



A CASE OF LICHEN PLANNUS SIMPLEX

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Abstract

Lichen planus is a condition that can cause swelling and irritation in the skin, hair, nails and mucous membranes. In a case Apis Mellifica was prescribed, it is a remedy prepared from the honey bee used mainly to relieve inflammation of skin ailments characterized by great redness and swelling. The symptoms are often better with cold applications or cool air. In this case it does not have genetic disorder of any liver disorder; it is supposed to be an acquired problem cured with homoeopathic treatment.

Key Word- Lichen Planus, Apis Melafica, Plaque, Homoeopathic.

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INTRODUCTION

Lichen planus is a condition that can cause swelling and irritation in the skin, hair, nails and mucous membranes. On the skin, lichen planus usually appears as purplish, itchy, flat bumps that develop over several weeks. It is thought to be an autoimmune disorder in patients with a genetic predisposition but may be caused by drugs or be associated with disorders such as hepatitis C. LP is characterized by recurrent, pruritic papules that are polygonal, flat-topped, and violaceous and can coalesce into plaques. Apis Mellifica is a remedy prepared from the honey bee

used mainly to relieve inflammation of skin ailments characterized by great redness and swelling. The symptoms are often better with cold applications or cool air. In this case it does not have genetic disorder of any liver disorder; it is supposed to be an acquired problem cured with homoeopathic treatment

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CASE STUDY

A 45 years female patient presented in Dec 2020 with complaints of pruritus all over body with facial puffiness. Swelling all over body with bilateral pedal oedema. There are ill defined oval shaped reddish maculo-pappular rash like appearance on legs, upper arms and back.

She was my old patient and taken homoeopathic medicine for other ailments in past. Her presenting problems were seen by many skin specialist and they diagnosed it as Lichen planus simplex and given allopathic drugs for two years i.e. since 2018. There was no much improvement with these drugs. All complaints are recurrent with increasing intensity.

She was alright two and half years ago. Gradually she was feeling itching all over body with appearance of rash all over body. During allopathic treatment she also gains weight of 10 to 14 kg within these two years.

Family History: Father is diabetic on regular medicines. Mother has no medical illness. No skin problem to other family members.

Past History: mouth ulcers treated with homoeopathy medicines in past with no recurrence.

Physical Generals:

- Built: Robust, stout

- Appetite – Increased. Diet: only vegetarian
- Thirst- small quantity t long interval
- Sleep- Disturbed due to itching
- Throat- Uvula was also looking swollen with minimal stinging pain
- Mouth (Tongue)-Red swollen with vesicles, gums are also swollen
- Desire- Milk and its products
- Aversion- Sweet,
- Extrimities: Swelling on both upper and lower limbs with pitting oedema on both ankles.

Physical Examination:

- Temp. - Afebrile
- Pulse Rate: 85 bpm
- BP: 126/86 mm of Hg
- Wt.- 95kg

Repertorial Totality:

	apis	bry.	cast.	conios.	guar.	hydr.	hyos.
Clipboard 2							
1. SKIN - SWELLING - red - streaks (1) 1	1
2. SKIN - SWELLING - itching (1) 1	3
3. SKIN - ERUPTIONS - military - agg. after military eruptions (1) 1	3
4. SKIN - LUPUS - erythematous (13) 1	1	.	1	1	1	2	.
5. EXTREMITIES - SWELLING - Upper limbs - pale (3) 1	2	1
6. MIND - INDIFFERENCE - complain; does not (6) 1	1	2

Prescription: APIS MEL. 30 three dose on day first was given with placebo for next 15 days.

Follow Up:

1. She had stopped all allopathic medicines after starting homoeopathic medicines. After 15

days i.e. Jan.2021 there is marked decrease is pruritus with fresh feeling. Placebo was given for next 15 days.

2. In feb.2021, there is no facial puffiness. Also reduced pedal oedema. Most important that she was sleeping whole night without interrupt. So she was happy and looking satisfied. No repetition of dose only kept on placebo for next 15 days.
3. In March 2021, she felt that she lost her excessive body weight with 5 to 6 kg and it was around 86 kg. So she was much exited.

4. In April 2021, there were no more complaints remained; she was on placebo and continue treatment for next three months with complete cure of her disease.

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AFTER TREATMENT



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