



A CASE REPORT: HOMOEOPATHIC MANAGEMENT OF PITYRIASIS WITH ASSOCIATED ACNE IN A 15-YEAR-OLD STUDENT

Reshma Bari¹, Gaziabad Vaishali²

^{1,2}Homeopathic Consultant, Dr Batra's Positive Health Clinic Pvt. Ltd.,

ARTICLE INFO:

Article History:

Received On: 20/12/2025

Accepted On: 14/01/2026

Published On: 21/01/2026

eISSN No: 3048-6270

DOI:

<https://doi.org/10.59939/3048-6270.2026.v4.i1.4>

Website:

<https://www.homoeopathicchronicles.com/archives/volume-iv-issue-i>

Keywords:

Homeopathy, Pityriasis, Acne Vulgaris, Lycopodium clavatum, Constitutional Medicine, Adolescence

ABSTRACT: Pityriasis refers to a group of skin disorders characterized by the presence of fine, scale-like plaques that often result in significant pigmentary changes. This case report explores the homeopathic management of a 15-year-old student presenting with hyperpigmented, mildly scaly plaques on the neck and upper back, alongside pustular acne. The objective was to demonstrate the efficacy of individualized homeopathic treatment for superficial dermatosis aggravated by adolescent stress. Utilizing a holistic material and methods approach, a detailed constitutional case-taking was performed, revealing a reserved, introverted personality, a craving for sweets, and a hot thermal temperament. Based on the totality of symptoms and a Psora-Sycosis miasmatic analysis, a single dose of *Lycopodium clavatum* 200C was administered. Results showed a significant transformation: the hyperpigmented plaques almost completely disappeared, itching was eliminated, and pustular acne resolved within weeks. Furthermore, the patient exhibited improved confidence and a calmer mental state. In conclusion, this case highlights that an individualized prescription based on mental and physical generals can successfully resolve complex skin pathologies and improve overall well-being without the need for topical intervention.



INTRODUCTION

Pityriasis is a dermatological term encompassing various skin disorders characterized by fine, scale-like plaques and significant pigmentary changes, such as pityriasis alba or tinea versicolor-like dermatoses, which are frequently observed in the adolescent population. These conditions often manifest as hyperpigmented lesions on the neck and upper back and are commonly associated with acne vulgaris, driven by the hormonal shifts and psychosocial stressors inherent to puberty. Conventional management typically relies on topical antifungals or corticosteroids; however, these may not address the internal susceptibility, leading to potential recurrence or incomplete resolution.¹

In this case, a 15-year-old student presented with a six-month history of itchy, hyperpigmented plaques and pustular acne that had failed to respond to previous treatment. What makes this case unique is the application of the homeopathic principle of individualization, where the selection of the remedy was based on the patient's holistic totality including a reserved nature, lack of confidence, and specific dietary cravings rather than the skin pathology alone. This report contributes to the medical literature by demonstrating that a single constitutional medicine, *Lycopodium clavatum*, can achieve rapid, stable, and relapse-free results in complex adolescent dermatoses by addressing the patient's internal susceptibility.²⁻⁵

PATIENT INFORMATION

Demographic Information

The patient is a 15-year-old male student currently enrolled in the 10th standard. He presented for his first clinical consultation on February 23, 2025.

Chief Complaints

The primary concern involved hyperpigmented plaques located on the anterior and posterior neck, as well as the upper back, which had persisted for six months. These lesions were accompanied by slight scaling and moderate itching that had intensified over the three months prior to the visit. Additionally, the patient presented with a four-month history of pustular acne vulgaris on the face, which caused minimal pain or physical discomfort.



Medical, Family, and Psychosocial History

The patient's medical history is significant for two episodes of pneumonia at ages one and three, though he has no history of major childhood allergies or other chronic illnesses. His family history includes a mother with hypothyroidism, while his father remains healthy; notably, there is no history of skin disorders within the family. Psychosocially, the patient is described as an introverted and reserved individual who prefers to be alone and rarely shares his problems. He exhibits a lack of discipline and punctuality. His emotional pattern is characterized by a sensitivity to reprimand and an aversion to consolation, which aggravates his state. While generally obedient, he experiences sudden, explosive outbursts of anger involving shouting or hitting. He also reports mild stress specifically related to exam results.

