



ISSN: 0976-3376

Available Online at <http://www.journalajst.com>

ASIAN JOURNAL OF
SCIENCE AND TECHNOLOGY

Asian Journal of Science and Technology
Vol. 17, Issue, 01, pp. 14063-14066, January, 2026

RESEARCH ARTICLE

A CLASSICAL HOMEOPATHIC APPROACH IN THE MANAGEMENT OF LICHEN PLANUSPIGMENTOSUS: A CASE TREATED AT DR BATRA'S® HOMEOPATHY CLINIC

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ARTICLE INFO

Article History:

Received 11th October, 2025
Received in revised form
28th November, 2025
Accepted 03rd December, 2025
Published online 29th January, 2026

Key words:

Lichen PlanusPigmentosus, Classical Homeopathy, Autoimmune Skin Disorder, Individualization, Dr Batra's® Homeopathy Clinic.

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ABSTRACT

Lichen Planus Pigmentosus (LPP) is a chronic inflammatory dermatosis often associated with autoimmune tendencies and significant cosmetic distress. Conventional management frequently offers only symptomatic relief with unpredictable outcomes. This case report presents the successful management of a middle-aged female suffering from LPP with positive antinuclear antibodies, unresponsive to prior conventional therapies. A holistic classical homeopathic approach focusing on mental generals, constitutional susceptibility, and miasmatic background resulted in sustained clinical improvement and enhanced quality of life. This case highlights a clear transformation achieved at Dr Batra's® Homeopathy Clinic.

Citation: Dr. Surbhi Gandotra. 2026. "A Classical Homeopathic Approach in the Management of Lichen Planuspigmentosus: A Case Treated at Dr Batra's® Homeopathy Clinic", *Asian Journal of Science and Technology*, 17, (01), 14063-14066.

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INTRODUCTION

Lichen Planus Pigmentosus is a variant of lichen planus characterized by hyperpigmented macules, commonly affecting sun-exposed areas such as the face and neck. The condition is chronic, relapsing, and often associated with autoimmune dysregulation. Psychological stress, metabolic factors, and immune triggers play a contributory role. Homeopathy, with its individualized and constitutional approach, offers a therapeutic alternative aimed at restoring internal balance rather than suppressing symptoms.

CASE PROFILE

- **Age / Gender:** 46 years / Female
- **Diagnosis:** Lichen PlanusPigmentosus
- **Duration:** >1 year
- **Previous Treatment:** Allopathic medicines and topical agents (discontinued 2 months prior)
- **Past Medical History:** Non-significant
- **Family History:** Non-contributory
- **Investigations:**
 - ANA: Positive (1+ intensity)
 - Hb: 14.28 g/dL
 - TSH: 2.95 mIU/L
 - FBS: 75 mg/dL
 - Vitamin D: Borderline low
 - Vitamin B12: Low-normal

Mental: From childhood, the patient exhibited a reserved and emotionally sensitive temperament. She was conscientious, responsible, and emotionally attached to family expectations, often suppressing her own desires. During adolescence and early adulthood, she developed a tendency toward internalizing stress, avoiding emotional expression, and maintaining outward composure despite inner turmoil.

Over the years, repeated emotional setbacks related to financial insecurity, work stress, and worries about the future led to persistent mental strain. She reported anticipatory anxiety, silent brooding, and a feeling of being emotionally burdened, though she rarely expressed distress openly. The inability to share emotions, combined with a strong sense of duty, gradually manifested as chronic stress, which preceded the onset and progression of her skin condition.

Physical Generals

- Thermal: Mild sensitivity to heat
- Appetite: Normal
- Thirst: Average
- Sleep: Disturbed during periods of stress
- Perspiration: Moderate
- Weight: 53.7 kg
- BP: 120/80 mmHg

Particulars (Skin)

- Hyperpigmented patches on face and neck
- Gradual onset, slow progression
- No itching or discomfort
- Worse during summer
- Cosmetic concern causing emotional distress
- No active inflammation at presentation

Homeopathic Case Analysis

Totality of Symptoms

- Reserved personality with suppressed emotions
- Chronic mental stress from long-standing worries
- Autoimmune background (ANA positive)
- Lichen PlanusPigmentosus with gradual onset
- Summer aggravation
- Absence of itching
- Cosmetic concern affecting self-confidence

Repertorial Rubrics

- Mind – Ailments from long-standing grief / stress
- Mind – Reserved, suppressed emotions
- Skin – Discoloration, pigmentation
- Skin – Lichen planus
- Generalities – Heat aggravation
- Generalities – Autoimmune tendency

Miasmatic Understanding: The case predominantly reflected a syco-syphilitic miasmatic background, evident through chronicity, autoimmune involvement, slow progression, and pigmentation changes.

