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CASE STUDY	

LICHEN SIMPLEX CHRONICUS DERMATITIS- A CASE REPORT

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Abstract

<p>Received- 15/06/2025 Revised- 28/06/2025 Accepted- 30/06/2025</p>	<p>Background- A female aged 49 suffering from lichen simplex, which is a type of chronic dermatitis with itching and desquamation. The term ‘dermatitis’ and ‘eczema’ are synonymous and include a variety of conditions with diverse and often unknown aetiologies and more or less common morphologic and histopathologic picture of skin lesion. It can be either acute or chronic.</p> <p>Result- Patient was treated successfully with homoeopathic medicines according to homoeopathic principles, with improvement in general health.</p>
<p>Key Word- Eczema, Lichen simplex chronicus dermatitis, desquamation, dermatitis</p>	
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INTRODUCTION

A simple classification divides eczema into ‘exogenous’ where some external factors are responsible and ‘endogenous’ where some internal or constitutional factors are thought to be causative.

Lichen Simplex Chronicus Dermatitis-

It is a type of endogenous eczema, previously termed neurodermatitis. The typical lesion describes as plaque of well-

marginated lichenified eczema with occasional scaling and pigmentary changes due to repeated rubbing or scratching, as a habit or in response to stress. Common site include the nape of neck, the lower legs, arms and anogenital area.

Clinical Features-

There is several pattern of eczema; some have identifiable environmental cause, whereas others are more complex. The clinical signs are

similar in all types and vary according to the duration of the rash.

CASE STUDY

Preliminary Data-

Name of patient- XYZ
Age/sex-49/f
Date- 15.10.2022
Occupation-Housewife
Religion- Hindu Address-Ahmedabad

ODP – white scaly eruption on margin of hair with severe itching leads to scratching and exfoliation on occipital region from ear to ear since 5-6 years

- Thick dark skin below left thumb with severe itching and scratching followed by bleeding since 2-3 years

Patient was applying topical steroid for the above complaints and was relieved temporarily but complaints reappear.

Location	Sensation	Modality	Concomitant
Occiput-margins of the hair from ear to ear Left hand-below thumb (lateral to thenar eminence)	Itching	Nothing specific	

Physical Generals-

Appetite – 2 times /day but not adequate	Thermals- hot patient
Thirst – 1-1.5 lit/day for ice-cold water	Sleep- 6-7 hours, refreshing
Desire/ aversion – Nothing specific	Menstrual H/o- scanty and irregular (premenopausal symptom)
Urine – 4-5 times/day	
Stool- once, satisfactory	
Perspiration- moderate	

Past H/O- COVID in 2021 – Patient becomes frequently sick post-covid. She got herpes in October 2021. She tends to develop fever blisters around the mouth during fever since then.

Physical examination- Patient was looking weak and anaemic. Conjunctiva-pale; Nails- pale, whitish; B.P. 100/64 mm hg; Tongue- light pink and dry

Mental generals- She was worried about his son’s marriage. Weeps easily on little matters and weeps more on consoling her. She desires for travelling with her family. Recalls the past trips she had with them. She does not like to take bath everyday

Provisional diagnosis- Chronic dermatitis



Image-1 (15.10.2022)

Totality of Symptoms-

- Tendency to weep on little matters
- Consolation aggravation
- Desire for travelling
- Aversion from bathing
- Desire for ice-cold water
- Hot patient
- Eczematous eruption at margins of hair in occipital region from ear to ear
- Tendency to fever blisters around lips

Repertorial Analysis-

Investigation window for remedies

125% Full Synthesis, mtd not copied

J. Shen

	nat-m.	sulph.	ign.	carc.	phos.	plat.	rhust.	ant-c.	bell.	calc.	graph.
1	2	3	4	5	6	7	8	9	10	11	1
6	6	5	4	4	4	4	4	4	4	4	4
13	10	8	6	6	6	6	5	5	5	5	5

	nat-m.	sulph.	ign.	carc.	phos.	plat.	rhust.	ant-c.	bell.	calc.	graph.
1. MIND - WEEPING - trifles, at (45) 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. MIND - CONSOLATION - agg. (51) 1	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. MIND - TRAVELLING - desire for (53) 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. MIND - BATHING - aversion to bathe (8) 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. FACE - ERUPTIONS - vesicles - Lips - fever blisters (19) 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. HEAD - ERUPTIONS - eczema - Margin of hair - Ear to ear posteriorly; from (9) 1	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. GENERALS - FOOD and DRINKS - cold drink, cold water - desire - ice-cold water (11) 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. GENERALS - HEAT - sensation of (214) 1	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Prescription- Natrum Mur. 200 4pills BD×2 days followed by placebo for 10 days

Date	Symptoms	Prescription
25.10.2022	No change	Nat. mur. 200 BD×2days
12.11.2022	Itching of hand slightly decreased, no change in occipital region	Nat. mur 200 BD×2days
26.11.2022	Severe itching in hand followed by scratching and bleeding (<i>patient applied topical steroid to get relief</i>), no change in occipital region, appetite improved	Placebo × 15 days <i>She was advised not to use ointment again. only coconut oil for dryness</i>
15.12.2022	Itching and redness of hand decreased Itching of occipital region also decreased (<i>Image 2</i>) Recurrence of fever decreased	Placebo×15 days
28.12.2022	No eruption or itching in occipital region and hand (<i>Image 3</i>) General improvement of patient	No medicine



Image-2 (15.12.2022)



Image-3 (28.12.2022)

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