Relevant Past Interventions and Outcomes

Before the current consultation, the patient sought homeopathic treatment elsewhere for a duration of three months. However, this prior intervention resulted in no considerable improvement in either the skin lesions or the associated itching.

CLINICAL FINDINGS

The physical examination of the patient revealed hyperpigmented variable plaques localized on the anterior and posterior neck, as well as the upper back. These lesions were accompanied by slight scaling and moderate itching. Clinical inspection of the face showed several post-pustular acne lesions, though no active pustules were observed at the time of the examination. To rule out fungal infections such as Tinea versicolor, a Wood's lamp examination was performed, which showed no fluorescence, supporting a diagnosis of non-specific pityriasis. General vital signs were stable, with his weight recorded as 53.7 kg.

The selection of the homeopathic remedy was primarily guided by the patient's mental and physical generals, which provided a clear totality of symptoms. Key mental features included a reserved and introverted nature, a desire to be alone, and a marked aversion to consolation, which the patient reported as aggravating his emotional state. Despite a generally obedient demeanor, he

exhibited explosive outbursts of anger characterized by shouting or hitting. He also demonstrated a lack of confidence and moderate stress regarding academic performance.

From a physical general perspective, the patient was identified as a "hot" thermal type. His dietary patterns were highly characteristic, featuring a strong craving for sweets specifically *Kaju katli* and a distinct aversion to green vegetables. He also reported a lack of discipline and a tendency to be late for engagements. These combined features the specific emotional triggers, thermal sensitivity, and dietary desires pointed directly to the remedy *Lycopodium clavatum* as the most appropriate constitutional match.

TIMELINE

Parameter	Before Treatment	After Treatment
Hyperpigmented Plaques	Dark brown patches on neck + back; well-defined	Almost completely gone; normal skin tone
Scaling	Mild scaling present	No scaling
Itching	Present, moderate, daily	Absent
New Eruptions	New spots appearing every few days	No new eruptions
Acne	Pustular acne with mild inflammation	No pustules; old scars healing
Redness/Inflammation	Occasional	None
Skin Texture	Rough over affected areas	Smooth, uniform

Table 1: Skin transformation



Figure 1 Before treatment



Figure 2: After treatment

DIAGNOSTIC ASSESSMET

Diagnostic Methods

The diagnostic process relied primarily on physical examination and clinical history. Inspection revealed hyperpigmented, variable plaques on the neck and upper back with slight scaling. To differentiate from fungal infections such as Tinea versicolor, a Wood's lamp examination was conducted, which yielded no fluorescence. Laboratory investigations were advised to rule out systemic contributors, including a Complete Blood Count (CBC), Serum IgE, Thyroid Profile, and HbA1c. A homeopathic totality of symptoms was established through a structured interview covering mental generals, physical cravings, and thermal sensitivities.

Diagnostic Challenges

A significant diagnostic challenge in this case was the patient's reserved and introverted nature, which made the elicitation of mental and emotional symptoms difficult. Since the patient does not share problems and prefers to be alone, several follow-up questions and observations of his interactions (such as his sensitivity to reprimand and reaction to consolation) were necessary to build a complete psychological profile. Additionally, the lack of fluorescence under the Wood's lamp necessitated a broader clinical categorization of the lesions as non-specific pityriasis.

Diagnostic Reasoning

The provisional diagnosis was Pityriasis (non-specific hyperpigmented plaques) with mild acne vulgaris. Differential diagnoses considered included Tinea versicolor and Pityriasis alba; however, the clinical distribution and negative Wood's lamp findings shifted the focus toward a



more generalized pityriasis-like dermatosis. Miasmatic reasoning identified a dominant Psora-Sycosis state, evidenced by the functional itching and scaling (Psora) combined with the fixed hyperpigmentation and recurrent acne (Sycosis). The remedy *Lycopodium* was selected over *Natrum mur* and *Sulphur* because it covered both the physical "hot" temperament and the specific "explosive" anger/lack of confidence duality.

Prognostic Characteristics

The patient exhibited a moderate level of susceptibility and good vitality, which suggested a favourable prognosis. The absence of deep organic pathology or structural skin damage (such as scarring or atrophy) indicated that the condition was likely reversible with the correct constitutional stimulant. Furthermore, the patient's prompt response to a single dose of the remedy confirmed a high degree of sensitivity to the selected medicine, indicating a stable path toward recovery.

