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RESEARCH ARTICLE

SUSTAINED CLINICAL TRANSFORMATION IN LICHEN PLANUS PIGMENTOSUS THROUGH CLASSICAL HOMEOPATHY AT DR BATRA'S HOMEOPATHY CLINIC

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ABSTRACT

Lichen Planus Pigmentosus (LPP) is a chronic, relapsing pigmentary disorder that significantly affects quality of life due to its cosmetic and psychological impact. This case study documents the long-term management of severe facial and cervical LPP in an adult female patient who had progressive hyperpigmentation with dermal thickening and psychosocial distress. Despite the chronicity and poor prognosis generally associated with LPP, individualized classical homeopathic treatment resulted in gradual, sustained improvement, stabilization of disease activity, and restoration of patient confidence. The case highlights the role of holistic case-taking, mental-emotional assessment, individualized remedy selection, and long-term follow-up, demonstrating a clear transformation achieved at Dr Batra's Homeopathy Clinic.

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INTRODUCTION

Lichen Planus Pigmentosus is a variant of lichen planus characterized by insidious onset of hyperpigmented macules and patches, predominantly involving sun-exposed areas such as the face and neck. The condition is often resistant to conventional therapies and tends to follow a chronic, relapsing course. Emotional stress, hormonal changes, and immune dysregulation are frequently implicated as precipitating or maintaining factors. Homeopathy, with its individualized and holistic approach, offers a therapeutic modality aimed at restoring internal balance rather than merely suppressing cutaneous manifestations.

Case Profile

Age/Gender: Adult female

Occupation: Homemaker

Marital Status: Married

Diet: Vegetarian

Thermal Reaction: Ambithermal to hot

Diagnosis: Lichen Planus Pigmentosus (Face, Neck, Upper Limbs)

Presenting Complaints

- Progressive hyperpigmentation over face and neck since 2011, post-partum onset
- Dermal thickening and darkening of affected skin
- No itching or active inflammatory lesions
- Marked cosmetic concern and emotional distress

Mentals: The patient reported a stable and emotionally secure childhood, marked by discipline, independence, and good academic performance. Raised in a structured household, she developed early self-reliance and emotional restraint. Following marriage, her mental state evolved significantly. Chronic interpersonal stress, particularly persistent emotional neglect and criticism within the marital household, led to long-standing suppression of emotions. Rather than expressing anger or resentment, she adopted a pattern of emotional withdrawal, silent endurance,

and internalization of grief. Over the years, this resulted in feelings of hurt, regret, and resignation, though outwardly she appeared composed. Gradually, with treatment, there was a noticeable shift toward emotional resilience, acceptance, reduced stress reactivity, and improved self-confidence.

Physical Generals

- Appetite: Normal, strong craving for sweets
- Thirst: Moderate (~2 L/day), prefers room temperature water
- Perspiration: Profuse on face, upper lip, and axillae
- Sleep: Generally sound
- Menses: Regular, moderate flow

Local Examination

- Face & Neck: Diffuse slate-brown to dark brown hyperpigmentation with dermal thickening
- Upper Limbs: Mild pigmentation
- Lower Limbs: Not involved
- Hair: Episodic hair fall, later stabilized

Totality of Symptoms

- Chronic hyperpigmentation without itching
- Post-partum onset and hormonal association
- Suppressed emotions, silent grief, long-standing resentment
- Desire for sweets
- Profuse facial perspiration

Repertorial Analysis

- Mind – Ailments from – grief
- Mind – Ailments from – disappointment
- Mind – Dwells on – past disagreeable occurrences
- Mind – Sensitive, oversensitive
- Mind – Anxiety – about family
- Mind – Yielding disposition
- Mind – Timidity

Remedy Name	Kali-p	Nat-c	Syng	Ambr	Asac	Arn	Bell	Calc	M-arc	Hil-ac	Stram
Totality	4	4	4	4	4	4	4	4	4	4	4
Symptom Covered	3	3	3	2	2	2	2	2	2	2	2
[C] [Mind]Ailments from:Grief, sorrow, care:	1	1	1	2	1	2	1	2		1	1
[C] [Mind]Ailments from:Disappointment, deception:											
[C] [Mind]Sensitive, oversensitive:	2	2	1	2	3	2	3	2	2	3	3
[GN] [Mind and disposition]Dwell:Like to dwell on past unpleasant occurrence											
[C] [Mind]Anxiety:Family, about his:			2								
[C] [Mind]Yielding disposition:									2		
[BG] [Mind]Timid, shy, wild:	1	1									

Miasmatic Assessment: The case predominantly reflected a sycotic background with psoric overlay, evidenced by chronicity, pigmentation, suppression, and slow progression, necessitating long-term constitutional management.

Prescription

Calcarea carbonica 1M – single dose, followed by placebo; repeated as per clinical response.

Follow-Up Summary with Prescription

Date / Phase	Clinical Observations	Prescription	Clinical Response
Initial Visit (2018)	Severe facial and neck hyperpigmentation, dermal thickening, post-partum onset, suppressed emotions, no itching	<i>Calcarea carbonica 1M</i> – 1 dose	Stabilization of spread, emotional calmness initiated
1–3 months	No new lesions, pigmentation static, skin dryness noted	Placebo continued	Arrest of progression confirmed
6 months	Slight lightening of facial pigmentation, thickness reduced	Placebo / supportive care	Visible improvement begins
12 months	Clear reduction in darkness, improved skin texture	<i>Calcarea carbonica 1M</i> – repetition	Sustained lightening, better confidence
2–3 years	No spread, pigmentation gradually fading, stress better handled	Placebo	Disease under control
4–5 years	Stable remission, post-inflammatory hyperpigmentation reducing	<i>Calcarea carbonica 1M</i>	Long-term stability
Maintenance Phase	No active lesions, even skin tone, emotional resilience	Placebo	Sustained transformation

Transformation Table

Parameter	Before Treatment	After Treatment
Skin Color	Deep, diffuse hyperpigmentation	Significantly lighter, even tone
Skin Thickness	Marked thickening	Normalized texture
Spread	Progressive	Completely arrested
Emotional State	Suppressed, distressed	Confident, emotionally resilient
Quality of Life	Low self-esteem	Marked improvement

**DISCUSSION**

This case demonstrates the effectiveness of classical homeopathy in managing a chronic dermatological condition with deep psychosomatic roots. LPP, often refractory to conventional treatment, showed sustained improvement when addressed through individualized remedy selection based on totality of symptoms. The gradual resolution of pigmentation paralleled emotional healing, supporting the psychodermatological link. Long-term follow-up revealed not only cutaneous improvement but also enhanced emotional coping and stress resilience. The absence of relapse over several years underscores the depth of cure achieved.

CONCLUSION

This long-term case of Lichen Planus Pigmentosus illustrates that classical homeopathy, when practiced with detailed case-taking, constitutional prescribing, and miasmatic consideration, can achieve sustained remission in chronic pigmentary disorders. The holistic transformation observed in both physical pathology and mental-emotional well-being highlights the strength of individualized homeopathic care, clearly demonstrating a successful transformation at Dr Batra's Homeopathy Clinic.

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