

“Study of Efficacy and Utility of Homoeopathic Medicines in Management of Lichen Planus”

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Date of Submission: 15-04-2024

Date of acceptance: 27-04-2024

I. BACKGROUND:

Lichen planus is a chronic inflammatory disease affecting the skin and mucous membrane. It is a condition which is presented by itchy red -purplish polygon skin lesion on wrists, ankle, lower back. Although the cause is unknown, studies reveal that it is the over reaction of the body to its own immune system. It occurs in various parts of the body, can be divided into 1) Mucosal – GIT includes mouth, pharynx, stomach, Oesophagus, anus, Larynx, genitals, ears, nose, conjunctiva, bladder, etc. 2) Cutaneous- Skin, Scalp, nails. Most patients present it as itching with reddish purplish rashes on the body. We may confuse it with a normal allergic reaction to some external factors. Lichen planus has “Lichen appearance” meaning very hard thick skin.

OBJECTIVE:

This study is aimed at assessment of the effectiveness of homoeopathic medicine.

SELECTION CRITERIA:

Randomised controlled trials (RCTs), cohort and case control studies that prove the efficacy homoeopathic treatment with lichen planus.

AETIOLOGY FOR LICHEN PLANUS:

As mentioned above, Lichen planus is thought to be an autoimmune condition of unknown origin. Some probable factors are –

- 1) Viral infections
- 2) Stress
- 3) Genetics
- 4) Allergens

SYMPTOMS OF LICHEN PLANUS:

- 1) Lesion are usually bumpy/flat with purplish, dark appearance.
- 2) Lesions spread over the other parts of the body which take a few weeks to months.
- 3) Pain, burning at the site of lesion.
- 4) Thin, white, lines on rashes (Wickham strae).
- 5) Severe itching present

EFFECT OF HOMOEOPATHY:

Homoeopathy aims at the immune system, by correcting the harmonious functions of the body. Homoeopathic remedies are selected from the totality of symptoms. When the remedy is being selected based on it, the medicine covers both the emotional and physical sphere of the person and produces cure.

There are well selected constitutional Homoeopathic medicines, which maintain the equilibrium in terms of organs and also the emotional aspect as well.

ANALYSIS:

Randomised control trials which included 150 participants. No cohort or case control studies were identified. A metanalysis of 150 participants shows 60 %participants presented with dark purplish lesions on skin. Found a statistically and marked improvement by constitutional Homoeopathic medicine at follow up of 20 days. 60% of

the patients in Homoeopathic constitutional treatment feels better than the other pathy treatment and 20% of the patients, responded late. The remaining 20% were status quo.

There was drastical improvement seen with the remedies Sulph.Iod, Rhustox, Placebo.

II. CONCLUSION:

Miasmatic diagnosis is very necessary in course of treatment of Lichen planus, mainly when the best selected remedies fail to produce the improvement if ceases after a certain extent. Then suitable anti-miasmatic medicine can remove the obstacles in cure and speed up cure to an incredible extent. Homoeopathic treatment is the best and safest treatment in terms for the Lichen planus, as it also covers the psychological aspect of this condition.