

An Individualized Homoeopathic Approach to Melasma: A Case Report

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ABSTRACT

Melasma is a common acquired hyperpigmentation disorder that mainly affects sun-exposed areas of the skin, especially the face. It is frequently associated with hormonal changes, excessive sunlight exposure, pregnancy, and cosmetic factors. This article presents a case of 38-year-old female who attended the outpatient department with complaints of blackish facial discoloration since 3-4 years.

The patient had previously undergone conventional treatment for nearly one year without satisfactory improvement. After detailed Case-taking and Reportorial analysis, Sepia succus 200CH was prescribed along with placebo. Follow-up assessment showed gradual reduction in pigmentation and improvement in associated symptoms within 3-4 months. The patient was followed up for a year and there was no relapse. Documentation of the case was done in the form of photographs of affected area. The case highlights the possible role of Individualized Homoeopathic medicine in the treatment of melasma.

Keywords: Melasma, Chloasma, Homoeopathy, Sepia succus, Case report.

INTRODUCTION

The word melasma originates from the Greek word "melas", which means black, and refers to its blackish clinical presentation. The term "chloasma" (derived from the Latin chlōos and the Greek cloazein: greenish) is still used in the medical literature.

Melasma, formerly known as chloasma, is an acquired pigmentary condition¹. Melasma is a chronic acquired hypermelanosis of the skin, characterized by irregular brown macules symmetrically distributed on sun-exposed areas of the body, commonly on the face mainly in three predominant facial patterns: Centrofacial, Malar, and Mandibular.

Its pathology is not clear, although there are some known triggering factors such as sun exposure, pregnancy, sexual hormones, inflammatory processes of the skin, use of cosmetics, steroids, and photosensitizing drugs.

There is also a clear genetic predisposition, since over 40% of patients reported having relatives affected with the disease². Because of its frequent facial involvement, the disease has an impact on the quality of life of patients.

The prevalence varies according to ethnic composition, skin phototype, and intensity of sun exposure². In India it is known to occur commonly in women (90%) of 40-65 years old than in males (10%).³

Homoeopathy is a holistic system of medicine that treats the individual as a whole rather than focusing solely on the disease. It considers the patient's mental, emotional, and physical characteristics while selecting a remedy. According to the homoeopathic principle of individualization, treatment is based on the totality of symptoms and the unique response of each patient. In chronic conditions such as melasma, homoeopathy aims not only to reduce pigmentation but also to address underlying constitutional and hormonal factors, thereby promoting overall health and reducing the likelihood of recurrence. The holistic approach of homoeopathy seeks to restore balance and stimulate the body's self-healing mechanisms⁴

CASE REPORT

A 38-year-old female attended outpatient department (OPD) BVVS Homoeopathic Medical college and hospital she come with the complaints of blackish discoloration over the face involving the forehead, both cheeks, chin and nose since 3-4 years.

History of present complaint

Patient reported that she had mild facial hyperpigmentation since 4 years which became more prominent and widespread after her delivery. She noticed that the blackish discoloration worsens with prolonged sun exposure, especially during outdoor work. The affected areas are occasionally associated with mild itching during sweating/exertion. Patient is also a known case of Type 2 DM for 2 years. The patient had previously undergone conventional treatment for a year without satisfactory improvement.

Past history

Past medical/surgical history

-Metformin500mg for DM since 2 years

- LSCS 4 years ago.

-Had taken allopathic Rx for melasma initially for a year than discontinued as there was no improvement.

Family history

Mother had Hypertension and father had Diabetes.

Physical generals

Her appetite is good with normal thirst, fond of spicy food (add extra red chilli to her food) with aversion to soybean, profuse perspiration mainly in palms. Has regular bladder and bowel habit. Patient is thermally chilly, sleep is unrefreshing full of dreams (anxious dreams of falling). Tongue slightly white coated.

Mental generals

She is markedly irritable and gets easily offended when her opinion are ignored/ not appreciated by others. Patient feels her family members do not understand her emotions, prefers to be left alone. Frequently experiences mental and physical exhaustion due to continuous household and occupational responsibility. Doesn't like to do work.

Local and systemic examination

Patient is moderately built and well Nourished, well oriented with time, space and person. Systemic examination revealed nothing significant.

On local skin examination, hyperpigmentation was present on forehead, both cheeks, chin and nose which is blackish in color.

Provisional diagnosis: Melasma Analysis of the case

Following symptom totality was erected by considering the mental generals, physical generals, and characteristic particulars

- Desire for solitude
- Aversion to work
- Delusion being neglected
- Desire for spicy food
- Profuse sweat mainly in palms
- Thermally chilly
- Dreams -anxious, of falling
- Blackish discoloration of face

Miasmatic analysis.

