

Rapid Resolution of Pityriasis Alba in a Child with Bacillinum 1M: A Case Report

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Abstract

Pityriasis alba is a common benign dermatosis in children, often managed conservatively with emollients and reassurance. This case study demonstrates the efficacy of Bacillinum 1M, a rarely used nosode in pediatric dermatology, leading to significant improvement within just one week. The report highlights the importance of individualization and the therapeutic potential of homeopathy in treating superficial skin conditions.

Keywords: Pityriasis alba, Hypopigmented patches, Bacillinum 1M, Homeopathy, Pediatric case

Introduction

Pityriasis Alba is a common skin ailment that mostly affects children. It is distinguished by hypopigmented, dry, somewhat scaly patches on the face, arms, and upper torso. Although it is self-limiting, it frequently raises aesthetic issues. Homeopathy provides a customized, all-encompassing approach, whereas conventional treatment concentrates on topical steroids and skin hydration. This instance illustrates how Bacillinum 1M can be used to treat this condition quickly.

Case Summary

Patient Profile:

Name: Miss X

Age: 4 years

Sex: Female

Date of Consultation: 01.05.2025

Chief Complaint:

White, dry patches on the face for 2 months

Gradual spread to the arms and back

No itching or pain

History of Present Illness:

The child developed pale patches on the cheeks two months prior, which progressively spread to the upper arms and back. The patches were dry and mildly scaly, but non-itchy. The condition was more noticeable after sun exposure. No history of topical application or systemic medication. The parents expressed concern due to cosmetic disfigurement.

General Examination:

Active, alert child

Vitals within normal limits

Skin: Multiple ill-defined, hypopigmented, scaly patches over the face, back, and upper limbs

No signs of infection, inflammation, or systemic involvement

Diagnosis: Pityriasis Alba, based on clinical presentation

Homeopathic Prescription:

After detailed case analysis, considering the dry, non-itchy nature of lesions, chronicity, and the child's constitutional susceptibility, the following remedy was selected:

Rx: Bacillinum 1M, one dose stat

Advised: No topical application

Follow-up planned in 1 week

Follow-Up & Outcome:

Day 7: Marked improvement observed

Dryness reduced

Patches began blending with surrounding skin

New lesions stopped appearing

Week 2: 90–95% resolution of lesions

Month 1: Complete disappearance of patches; normal skin tone restored



Before treatment (01.05.2025)



After treatment(08.5.2025)

Discussion:

The success of Bacillinum 1M in this case demonstrates the efficacy of nosodes in dermatological conditions where miasmatic inheritance or susceptibility is suspected. Though not a commonly prescribed remedy for Pityriasis Alba, Bacillinum suits chronic, non-suppurative skin affections with a tendency to dryness and minimal inflammation.

This case also reflects the potential of high-potency single-dose remedies in paediatric patients when well-indicated. The rapid resolution within one week without any local application strongly supports the systemic effect of the remedy.

Conclusion:

This case report supports the view that homeopathy, particularly Bacillinum 1M, can offer rapid, gentle, and permanent healing in cases of Pityriasis Alba, even where conventional approaches provide limited relief. More such observations and case series can contribute to evidence-based integration of homeopathy in skin care.

Declaration of Patient Consent:

The guardian of the patient has given informed consent for the publication of this case report and associated clinical images.

References:

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