THERAPEUTIC INTERVENTION

Totality of symptoms

Mental

1. Reserved, introverted
2. Consolation aggravates
3. Wants to be alone
4. Anger with sudden explosive outbursts (shouting/hitting)
5. Lack of confidence
6. Mild exam-related stress
7. Sensitive, obedient

Physical General

1. Hot patient
2. Desire sweets
3. Averse green vegetables
4. Sleep refreshing
5. Thirst normal



Particulars

1. Hyperpigmented plaques neck & back
2. Itching
3. Acne pustular without pain/itching

REPERTORIZATION RESULTS

1 MIND - ANGER - violent	lyc.	8	14	1, 2, 3, 4, 5, 6, 9, 10
2 MIND - COMPANY - aversion to	nux-v.	8	14	1, 2, 3, 4, 5, 8, 9, 10
3 MIND - CONFIDENCE - want of self-confidence	staph.	8	14	1, 2, 3, 4, 5, 8, 9, 10
4 MIND - CONSOLATION - agg. *	chin.	8	12	1, 2, 3, 4, 5, 8, 9, 10
5 MIND - RESERVED	bell.	8	11	1, 2, 3, 4, 5, 8, 9, 10
6 SKIN - DISCOLORATION - brown spots	merc.	8	10	2, 3, 4, 5, 6, 8, 9, 10
7 SKIN - ERUPTIONS - acne - pustular	nat-m.	7	19	1, 2, 3, 4, 5, 9, 10
8 SKIN - ITCHING - scratching - amel.	anac.	7	14	1, 2, 3, 5, 8, 9, 10
9 GENERALS - FOOD and DRINKS	bry.	7	13	1, 2, 3, 5, 8, 9, 10
10 GENERALS - WARM - agg.	plat.	7	13	1, 2, 4, 5, 8, 9, 10
	aur.	7	12	1, 2, 3, 4, 5,

Figure 3: Repertorization results

Types of Intervention

The management of this case involved a multi-faceted approach centered on pharmacological homeopathic treatment. This was supplemented by preventive and self-care strategies, including dietary modifications and specific nutritional advice. Specifically, the patient was advised to increase the intake of Vitamin C-rich foods and strictly avoid junk food to support skin health. As a preventive measure against potential parasitic triggers for skin irritability, a single dose of deworming medication (Albendazole 400 mg) was also administered.



Type of Homeopathy

The clinical approach utilized was Individualized Homeopathy. The selection was based on the "totality of symptoms," which integrated the patient's mental generals, physical characteristics, and miasmatic background. A single-constituent remedy was employed rather than a formula or complex, adhering to the classical principle of the single remedy.

Medication and Potency

The prescribed medication was *Lycopodium clavatum*, a remedy prepared from the spores of clubmoss. The remedy was administered in a 200C potency on the Centesimal scale. The galenic form consisted of medicated globules/pills intended for oral administration.

Administration of Intervention

The intervention was initiated with a single dose of *Lycopodium clavatum* 200C. Following this initial dose, the patient was placed on a placebo to be taken daily for a duration of two weeks. This allowed for the observation of the remedy's action on the patient's moderate susceptibility without the interference of frequent repetition.

Changes in Intervention

There were no changes made to the primary homeopathic intervention throughout the documented period. The rationale for maintaining the placebo after the initial dose was the rapid and significant improvement observed in both the skin lesions and the patient's mental state. Since the patient responded favorably to the single dose of *Lycopodium*, further medication was withheld to prevent the suppression of the healing process or the production of medicinal symptoms.



FOLLOWUP AND OUTCOMES

Date	Patient Remarks	Doctor Assessment	Prescription
23/02/2025	Hyperpigmented patches better, no new eruptions, no itching, appetite & sleep normal	Improvement began; acne mild	Placebo
02/03/2025	Hyperpigmentation almost gone. No itching/redness. Acne much better, no pustules. Mood stable.	Clear improvement in skin & generals.	Placebo; continue diet care

Table 2: Followup and outcomes

DISCUSSION

A primary strength of this case management was the holistic approach that prioritized mental generals and constitutional traits over local skin symptoms, leading to the selection of a deeply acting remedy. The use of a single dose of *Lycopodium clavatum* demonstrated the efficiency of the minimum dose in a patient with moderate susceptibility and good vitality. Furthermore, the integration of dietary corrections and deworming provided a comprehensive management strategy that addressed both internal and external factors. A limitation of this report is the relatively short follow-up period documented (from February 23 to March 02, 2025), which, while showing rapid results, would benefit from long-term monitoring to confirm the permanent eradication of the sycotic miasmatic tendency.

