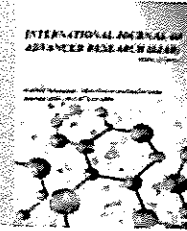


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RESEARCH ARTICLE

A CASE STUDY OF LICHEN PLANUS AND ITS HOMOEOPATHIC MANAGEMENT

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Abstract

Lichen Planus (LP) is an inflammatory and uncommon dermatosis with an unknown etiology. Morphology, Pruritic, Polygonal, Purple (violaceous), Plane (flat topped), Papules (5Ps) with Wickham's striae on surface. Most common sites are wrists and legs. A 38-year-old male presented in OPD with complaints of eruptions on abdomen, back, hands and legs. Eruptions were multiple, blister like, purplish, bluish hue with intense itching. Nux Vomica and Arsenicum Album were given according to his presenting symptoms, and it gave marked improvement to the patient. This article's goal is to demonstrate how well homeopathy works for Lichen Planus.

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Introduction:-

An eruption of flat, angular, shiny, umbilicated papules is a hallmark of the inflammatory skin condition lichen planus. They are initially isolated, have a dull red appearance, and can gather into irregular or linear patches. They can also take on a purplish tinge and occasionally have thin scales covering them. LP is a rare skin condition. Nervous weariness from anxiety, overwork, stress, concern, inadequate or incorrect diet, and digestive problems are its most typical causes. Although LP can occur anywhere, it most frequently appears on the ankle, lower back and front of the wrist. The papules on the palm and soles are bright and firm.

Case report:-

A 38-year-old male presented in OPD with complaints of skin eruption on abdomen, back, hands, legs with flat, shining, purple papules which had been intensified in the previous 2 to 3 months. The patient experienced an itchy eruption with burning and pain and wanted to scratch constantly until it was bleeding. The complaints are worse by cold food and cold drinks, perspiration which is offensive. He previously took Allopathic treatment for nearly 8 months. There was no history of allergic complaints, no history of any infectious condition or no history of respiratory symptoms.

Location & Duration	Sensation & Pathology	Modality	Concomitant
Abdomen	Itching until bleeding		
Back	Burning	Worse by cold drink	Constipation
Hands	Pain	Worse by cold foods	
Legs		Better by perspiration	

There has been no significant illness in the past. Father has H.T and Mother has anxiety disorder. Patient thirsty with loss appetite. He has craving for sweets with regular bowel movement and disturbed sleep. He feels Gloomy sometime and forgetfulness. He has great fear of his disease and thought he would die. He was feeling very tired and

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