



## RESEARCH ARTICLE

### A CASE STUDY OF LICHEN PLANUS AND ITS HOMOEOPATHIC MANAGEMENT

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Lichen Planus, Nux Vomica, Ars Alb, Homoeopathy, Keynote Prescription

#### Abstract

Lichen Planus (LP) is an inflammatory and uncommon dermatosis with an unknown etiology. Morphology, Pruritic, Polygonal, Purple (violaceous), Plane (flat topped), Papules (5Ps) with Wickham's striae on surface. Most common sites are wrists and legs. A 38-year-old male presented in OPD with complaints of eruptions on abdomen, back, hands and legs. Eruptions were multiple, blister like, purplish, bluish hue with intense itching. Nux Vomica and Arsenicum Album were given according to his presenting symptoms, and it gave marked improvement to the patient. This article's goal is to demonstrate how well homeopathy works for Lichen Planus.

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#### Introduction:-

An eruption of flat, angular, shiny, umbilicated papules is a hallmark of the inflammatory skin condition lichen planus. They are initially isolated, have a dull red appearance, and can gather into irregular or linear patches. They can also take on a purplish tinge and occasionally have thin scales covering them. LP is a rare skin condition. Nervous weariness from anxiety, overwork, stress, concern, inadequate or incorrect diet, and digestive problems are its most typical causes. Although LP can occur anywhere, it most frequently appears on the ankle, lower back and front of the wrist. The papules on the palm and soles are bright and firm.

#### Case report:-

A 38-year-old male presented in OPD with complaints of skin eruption on abdomen, back, hands, legs with flat, shining, purple papules which had been intensified in the previous 2 to 3 months. The patient experienced an itchy eruption with burning and pain and wanted to scratch constantly until it was bleeding. The complaints are worse by cold food and cold drinks, perspiration which is offensive. He previously took Allopathic treatment for nearly 8 months. There was no history of allergic complaints, no history of any infectious condition or no history of respiratory symptoms.

Location & Duration	Sensation & Pathology	Modality	Concomitant
Abdomen	Itching until bleeding		
Back	Burning	Worse by cold drink	Constipation
Hands	Pain	Worse by cold foods	
Legs		Better by perspiration	

There has been no significant illness in the past. Father has H.T and Mother has anxiety disorder. Patient thirsty with loss appetite. He has craving for sweets with regular bowel movement and disturbed sleep. He feels gloomy sometime and forgetfulness. He has great fear of his disease and thought he would die. He was feeling very tired and

exhausted for the whole day. He was very irritated and restless due to his skin complaint. He has dreams of school life, especially of exams.

#### Reaction to: Intolerance to cold season:

Thermal: Chilly patient

Local Examination of Lesions:

Skin: Flat and shiny purple eruption in small size.

Clinical Diagnosis: Lichen Planus

Analysis Of the case:

-Irritability.

-Eruption: Itching

-Eruption: Scratch until bleed

-Eruption: burning

-Perspiration offensive

-Worse by cold food and cold drinks

-Better by perspiration

-Thermal: Chilly

Prescription: 20/07/2023

- Nux Vomica 200 /3 doses





-Rubrum(4-0-0)



Basis of selection

-As antidote [H.C. Allen] (1)



Repertorisation											
Type Keywords for Quick Repertorisation (Ctrl+F)											
Symptoms : 5   Remedies : 578   Filters : Normal											
Remedy	Sulph	Ars	Nit-ac	Apis	Petr	Dulc	Phos	Staph	Calc	Mag-c	Morg
Totality	16	11	11	10	10	9	9	9	8	8	8
Symptoms Covered	4	3	3	3	3	4	3	3	3	3	3
Kingdom	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
[Complete ] [Mind]IRRITABILITY:Restless: (44)	4	3	3	3		1	3	1	1	1	
[Complete ] [Skin]ERUPTIONS:Itching: (525)	4	4	4	3	4	3	3	4	4	4	4
[Complete ] [Skin]ERUPTIONS:Burning: (280)	4	4	4	4	3	2	3	4	3	3	3
[Complete ] [Skin]ERUPTIONS:Itching:Scratch until it bleeds, must: (5)	4				3						1
[Complete ] [Perspiration]OFFENSIVE:Eruptions, with: (1)						3					

Follow-ups	Symptoms	Inference	What to do?	Prescription	images
1 <sup>st</sup> - 6/8/2023	Mind: Fear of his disease converted into cancer (fear of cancer)	Slight (5 to 10%) improvement	Observation	Rubrum (4-0-4)	
2 <sup>nd</sup> - 20/8/2023	As it is, like previous	Same	Change the medicine	ArsAlb 200/3dose Rubrum (4-0-4)	Ars: chilly <cod drink, cold drink Mind: Fear:cancer, death,disease incurable Sulp:Hot
3 <sup>rd</sup> - 27/8/2023	Eruption: increase Burning: increase Itching: increase General Symptoms increase but improvement in mental symptoms.	Aggravation (Kent 3 <sup>rd</sup> observation)	Not to disturb the action of medicine	Rubrum (4-0-0)	
4 <sup>th</sup> - 10/9/2023	Eruption: increase Itching: increase Pain: increase Slight improvement in sleep and appetite.	Aggravation	Not to disturb the action of medicine	Rubrum(4-0-4)	
5 <sup>th</sup> - 6/10/23	Eruption: increase Itching: increase Pain: increase Mind: My eruption increases, but "I feel better from inside". However, now I have noticed that something is repairing from inside and this is "ONLY a SKIN DISEASE and IT CAN BE CURE"	Aggravation	Not to disturb the action of medicine	Rubrum (4 -0-4)	
6 <sup>th</sup> - 5/11/2023	Mind: I feel so much better Itching: decrease+ Burning: decrease Pain: decrease	Improvement		Rubrum (4-0-4)	

7 <sup>th</sup> 5/12/2023	- Mind: I feel so much better Itching: decrease++ Burning: decrease Pain: decrease	Improvement		Rubrum (4-0-4)	
8 <sup>th</sup> – 20/1/2024	Eruption: Nil Itching: Nil Burning: Nil Pain: Nil	No new complaints			
9 <sup>th</sup> -5/3/2024	Eruption: Nil Itching: Nil Burning: Nil Pain: Nil	No new complaints		Nil	
10 <sup>th</sup> - 8/5/2024	Eruption: Nil Itching: Nil Pain: Nil	No new complaints		Nil	

### Discussion:-

In this case, individualized homoeopathic treatment helped in healing of Lichen Planus on the abdomen, back, hands, legs and gradually improvement in general well-being and improvement in forgetfulness with no recurrence of Lichen Planus after completing the treatment. Day by day he feels better not only because of his eruption but also in his fear of disease and cancer. This case helps to understand the positive result of homoeopathic medicine in the case of Lichen Planus and other Dermatological conditions.

### Result:-

Homoeopathic medicine plays a significant role in improving the case of Lichen Planus.

### Conclusion:-

The Lichen Planus can be successfully improved with homoeopathic medicines based on detailed analysis. Homoeopathic treatment has shown the ability to improve Lichen Planus internally and general wellbeing.

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