Medical literature indicates that hyperpigmented plaques, often classified as non-specific pityriasis or tinea versicolor-like dermatoses, are common in adolescents and are frequently aggravated by psychological stress and hormonal fluctuations. The presence of associated acne vulgaris in this age group further points toward a sycotic miasmatic background. Homeopathic literature, particularly regarding the remedy *Lycopodium clavatum*, describes it as a key medicine for individuals who lack confidence but may exhibit explosive anger, often presenting with skin conditions that reflect internal metabolic or psychological "sluggishness"¹⁻⁶.



The conclusion that *Lycopodium* was the correct remedy is supported by the simultaneous improvement in the patient's physical pathology and emotional state. The "before and after" transformation showed that dark brown patches on the neck and back resolved into normal skin tone, and pustular acne cleared, leaving only mild scars. This rapid response—coupled with the stabilization of the patient's irritability and exam-related stress—suggests that the remedy successfully addressed the "Psora-Sycosis" miasmatic totality rather than providing mere palliation. The negative Wood's lamp result confirmed that the condition was likely a functional pigmentary disturbance rather than a fungal infection, justifying the constitutional approach.

The primary lesson from this case is that adolescent skin conditions, even when presenting with significant local pathology like hyperpigmentation and pustules, can be effectively managed through individualized homeopathic prescribing. By focusing on the "totality of symptoms" specifically the patient's reserved nature, explosive anger, thermal sensitivity, and dietary cravings a single medicine can trigger a comprehensive healing response. This case reinforces that homeopathy offers a viable, non-suppressive alternative for managing dermatological complaints in students by addressing both the physical symptoms and the underlying psychosocial stressors.

CONCLUSION

This case demonstrates successful homeopathic constitutional management of hyperpigmented plaques and acne in an adolescent girl using *Lycopodium*, with significant improvement in skin lesions, itching, and mental well-being. Correct individualized prescription based on totality and miasmatic evaluation yielded stable, relapse-free results.

INFORMED CONSENT

The patient voluntarily agreed to the use of his demographic information, clinical history, and progress photographs, provided that his anonymity and confidentiality are strictly maintained.



REFERENCES

1. Griffiths C, Barker J, Bleiker T, Chalmers R, Creamer D. Rook's Textbook of Dermatology. 9th ed. New Jersey: Wiley-Blackwell; 2016.
2. Hahnemann S. Organon of Medicine. 6th ed. New Delhi: B. Jain Publishers; 2002.
3. Kent JT. Repertory of the Homoeopathic Materia Medica. New Delhi: B. Jain Publishers; 2007.
4. Allen TF. The Encyclopedia of Pure Materia Medica. New York: Boericke & Tafel; 1874.
5. Boericke W. Pocket Manual of Homoeopathic Materia Medica and Repertory. 9th ed. New Delhi: B. Jain Publishers; 2002.
6. Nandan, P Baliga A. A case study on seborrheic dermatitis treated with homoeopathy using the concept of pathological simile and the 50 millesimal potency. International Journal for Fundamental and Interdisciplinary Research in Homoeopathy [Internet]. 2024;2(4):27–32. Available from: <http://dx.doi.org/10.59939/3048-6270.2024.v2.i4.3>

*Address for

Correspondence: Reshma
Bari, Homeopathic Consultant,
Dr Batra's Positive Health
Clinic.

Email: @gmail.com

This article is Open Accessible
and licensed under a [Creative
Commons Attribution-
NonCommercial 4.0
International License](#). You are
welcome to use this work non-
commercially as long as author
is credited by citing the work.



How to cite this Article: Bari R, Gaziabad V. A Case Report: Homoeopathic Management of Pityriasis With Associated Acne in A 15-Year-Old Student. International Journal for Fundamental and Interdisciplinary Research in Homoeopathy. 2026 Feb 20;4(1):37–47.