Prescription and Management

- **Constitutional remedy Natrummuriaticum** selected based on totality and miasmatic background
- **Potency:** 200C
- **Adjuvant Support:** Lifestyle modification, stress management, nutritional guidance
- **Allopathic medicines:** Not required during treatment

Justification of Remedy: The remedy correspondence was established on the following grounds:

- Long-standing **suppressed emotions** with inability to express grief
- Reserved, introverted personality with silent brooding
- Strong sense of responsibility and internalization of stress
- Chronic autoimmune skin pathology with pigmentation
- Gradual onset and slow progression
- Heat and summer aggravation
- Desire for emotional independence yet deep sensitivity.

Natrummuriaticum strongly covers the psycho-neuro-immunological axis, making it suitable for autoimmune dermatological conditions with emotional suppression as the core etiology.

Follow-Up and Progress

Visit No.	Date	Clinical Assessment (Skin)	Mental & General State	Objective Findings	Prescription	Response / Outcome
1	21 May 2025 (First Visit)	Hyperpigmented patches on face & neck; gradual onset; no itching; slow progression	Reserved personality, long-standing suppressed emotions, stress related to financial & work worries	ANA positive (1+), Hb 14.28 g/dL, TSH 2.95 mIU/L	Natrummuriaticum 200C, single dose	Baseline documented
2	18 Jun 2025	No new lesions; existing patches stable	Slight emotional relief; feels "lighter" mentally	No aggravation	Placebo	Stability maintained
3	31 Jul 2025	Pigmentation stable; no spread	Improved emotional balance; reduced internal stress	Summer aggravation reduced	Natrummuriaticum 200C, single repeat dose	Constitutional response initiated
4	20 Aug 2025	Mild lightening of pigmentation	Calm, hopeful	No new lesions	Placebo	Visible improvement begins
5	15 Oct 2025	Marked improvement on photographic comparison; patches lighter	Improved confidence & emotional stability	Lesions regressing	Natrummuriaticum 200C, single dose	Clear curative direction
6	30 Nov 2025	Lesions healed; pigmentation minimal	Mentally stable; stress well managed	No relapse	Placebo	Near-complete recovery
7	24 Dec 2025	Skin clear; no fresh pigmentation	Feels healthy & balanced	Stable	Placebo	Sustained improvement
8	21 Jan 2026	No recurrence	Emotionally settled	Stable	Placebo	Maintained cure
9	18 Feb 2026	Skin normal	Confident, positive outlook	Stable	Placebo	No relapse
10	18 Mar 2026	Normal skin texture	Calm & hopeful	Stable	Placebo	Cure maintained
11	15 Apr 2026	Complete remission	Overall wellbeing good	Stable	Placebo	

Transformation Table

Parameter	Before Treatment	After Homeopathic Treatment
Skin lesions	Dark hyperpigmented patches	Significant lightening, healed
New lesions	Occasional	Absent
Itching	Nil	Nil
Emotional state	Anxious, suppressed	Calm, hopeful
HRQL	Social self-consciousness	Improved confidence
Allopathic dependency	Required	Not required



DISCUSSION

This case demonstrates the effectiveness of classical homeopathy in managing Lichen Planus Pigmentosus with autoimmune association. The patient had failed to achieve sustained improvement with conventional therapies, highlighting the limitations of symptomatic management. Homeopathic treatment addressed the deeper constitutional and emotional factors contributing to immune dysregulation. The gradual yet consistent improvement, absence of relapse, and enhanced quality of life validate the holistic approach. The positive ANA status further emphasizes the role of individualized therapy in autoimmune skin disorders. The integration of mental generals, miasmatic evaluation, and life-space correlation was central to remedy selection and long-term success.

CONCLUSION

This case underscores the importance of individualized classical homeopathy in chronic autoimmune dermatological conditions. By addressing the patient as a whole—mind, body, and emotions—homeopathy facilitated sustained healing where conventional approaches had limited success. The outcome reflects not only clinical improvement but also emotional transformation and improved quality of life. A clear and measurable transformation was achieved at Dr Batra’s® Homeopathy Clinic.

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