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Individualized Homoeopathic Management for Pityriasis Rosea: A Case Report

Dr.Yankanna¹, Dr. Shashikumar Ijeri², Dr.ArunV.Holi³

BVVS Homoeopathic Medical College And Hospital Bagalkot Karnataka, India.587101

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 spontaneous resolution is common, itching and cosmetic concerns 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 erythematous lesions distributed along the lines of skin cleavage, producing a characteristic "Christmas tree" pattern

Objective:

To study the effectiveness of individualized homoeopathic medicine in Pityriasis Rosea.

To evaluate improvement in itching.

To assess changes in quality of life after homoeopathic treatment.

TREATMENT: Treatment duration was 3 weeks

PRIMARY OUTCOME MEASURES: Reduction in intensity of Itching. Decrease in redness

SECONDARY OUTCOME MEASURES: Improvement in general well-being and quality of life. Assessment of patient satisfaction after treatment.

Conclusion: 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 management of this condition.

I. INTRODUCTION

Definition: Pityriasis rosea (PR) is an acute, self-limiting papulosquamous skin disorder characterized by the appearance 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 "Christmas tree" pattern.

A. Aetiology

The exact cause of pityriasis rosea remains uncertain. Proposed aetiological factors include:

1) Viral Aetiology

Human Herpesvirus-6 (HHV-6) infection. Human Herpesvirus-7 (HHV-7) infection.

2) Infectious Agents Other Than HHV-6/HHV-7 Bacterial pathogens.

Viral respiratory infections. Mycoplasma pneumoniae infection. Legionnaires' disease.

Fungal organisms.

3) Drug-Induced Pityriasis Rosea

Angiotensin-converting enzyme (ACE) inhibitors. Non-steroidal anti-inflammatory drugs (NSAIDs).

Metronidazole. Barbiturates.

4) Immunological Factors

Increased activity of T lymphocytes.

Predominance of CD4+ helper T cells within lesions. Increased expression of inflammatory cytokines.

Activation of cell-mediated immunity.

5) Genetic Predisposition Occasional familial clustering.

Simultaneous occurrence among relatives.

Possible host susceptibility influencing viral reactivation.

B. Pathogenesis

- The pathogenesis of pityriasis rosea is not completely understood; however, the following sequence has been proposed:
- Reactivation of latent Human Herpesvirus-6 (HHV-6) and Human Herpesvirus-7 (HHV-7) is strongly suspected as a triggering factor.
- Viral reactivation initiates a cell-mediated immune response involving T lymphocytes within the skin.
- This immune response results in inflammation of the epidermis and superficial dermis.
- The process initially manifests as a herald patch.
- Subsequently, multiple secondary lesions develop along 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
- Proximallimb involvements
- Self-limitingcourse
- Pigmentarysequelae(occasional)

III. DIAGNOSIS

Diagnosis is based on: clinical examination, laboratory investigations, and imaging studies.

IV. HOMOEOPATHIC APPROACH

- Homoeopathy follows the principle of "similia similibus curentur" (like cures like).
- Homoeopathy individualizes treatment rather than prescribing solely on the diagnosis. Practitioners consider:
- The morphology and distribution of eruptions.
- Nature of itching (worse from heat, night, perspiration, etc.).
- Modalities (factors that aggravate or relieve symptoms).
- Mental and emotional symptoms.
- General tendencies such as thermal preference, appetite, sleep, and perspiration.

V. GENERAL MANAGEMENT

- Advised to avoid hot baths, harsh soaps, and excessive rubbing of the skin.
- Recommended regular use of emollients to reduce dryness and irritation.
- Advised to wear loose cotton clothing and avoid factors that aggravate itching.

A. Preliminary data:

Name: XYZ Age: 19 years Sex : Male Education: puc

Occupation: Student Religion: Hindu

Socio-economic status: Middle class Marital status: Unmarried

Date of admission: 12/3/2026 Address: shiroor

VI. CHIEF COMPLAINTS

C/o Eruption on neck, upper chest, lateral chest Wall and back of forearm since 5 days

A. DETAIL OF PRESENTING COMPLAINTS:

C/o Eruption on neck, upper chest, lateral chest Wall and forearm

Duration: 5 days

Onset: Insidious & gradually progressive

Location: neck, upper chest, lateral chest wall and Back of forearm

Sensation: sensation of scratching Character: Multiple oval, red patches

Itching not relieved by scratching Modalities:

< Damp rainy weather

> in open air and warmth

Patient had same complaint 2 times in past 2 years, went to allopathic treatment but does not get cured.

B. PERSONAL HISTORY:

Diet: Vegetarian Appetite: Good Thirst: 2-3 liters/day

Desire: sweets and bitter things

Aversion: Milk Micturition: 4-5/0-1D/N

B/M: Once daily, satisfactory Perspiration: Generalised Sleep: Disturbed due to itching. Thermals: Chilly pt.

C. MENTALS:

- Anxious about health
- Indolent
- Wants to be alone
- Irritable due to complaints

D. GENERAL PHYSICAL EXAMINATION:

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

E. VITAL SIGNS:

BP: 130/80 mmHg PR: 79 bpm.

RR: 16 cpm. TEMP: 98.6 F

F. SYSTEMIC EXAMINATION:

CVS: S1, S2 Heard & No murmur.

CNS: Conscious & oriented to time, place & person. RS: NVBS Heard.

GIT: 2-3 Peristaltic sounds heard/10 sec.

G. LOCAL EXAMINATION OF SKIN:

1) Inspection:

- Location: neck, upper chest, lateral wall of chest, back of forearm
- No of lesions: Multiple
- Shape of lesions: oval, red patches

- Colour: Reddish.
- 2) *Palpation:*
- Well-defined margins can be appreciated.
- Induration is minimal.
- Lesions are non-fluctuant and non-compressible.
- No local rise in temperature

H. PROVISIONAL DIAGNOSIS:

Pityriasis Rosea

MIASMATIC BACKGROUND:

Psoro-sycosis.

I. TOTALITY OF SYMPTOMS:

- Anxious about health.
- Indolent
- Wants to be alone.
- desire-sweets and bitter things
- Aversion-Milk
- Sleep disturbed due to itching
- Chilly patient.
- Eruption on neck, lateral chest wall, upper chest and back of forearm
- Severe itching and it does not get relieved by scratching
- Oval shaped patches with well defined margins & borders are well demarcated.
- <Damp rainy weather > Warmth
- severe itching which is not relieved by scratching.

MIASMATIC BACKGROUND: Psoro-sycosis

FINAL REMEDY-SEPIA OFFICINALIS

200C 1 dose

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 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 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 management of this condition.

REMEDY JUSTIFICATION-*sepia officinalis*

- Anxiety about health



- Indolent
- Chillypatient
- <Damp rainy weather> Warmth

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