



A CASE REPORT ON MELASMA TREATED WITH HOMOEOPATHIC MEDICINE

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ABSTRACT

Melasma is one of the most common skin problems occur due to excessive exposure to sunlight or after delivery. Patient attended out-patient department (OPD) chiefly for complaints of blackish discolouration over face with thin, transparent leucorrhoea. After unsatisfactory outcome with modern medicine for one year, patient turned to homoeopathic treatment. After detailed case-taking and repertorization, *Sepia succus* 200CH was given along with Placebo, and gradually, the medicine was repeated as per the response upon the patient. Within 3–4 months of homoeopathic treatment, the patient started improving and continues to be free from her complains at the time of last visit in OPD (Fig.2 & Fig. 3).

Keywords: Case report, Melasma, Cholasma, Leucorrhoea, Homoeopathy, *Sepia succus*.

INTRODUCTION

Melasma, formerly known as chloasma, is an acquired pigmentary condition¹. Melasma is a chronic acquired hypermelanosis of the skin, characterized by irregular brown macules symmetrically distributed on sun-exposed areas of the body, commonly on the face² mainly in three predominant facial patterns: centrofacial, malar, and mandibular.¹ The word melasma originates from the Greek word "melas", which means black, and refers to its brownish clinical presentation. The term "chloasma" (derived from the Latin chlóos and the Greek cloazein: greenish) is still used in the medical literature. It is a common cause that affects mainly women (especially during the menarche). Its pathogeny is not, although there are some known triggering factors such as sun exposure, pregnancy, sexual hormones, inflammatory processes of the skin, use of cosmetics, steroids, and photosensitizing drugs. There is also a clear genetic predisposition, since over 40% of patients reported having relatives affected with the disease². Because its frequent facial involvement, the disease has an impact on the quality of life of patients. The prevalence varies according to ethnic composition, skin phototype, and intensity of sun exposure². In India it occurs mainly in women (90% cases) and 10% of males of all ethnic and racial groups. In India, 20–30% of 40–65 years old women present a facial melasma³.

Sepia succus is prepared from dried liquid contain in the ink-bag of cuttle fish in which a "a "tell-tale face" of uterine ailments. is mentioned in the Homeopathic Literature.⁴ who are irritable, indifference to her family, perspiration on hand, transparent leucorrhoea, disturbed sleep, Chloasma, frequent urging to urinate.

CASE PROFILE-

PRESENT COMPLAINT AND HISTORY OF PRESENT COMPLAINT- A 35-year-old female attended outpatient department (OPD) of Dr. Girendra Pal Homoeopathic Hospital and Research Centre in July 2019 with the complaints of blackish discoloration of face (forehead, both cheeks) since 3-4 years with itching over the affected area, which was present occasionally. She uses allopathic ointments on face from last one year. She also complained of white discharge from vagina from 2-3 years which is thin in consistency, profuse in quantity and transparent in appearance, aggravated in morning (on waking) associated with pain in lumbar region that become aggravated in morning.

PAST HISTORY - Patient at the age of 15 years had intermittent fever which was cured after homoeopathic treatment.

FAMILY HISTORY - Mother was hypertensive and father was diabetic. She has three Siblings who are healthy and alive.

PERSONAL HISTORY – Patient belong to lower class and do farming in her own land. She has to work all day for many hours that's why she is exposed to sunlight for long duration and developed melasma.

PHYSICAL GENERALS- Her build is hypomorphic. Her appetite is good having three meals per day with normal thirst of 3-4 litres /day. She is fond of spicy food (add extra red chilli to her food) with aversion to soyabean. There is profuse perspiration mainly in hands. Bowel movements are satisfactory with feeling of retention after urination with frequent urging, go to washroom in small duration. She complains of pain in lower abdomen in hypogastrium mainly after urination. Patient is chilly (craves hot drinks, prefers summer, and cannot tolerate cold, wants extra coverings). Her sleep is unrefreshing, full of dreams. Her menstrual cycle is regular of about 28 days, but flow during menstrual cycle is scanty with dark clotted blood.

MENTAL SYMPTOMS – She is very irritable but when others do not listen to her, wants to be alone. She do not like company of her family members as she thinks no one in the family understand her.

