iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 14 **Issue:** VI **Month of publication:** June 2026

DOI: https://doi.org/10.22214/ijraset.2026.83786

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 14 Issue VI June 2026- Available at www.ijraset.com

Individualized Homoeopathic Management for Pityriasis Rosea: A Case Report

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Abstract: Background: Pityriasis rosea is an acute, self-limiting papulosquamous skin disorder characterized by erythematous scaly lesions, commonly affecting the trunk and proximal extremities. Although spontaneousre solutioniscommon, itching andcosmeticconcerns may significantly affect the patient's quality of life. This case report describes the successful management of pityriasis rosea with individualized homoeopathic treatment

Introduction: Pityriasis rosea is a common inflammatory skin condition that predominantly affects adolescents and young adults. It typically begins with a herald patch followed by multiple oval erythematouslesionsdistributedalongthelinesofskincleavage, producing a characteristic "Christmas tree" pattern

Objective:

Tostudytheeffectivenessofindividualizedhomoeopathic medicine in Pityriasis Rosea.

Toevaluateimprovementinitching.

Toassesschangesinqualityoflifeafterhomoeopathic treatment.

TREATMENT: Treatmentdurationwas3weeks

PRIMARYOUTCOMEMEASURES: ReductioninintensityofItching.Decreasein redness

SECONDARYOUTCOME MEASURES: Improvementingeneralwellbeingandqualityoflife.Assessment of patient satisfaction after treatment.

Conclusion: Pityriasis rosea is a benign and self-limiting skin disorder . Homoeopathy, through individualized treatment based on the totalityofsymptoms,mayhelprelievediscomfortandsupportthe body's natural healing process. Further scientific studies are neededtovalidateitseffectivenessinthemanagementofthis condition.

I. INTRODUCTION

Definition: Pityriasis rosea (PR) is an acute, self-limiting papulosquamousskindisordercharacterizedbytheappearance of a solitary "herald patch" followed days to weeks later by multiple oval, scaly lesions distributed predominantly over the trunk and proximal parts of the limbs in a characteristic "Christmastree"pattern.

A. Aetiology

Theexactcauseofpityriasisrosearemainsuncertain.Proposed aetiological factors include:

1) ViralAetiology

HumanHerpesvirus-6(HHV-6)infection. HumanHerpesvirus-7(HHV-7)infection.

2) InfectiousAgentsOtherThanHHV-6/HHV-7 Bacterial pathogens.

Viral respiratory infections. Mycoplasmapneumoniaeinfection. Legionnaires' disease.

Fungalorganisms.

3) Drug-InducedPityriasisRosea

Angiotensin-convertingenzyme(ACE)inhibitors. Non-steroidalanti-inflammatorydrugs (NSAIDs).

Metronidazole. Barbiturates.

4) ImmunologicalFactors

IncreasedactivityofT lymphocytes.

PredominanceofCD4+helperTcells withinlesions. Increased expression of inflammatory cytokines.

Activationofcell-mediatedimmunity.

5) Genetic Predisposition Occasionalfamilialclustering.

Simultaneousoccurrenceamongrelatives.

Possiblehostsusceptibilityinfluencingviralreactivation.

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B. Pathogenesis

- The pathogenesis of pityriasis rosea is not completely understood;however,thefollowingsequencehasbeen proposed:
- ReactivationoflatentHumanHerpesvirus-6(HHV-6)and Human Herpesvirus-7(HHV-7)is stronglysuspected as a triggering factor.
- Viralreactivationinitiatesacell-mediatedimmuneresponse involving T lymphocytes within the skin.
- Thisimmuneresponseresultsininflammationofthe epidermis and superficial dermis.
- Theprocessinitiallymanifestsasaherald patch.
- Subsequently,multiplesecondarylesionsdevelopalong Langer's lines of cleavage, producing the characteristic "Christmas tree" distribution observed clinically.

II. CLINICAL FEATURES

- Prodrome
- Herald patch
- Collarettescaling
- Secondaryeruption
- Ovallesions
- Symmetricaldistribution
- Langer's lines
- Christmas-treepattern
- Pruritus
- Trunkpredominance
- Proximallimbinvolvements
- Self-limitingcourse
- Pigmentarysequelae(occasional)

III. DIAGNOSIS

Diagnosisisbasedon:clinicalexamination,laboratory investigations, and imaging studies.

