agents and Antifungal agents is the treatment of choice for Pityriasis versicolor but in the aphorism 203 in organon of medicine Hahnemann said " this pernicious external mode of treatment is one of the most criminal procedure the medical world can guilt of" And also said that "every external treatment of such local symptoms, the object of which is to remove them from the surface of the body, whilst the internal miasmatic disease is left uncured."^[14] In this presented case report, careful case-taking was done following the rules of the organon of medicine for constructing the totality of symptoms. After repertorisation and consultation with materia medica, Arsenicum album 30/ 2 dose, once daily for 2 days, and Phytum 500/ 14 dose, once daily for 14 days was prescribed. Dr J.T. kent said in his Noble book Lectures on homoeopathic philosophy in the chapter 12 observation, his 3rd observation is "No aggravation with the recovery of the patient."^[18] In this condition, the prognosis is very good and the potency of homoeopathic remedy is exactly fitted to the case. In this presented case at 2nd visit no aggravation with the recovery of some complaints was observed, so placebo was prescribed. After that, at 4th visit complete disappearance of the skin lesion on the neck was noticed along with CDLQI Score which was scored 9 at 1st visit and become 0 at 4th visit . In this case, the report is clear evidence that the proper selection of individualized homoeopathic medicine can successfully treat Pityriasis versicolor with improving the life quality of the patient.

CONCLUSION

This presented case report shows that effectiveness of individualized Homoeopathic medicine, Arsenicum Album in treatment of Pityriasis versicolor along with improvement of the life quality of patient. Further in vitro study on antifungal activity of Arsenicum Album against Malassezia furfur, and clinical trial may be required to establish the effectiveness of homoeopathic medicine, Arsenicum Album for the treatment of Pityriasis versicolor.

Declaration Of Patient Consent

The patient and parent of the patient gave verbal consent to publish her homoeopathic treatment result in this case report. I assure that any personal document will not be published.

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Conflicts of Interest: Authors Declare None

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