LOCAL AND SYSTEMIC EXAMINATION- Tongue was slightly white coated. All the vitals are normal. On skin examination, hyperpigmentation is present on forehead and both cheeks which is black in colour.

PROVISIONAL DIAGNOSIS: Melasma

TABLE NO. 1: ANALYSIS OF THE CASE-

Mental Symptoms	Physical Symptoms	Particulars
<ul style="list-style-type: none"> • Get irritable easily when others do not listen to her. • Indifference to family • Reserved, not share anything with anyone. 	<ul style="list-style-type: none"> • Desire for spicy food. • Aversion to soyabean • Profuse sweat mainly in hands • Frequent urging of urination • Pain in lower abdomen in hypogastrium > after urination • Sleep is unrefreshing full of dreams. • Scanty menses with dark clotted blood • Continuous exposure to sunlight • Tongue was slightly white coated. 	<ul style="list-style-type: none"> • Blackish discoloration of face • Leucorrhoea which is thin, profuse, transparent agg. in morning (on waking). • Pain in lumbar region <morning

TABLE NO. 2: EVALUATION OF THE CASE-

1. Get irritable easily when others do not listen to her.
2. Indifference to family.
3. Reserved, not share anything with anyone.
4. Blackish discoloration of face.
5. Continuous exposure to sunlight.
6. Desire for spicy food.
7. Profuse sweat mainly in hands.
8. Frequent urging of urination.
9. Pain in lower abdomen in hypogastrium, mainly after urination.
10. Sleep is unrefreshing full of dreams.
11. Scanty menses with dark clotted blood.
12. Profuse white discharge from vagina.
13. Transparent discharge from vagina < morning (on waking).
14. Pain in lumbar region <morning.

MIASMATIC ANALYSIS⁵

Miasmatic evaluation for the presenting symptoms was done with the help of “The Chronic disease by Dr. Samuel Hahnemann” showed the predominance of psoric miasm.

REPERTORIAL TOTALITY-

The following rubrics were selected from Synthesis Repertory 9.0 from RADAR 10.0:⁶

Symptom	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	
1. MIND - IRRITABILITY (570) 1	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3	1	1	2	3	3	2	2	2	2	3	3	2	
2. MIND - INDIFFERENCE (340) 1	3	3	3	1	3	2	3	2	1	2	1	3	1	2	2	1	3	2	3	2	1	2	1	2	1	2	1	
3. MIND - RESERVED (116) 1	1	3	1	1	3	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
4. SLEEP - DISTURBED - dreams, by (180) 1	2	1	2	1	2	2	1	1	2	1	2	1	2	1	2	2	1	2	2	1	2	2	1	2	1	1	1	
5. FACE - DISCOLORATION - black (12) 1	-	-	-	-	-	-	-	-	-	-	3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
6. FACE - SUN - exposure to the sun - egg (1) 1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	
7. EXTREMITIES - PERSPIRATION - Hand (111) 1	3	2	-	2	3	3	1	3	2	3	2	1	2	3	2	1	2	3	1	2	-	2	3	1	2	-	1	1
8. FEMALE GENITALIA/SEX - LEUKORRHEA - copious (150) 1	3	2	2	2	3	1	2	-	2	2	1	1	1	1	1	1	2	3	1	2	3	2	1	1	1	1	1	
9. FEMALE GENITALIA/SEX - LEUKORRHEA - white (109) 1	3	3	2	2	1	2	2	1	2	2	-	-	1	1	1	2	1	2	2	2	2	-	3	1	-	2	-	
10. FEMALE GENITALIA/SEX - LEUKORRHEA - transparent (34) 1	3	3	2	2	-	1	-	-	-	2	-	-	2	-	1	-	-	-	-	2	-	2	-	3	-	-	1	
11. FEMALE GENITALIA/SEX - MENSES - scanty (224) 1	3	3	2	2	3	1	3	3	2	2	2	1	2	2	2	1	3	3	2	2	2	2	3	2	3	1	-	
12. FEMALE GENITALIA/SEX - MENSES - dark - clots, with (4) 1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
13. BACK - PAIN - Lumbar region - morning (30) 1	-	-	1	2	-	-	-	3	-	-	-	2	-	-	1	-	-	1	-	-	1	1	1	2	-	-	1	
14. BLADDER - URGING to urinate - frequent (211) 1	2	3	2	2	2	3	3	1	3	2	2	3	2	1	2	1	2	3	2	2	2	1	2	1	2	1	2	
15. GENERALS - FOOD and DRINKS - spices - desire (85) 1	1	1	1	-	3	-	2	3	2	1	1	3	2	1	1	2	1	-	-	-	-	1	-	-	-	-	1	
16. ABDOMEN - PAIN - Hypogastrium - urination - amel (2) 1	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
17. GENERALS - HEAT - lack of vital heat (265) 1	2	2	2	2	3	3	2	2	3	2	3	2	3	3	2	2	2	2	3	2	2	2	2	1	2	2	1	