Miasmatic evaluation for the presenting symptoms was done with the help of "The Chronic disease by Dr. Samuel Hahnemann" showed the predominance of **psoric-miasm**.⁵

Symptoms	Miasm
Desire for solitude	Psora
Aversion to work	Psora
Delusion being neglected	Psora
Desire for spicey food	Psora
Profuse sweat mainly in palms	Psora
Thermally chilly	Psora
Dreams -anxious, of falling	Psora
Blackish discoloration of face	sycotic
< after delivery/ postpartum	sycotic
<exposure to sun	sycotic

Reportorialanalysis



Symptoms:	10	Remedies:	312	Hide Repertorisation Tools	Prescribe	Remedy List	Record	Replace	View All	More Results					
Remedy Name	Sep	Nat-m	Puls	Calc	Lyc	Sulph	Nux-v	Sil	Phos	Ign	Kali-c	Thu	Glon	Lach	
Totally	28	22	18	16	15	14	13	12	11	10	9	9	8	7	
Symptoms Covered	10	8	7	6	5	5	5	4	4	3	3	3	2	2	
Kingdom	P	P	P	M	P	M	P	M	M	P	P	M	M	M	
Sl. No.	Rubric (Complete Repertory)	Sep	Nat-m	Puls	Calc	Lyc	Sulph	Nux-v	Sil	Phos	Ign	Kali-c	Thu	Glon	Lach
1	Mind – Company – aversion to; desires solitude	3	3	2					1		2	2			
2	Mind – Work – aversion to	3			2		3	3	1	1					
3	Mind – Delusions – neglected; she is	3	3	2							2				
4	Stomach – Desires – spices; highly seasoned food	2				3	2	3							
5	Perpiration – Palms – profuse	3	2		2				3						
6	Generalities – Cold – aggravation; chilly patient	3	3	2	3				3						
7	Dreams – Falling – anxious dreams	2	2		3								2		
8	Face – Discoloration – brown/blackish spots (chloasma)	3	3			2	2								
9	Female genitalia – Complaints – after childbirth (postpartum)	3	2	2	2										
10	Generalities – Sun – exposure to – aggravates	3	3											2	2

Figure 1: Repertorisation of case from complete Repertory using ZOMEO software.⁶

The remedy Sepis was chosen following thorough repertorization and confirmation from various materia medica references.

According to Kent's Lectures on Homoeopathic Materia Medica, Sepia is one of the chief remedies for women suffering from hormonal and pelvic disturbances. The patient often feels indifferent to loved ones, prefers solitude, and experiences mental and physical exhaustion. Sepia is also indicated in skin discolorations, especially yellow-brown or dark patches on the face associated with pregnancy or hormonal changes.⁷

In Allen's Keynotes, Sepia is characterized by a tendency to facial discoloration such as chloasma and saddle-like brown patches across the nose and cheeks. The remedy is suited to women who feel worn out from household responsibilities and desire to be alone.⁸

According to Boericke's Materia Medica, Sepia acts deeply on the female reproductive system

and skin. Characteristic symptoms include aversion to work, irritability, indifference to family members, chilly patient, profuse perspiration, and pigmentation of the face aggravated by pregnancy and hormonal changes.⁹

Phatak's Materia Medica describes Sepia patients as weak, exhausted, irritable, and seeking solitude. It is a leading remedy for chloasma, facial discoloration, and various complaints related to the female hormonal sphere.¹⁰

On 22/10/2025, Sepia succus 200CH in single dose was prescribed along with Placebo for 15 days

Follow up

Table 2 : follow-ups with prescription

Date	Symptoms	Medicine
6/11/25	No changes seen in blackish discoloration of face. Itching persists	Sepia succus 200/ 1dose Placebo /TDS/ 15days.
21/11/25	Facial pigmentation was lighter on forehead and chin Itching persists	Placebo /TDS/ 15days.
6/12/25	Facial pigmentation on forehead, chin and cheeks was becoming lighter. No changes on hyperpigmented patch over the nose. Itching reduced completely	Sepia succus 1M/1dose Placebo / tds/ 30 days
6/1/2026	Blackish Discoloration of skin completely better.	Placebo /tds/ 30 days
6/2/2026	Blackish Discoloration of skin completely better.	Placebo / tds/ 30 days
10/3/2026	Blackish Discoloration of skin completely better.	Placebo / tds/ 30 days



Figure 2: Patient before the treatment

Figure 3: Patient after the treatment

Discussion

According to modern medicine Melasma is commonly managed with sun protection measures, topical depigmenting agents, chemical peels, laser therapies. And Broad-spectrum sunscreens are considered the cornerstone of treatment. however, recurrence is common, and prolonged use of some agents may be associated with adverse effects such as irritation, post-inflammatory hyperpigmentation, and ochronosis. Therefore, melasma remains a therapeutic challenge in conventional medicine. This scenario makes it worth to try our homeopathy and prove its effectiveness in conditions like melasma and other skin conditions.

Conclusion

This case report demonstrates a favorable outcome with Individualized Homoeopathic treatment in a case of Melasma. It supports the role of Homoeopathy as a potentially effective therapeutic option for Treating melasma and other pigmentary skin disorders.

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