

Lichen Planus and Homoeopathy: Review Article

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ABSTRACT

An idiopathic, cell-mediated immunological condition called lichen planus causes skin rash and itching. Homeopathic treatments target the body's weakened immune and gradually restore it to normal function. Here, an effort is made to explain the dynamics of lichen planus as well as the homoeopathic approach to treating it.

Keywords: Skin, Pruritis, Immunity, Homoeopathy

INTRODUCTION

A recurrent, itchy, inflammatory eruption known as lichen planus is characterized by small, isolated, polygonal, flat-topped, violaceous papules that may consolidate into rough scaly plaques. Oral and genital lesions are frequently present as well. Skin biopsies are frequently used to support clinical diagnoses. Men and women both develop lichen planus, but women are twice as likely to develop it in the oral form. In older adults and youngsters, it's extremely uncommon. Middle-aged persons are most likely to experience it.

Pathology of Lichen Planus-

The dermoepidermal connection is obscured by a band-like lymphocytic infiltrate and degeneration of the basal layer of the epidermis in lichen planus, according to a scanning power image of the condition. Epidermal hyperplasia is atypical, generating a recognizable saw-tooth pattern with wedge-shaped hypergranulosis. The epidermis's basal layer has vacuolar degeneration, along with frequently obvious individual keratinocyte necrosis. In the

superficial dermis, the inflammatory infiltration, which is primarily lymphocytic, creates a thick band.

The following factors can cause lichen planus: -

- Hepatitis C infection
- Flu shot
- A few metals, compounds, and colours
- Painkillers like naproxen and ibuprofen (Advil, Motrin IB, etc.).
- Specific treatments for arthritis, high blood pressure, and heart disease

The '6 Ps' of LP, which stand for pruritic, purple, polygonal, planar, papules, and plaques, are used to define the clinical symptoms of this condition.

The following are some of the most typical signs of lichen planus:

- Irritation at the site of the rash;
- lacy-white lesions in the mouth that may be uncomfortable or cause a burning feeling;
- lumps or lesions of a purplish hue with flat tops on your skin or genitals;
- lesions that form and spread across your body over the course of several weeks or a few months.
- blisters that rupture and develop scabs;
- fine white lines covering the rash.

The skin is impacted by the most typical variety of lichen planus. Lesions develop and spread over a period of several weeks. Usually, the illness becomes better after 6 to 16 months.

On the vulva and in the vagina, lichen planus can be difficult to treat, causing excruciating agony and occasionally leaving scars. Long-term complications might result

from sexual dysfunction. Your ability to eat could be hampered by oral sores. In dark-skinned individuals, the affected skin may continue to be a little bit darker even after the rash has subsided.

Homoeopathic management

BORAX:

Most blisters develop in the mouth. It is appropriate for skin disease and oral lichen planus. white growth that resembles fungus. Itching vulval eruption. Mouth ulcers that bleed when touched or eaten are hot and painful. itchy and stinging eruption on the hands and fingers. the back of the finger joint is itchy.

AUR MET:

Oral lichens planus with taste putrid or bitter. Ulceration of gums

IGNATIA:

Itching, nettle-rash. Very sensitive to draught of air. Excoriation, especially around vagina and mouth.

LYCOPodium:

Ulceration of skin. Violent itching; fissured eruptions. Skin become thick and indurated, brown spots worse on left side of face and nose.

CARCINOSIN:

Eruptions with great pain, Oral lichen planus offensive discharge

ARS ALB:

Greatly itching, with burning. In skin there is small purplish spot, blisters after scratching. Skins dry rough and scaly; worse cold and scratching.

SULPHUR:

Every tiny damage suppurates, and the skin is dry, scaly, and unhealthy. Itching and burning are common symptoms of skin conditions, and they get worse when scratched and cleaned. Evening itching is worse. skin abrasions, particularly in folds. Skin dries out and hardens. Thin, weak

people who are sensitive to heat are better suited for this cure. mentally suited to those who are irritable and melancholy almost all the time.

NAT MUR:

Especially on the hairy scalp's edge and the bends of joints, dry eruptions. Raw, red, and irritated skin that itches, making consuming salt at the beach worse.

THUJA:

Good for persistent skin issues and long-lasting, difficult-to-treat skin disorders like psoriasis, eczema, warts, and pyoderma. tendency to have generally poor skin. These people do better in dry situations and worsen in humid and soggy environments.

ARSENICUM IODATUM:

It is a very effective treatment for skin disorders like psoriasis, eczema, and lichen planus that cause severe itching and skin exfoliation. Large scales are exfoliated, leaving behind a raw, exuding surface.

APIS MELL:

The skin is blistering and swollen. Planus lichen. Skin eruptions with noticeable stinging and burning are the typical indication for prescription Apis Mellifica. The uncomfortable scratching gets worse in the heat. Heat also makes the burning worse. Skin stinging, burning, and itching are lessened by applying cold substances or breathing in cold air.

RUMEX:

Itching and red rashes that worsen when undressed. Skin itchiness that is particularly bad when exposed to cold air, especially on the lower extremities.

SULPHUR IOD:

It is very useful in lichen planus cases where the arms and face have papular outbreaks. It comes with noticeable itching. rash on the arms that itches. facial eruption with papules. lips with cold sores

KALI IOD:

For lichen planus patients where the legs exhibit purple, papular lesions. On these eruptions, there is noticeable itching that is brought on by heat and at night. Itching is relieved by scratching.

PLANTAGO:

For lichen planus of the mouth. Tongue with white spots. Other distinguishing traits include an unpleasant mouth taste and breath. In such circumstances, cheek swelling and ulcers may also be present.

MERC SOL:

Interior of the cheeks, irregular ulcers. Mouth lichen planus. There are no clearly defined edges. The cheeks have an extremely unclean and unhealthy appearance. Increased saliva with a foul odor in the mouth. A metallic aftertaste. Additionally, there can be a greater thirst for water.

ANTHRAKOKALI:

Hands and feet have significant papule eruptions. In males, the scrotum may also be covered by papules. The papular eruptions are almost invariably accompanied by severe itching. for lichen planus situations where the skin over the tibia is the primary location.

CONCLUSION

The choice of a homeopathic medicine is made in accordance with the symptoms, which can be both physical and mental or emotional. To prevent the disease process from recurring, they take action at its source. Patients with lichen planus can most surely return to leading regular lives with a carefully planned regimen of homeopathic treatment, lifestyle change, and dietary care. By aiming to repair the immune system, homeopathy works to avoid disease relapses in the future, and the medication has no adverse effects.

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