IV. HOMOEOPATHICAPPROACH

- Homoeopathyfollowstheprincipleof“similiasimilibuscurentur” (like cures like).
- Homoeopathyindividualizestreatmentratherthan prescribing solely on the diagnosis. Practitioners consider:
- Themorphologyanddistributionoferuptions.
- Natureofitching(worsefromheat,night,perspiration, etc.).
- Modalities(factorsthataggravateorrelieve symptoms).
- Mentalandemotionalsymptoms.
- Generaltendenciessuchasthermalpreference, appetite, sleep, and perspiration.

V. GENERAL MANAGEMENT

- Advisedtoavoidhotbaths,harshsoaps,andexcessive rubbing of the skin.
- Recommendedregularuseofemollientstoreducedryness and irritation.
- Advisedtowearloosecottonclothingandavoidfactorsthat aggravate itching.

A. Preliminary data:

Name: XYZ Age:19 years Sex : Male Education:puc
Occupation:Student Religion: Hindu

Socio-economicstatus:Middleclass Marital status: Unmarried
Dateofadmission:12/3/2026 Address: shiroor

VI. CHIEF COMPLAINTS

C/oEruptiononneck,upperchest,lateralchest Wall and back of forearm since 5 days

A. DETAIL SOFPRESENTING COMPLAINTS:

C/oEruptiononneck,upperchest,lateralchest Wall and forearm
Duration:5 days
Onset:Insidious&graduallyprogressive
Location:neck,upperchest,lateralchestwalland Back of forearm
Sensation: sensation of scratching Character:Mutipleoval,redpatches
Itchingnotrelievedbyscratching Modalities:
<Damp rainy weather
>in openairand warmth
Patient had same complaint 2 times in past 2years,went to allopathic treatment but does not got cured.

B. PERSONAL HISTORY:

Diet: Vegetarian Appetite: Good Thirst:2-3liters/day
Desire:sweetsandbitterthings
Aversion: Milk Micturition:4-5/0-1D/N
B/M: Once daily, satisfactory Perspiration: GeneralisedSleep: Disturbed due to itching. Thermals: Chilly pt.

C. MENTALS:

- Anxiousabouthealth
- Indolent
- Wantsto bealone
- Irritableduetocomplaints

D. GENERAL PHYSICAL EXAMINATION:

- Built&nourishment:wellbuilt&nourished.
- Weight:56kg
- Height:5.4ft

E. VITAL SIGNS:

BP:130/80mmhg PR: 79bpm.
RR: 16cpm. TEMP:98.6F

F. SYSTEMIC EXAMINATION:

CVS:S1,S2Heard &No murmur.
CNS:Conscious&orientedtotime,place&person. RS: NVBS Heard.
GIT:2-3Peristalticsoundheard/10sec.

G. LOCAL EXAMINATION OF SKIN:

1) Inspection:

- Location:neck,upperchest,lateralwallofchest,backof forearm
- Nooflesion: Multiple
- Shapeoflesion:oval,redpatches

- Colour:Reddish.

2) Palpation:

- Well-definedmarginscanbeappreciated.
- Indurationis minimal.
- Lesionsarenon-fluctuantandnon-.compressible.
- No localrise temperature

H. PROVISIONAL DIAGNOSIS:

PityriasisRosea

MIASMATICBACKGROUND:

Psoro-sycosis.

I. TOTALITYOF SYMPTOMS:

- Anxiousabouthealth.
- Indolent
- Wants to be alone.
- desire-sweetsandbitterthings
- Aversion-Milk
- Sleep disturbeddueto itching
- Chillypatient.
- Eruptionsonneck,lateralchestwall,upperchestand back of forearm
- Severeitchinganditdoesnotgetrelievedby scratching
- Ovalshapedpatcheswithwelldefinedmargins& borders are well demarcated.
- <Damp rainy weather >Warmth
- severeitchingwhichisnotrelievedbyscratching.

MIASMATIC BACKGROUND: Psoro-sycosis

FINAL REMEDY-SEPIA OFFICINALIS

200C1dose

FOLLOW UP-

Date	Symptoms	Prescription / Remedy
12/03/26	Eruption on neck, chest, lateral chest wall and back of forearm with redness. Intense itching. < Damp rainy weather > Warmth	Sepia off 200C
26/03/26	Itching is reduced. There is redness present.	Placebo
06/04/26	All the complaints are reduced. Healing taken place.	—





Before After





BEFORE AFTER

VII. CONCLUSION

Pityriasis rosea is a benign and self-limiting skin disorder . Homoeopathy, through individualized treatment based on the totalityofsymptoms,mayhelprelievediscomfortandsupportthe body's natural healing process . Further scientific studies are neededto validate its effectiveness in the management of this condition. Pityriasis rosea is a benign and self-limiting skin disorder . Homoeopathy, through individualized treatment based on the totality of symptoms, may help relieve discomfort and support the body's natural healing process . Further scientific studies are needed to validate its effectiveness in the managementofthiscondition.