Figure 1: Repertorisation of case from Synthesis Repertory using RADAR software

JUSTIFICATION OF SELECTION OF REMEDY AND POTENCY:

Sepia succus 200CH in single dose followed by *Placebo* for 10 days was first prescription because *Sepia succus* covering maximum rubrics with maximum marks after repertorization. *Sepia succus* covered 13 symptoms out of 17, which are irritable; indifference to her family, reserved in nature; perspiration on hand; transparent leucorrhoea, also white in colour; menses scanty; sleep disturbed due to dreams; frequent urging to urinate. After comparison of symptoms from different literatures of *Materia Medica*⁷, *Sepia succus* was prescribed as similimum on the basis of totality of symptoms of the patient. On the basis of moderate susceptibility (according to his work and habit) and the medicine covering maximum symptoms, 200CH potency was selected.⁸

INTERVENTION - On 25/07/2019, *Sepia succus* 200CH in single dose was prescribed along with *Placebo* 30CH for 15 days on the basis of totality of symptoms after repertorisation and comparison of symptoms from different literature of *Materia medica*.

TABLE 3: FOLLOW-UPS WITH PRESCRIPTION

Date	Symptoms	Medicine
08/08/2019	Irritability decreases. Pain in lumber region present. Leucorrhea- slightly get scanty. No changes seen in discoloration of face.	<i>Placebo 30/TDS/15 days</i>
23/08/2019	Irritability gets better. Discharge from vagina is better. Pain in lumber region slightly better. No changes seen in discoloration of face.	<i>Sepia succus 200/ 1dose/ Placebo 30/TDS/ 15days.</i>
07/09/2019	Relief in almost all symptoms. Slight changes in discoloration in cheek(right).	<i>Placebo 30/TDS/30 days.</i>
07/10/2019	General amelioration in all symptoms.	<i>Placebo 30/TDS/15 days</i>
22/10/2019	Reappearance of symptoms White discharge from vagina. Reduction in discoloration of face(both cheeks)	<i>Sepia succus 200/1dose Placebo 30/ tds/ 30 days</i>
23/11/2019	Leucorrhea- better Discoloration of skin- better	<i>Rubrum 30/ tds/ 30 days</i>
21/12/2019	All symptoms are better.	<i>Rubrum 30/tds/30 days.</i>



Figure 2: Patient before the treatment



Figure 3: Patient after the treatment

DISCUSSION

Melasma is mostly seen in person who are very much exposed to sunlight, mainly after delivery, stress and hormonal imbalance. In the previous study⁹, it was mentioned that melasma was treated with lycopodium with repetition of medicine when required. In this case, patient presented with complain of blackish discolouration of face due to exposure to direct sunlight diagnosed as melasma. Sepia succus was selected as a similimum by reperterization on the basis of totality of symptoms assessed on mental and physical aspects. Sepia succus 200 was prescribed with repetition of medicine when required which shows reduction in hyperpigmentation of face along with discharge from vagina about which patient was also concerned.

CONCLUSION

This case report gives us a result of individualized homoeopathic medicine on melasma and suggest that lifestyle management can also contribute towards treatment of melasma. It re-confirms the importance of homoeopathy is an effective method in managing melasma cases and other skin complaints.

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