REMEDYJUSTIFICATION-sepiaofficinalis

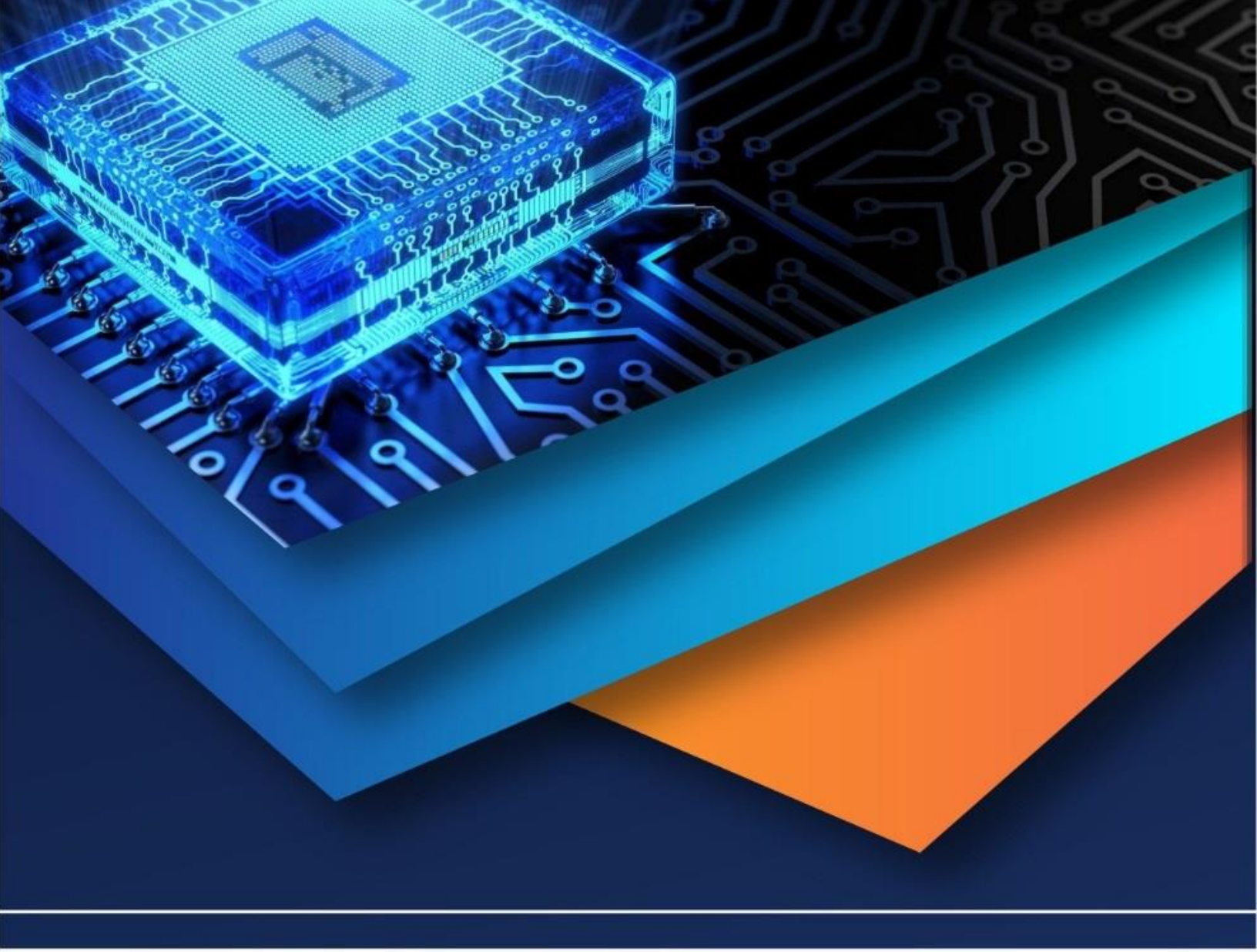
- Anxietyabout health

- Indolent
- Chillypatient
- <Damprainyweather>Warmth

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10.22214/IJRASET

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