



PRO LIFE ERA

HOMEOPATHY JOURNAL

A Case of Melasma Treated with Sepia Officinalis

Abstract-Melasma is one of the commonest skin diseases seen in middle aged and post pregnancy female. A case of 34 year old female patient presented with complaints of brownish pigmentation on the cheeks, forehead, and upper lip for the past 2 years was treated successfully with Homeopathic medicine.

Keyword-Homeopathic medicine, Sepia officinalis, Melasma (cholasma)

Introduction-Melasma, also known as chloasma or the "mask of pregnancy," is a common skin condition characterized by symmetrical, blotchy, brownish facial pigmentation. It is often triggered by hormonal imbalances, sun exposure, and emotional stress. From a homeopathic perspective, melasma is seen as a constitutional disorder influenced by the individual's miasmatic background and emotional makeup. This article presents a successfully treated case of melasma using the homeopathic remedy *Sepia officinalis*, with repertorial analysis, follow-ups, and discussion on alternative remedies.

Case History-The patient noticed the pigmentation during her second pregnancy. It worsened after delivery and did not improve with topical creams. The discoloration was more pronounced after sun exposure and during stressful periods.

Associated Symptoms:

- Irregular menstruation (early and scanty)
- Tendency to feel exhausted, especially in the afternoon
- Irritability, aversion to family responsibilities
- Prefers solitude, indifferent to loved ones
- Cold intolerance, • Headache before menses

Family History-She has an elder brother but having no disease

Past History-No any history of major illness. She had taken O.C. pills 2-3 times after her marriage.

Obstetric History-G₄P₄A₂L₂

After her marriage in 2015 she was working and had an unplanned pregnancy in 2016 so

for that she had taken MTP pill. Then, she had her first baby in 2018. She had an unplanned pregnancy again in 2019, but as her first son was still small, she didn't want to have another baby. Therefore she took MTP pill for the second time. She had her second child (daughter) in December 2023 and started showing pigmented spots around August 2024.

Menarche-At the age of 14 years

Menses-• Cycle of 28 days, with menstrual bleeding lasting up to 4-5 days.

• Regular/Sometimes clots/ bright red to maroon coloured bleeding.

Deliveries-• First Son-FTND – 9 months and 2 days • Second Daughter-CS due to overweight of the baby; 3.8kgs; 9 months & 6 days

Personal History-• Appetite-Adequate

• Desire-Not specific, • Aversion-Fried food and food with much ghee or oil

• Thirst-Drinks less water, • Thermal state-sometimes chilly sometimes hot

• Sleep-Disturbed, • Dream-of daily activities

• Urine-4-5/0-1-D/N,

• Bowel habit-constipation

Physical Examination-

• Built-fat and heavy built, • R.R-20/min

• Weight-65.9kg, • Pallor-absent

• B.P-120/90 mm of hg, • Pulse-92 beats/min

Mind-• Feels burdened by household responsibilities and feels emotionally disconnected from her children and husband.

• Cries easily but feels better after crying

• Aversion to consolation

Repertorization-Case was repertories on the following symptoms by using RADAR 10.5.003

Prescription-• Remedy-Sepia officinalis 200C, One dose, single globule, dry on tongue

• Adjuvant-Avoid direct sun exposure; use a mild sunscreen • Diet & Regimen: Balanced diet, avoid spicy and oily food, practice light yoga.

Miasmatic Analysis-The case shows a predominance of the sycotic miasm, evident

1. FACE - CHLOASMA	(18) 1
2. MIND - INDIFFERENCE - loved ones, to	(36) 1
3. FEMALE GENITALIA/SEX - MENSES - irregl...	(110) 1
4. GENERALS - AFTERNOON	(197) 1
5. MIND - CONSOLATION - agg.	(51) 1
6. MIND - WEEPING - amel.	(36) 1
7. GENERALS - FOOD and DRINKS - fat - aver...	(96) 1

from hormonal disturbances, pigmentation, & indifference. Sepia covers sycotic tendencies, especially in women with hormonal imbalance & emotional disconnection

Discussion and Conclusion-The case highlighted the usefulness of Homeopathic medicines in Melasma. Based on the totality of symptoms dose of SEPIA was prescribed.

Follow-up 1 (1 Month)-

• Pigmentation slightly lighter

• Energy levels improved

• Menses more regular

• Emotionally calmer

• SAC LAC – 4 x 3 x 30 days

Follow-up 2 (2 Months)-

• 40% reduction in pigmentation

• No new patches observed

• Headaches before menses much milder

• Placebo continued

Follow-up 3 (3 Months)-

Skin as it was

Menses regular and symptom-free

Patient reported feeling more "connected" with her family

Follow-up 4 (4 Months)-

Skin had near to no visible patches but 1-2 small dots where still visible

Menses still as per date

Patient had an acute episode of cough and coryza

SAC LAC DOSE – 3 doses for 3 days in water no other medicine

Reported back after 3 days and then continues on SAC LAC

Follow-up 5 (5 Months)-

Complaints SQ

Rx – Sepia off. 1M dose repeated in water for one day

SAC LAC for 30 days

Follow-up 6 Months-

Patient showing no more spots, small 1-2 spots around nose and cheek not clearly visible.

Patients feeling better mentally

Alternative Remedies Considered

Alternate Medicines For Melasma-

• **Sulphur**-For cases with hot sensations, philosophical nature, and poor hygiene habits.

• **Pulsatilla**-In mild, yielding women with weeping tendency and hormonal disturbances, especially when symptoms change frequently.

• **Thuja Occidentalis**-For sycotic cases with skin discolorations and a history of vaccinations or suppressed eruptions.

sep.	lyc.	phos.	merc.	ars.	bell.	sulph.	nit-ac.	nux-v.	kal
1	2	3	4	5	6	7	8	9	10
7	6	6	6	5	5	5	5	5	5
15	10	10	8	9	9	9	8	7	6
1	1	-	-	2	-	2	-	1	1
3	-	3	1	1	1	-	-	-	1
2	2	1	1	-	2	2	2	2	1
3	3	2	2	2	3	2	2	2	1
4	1	2	1	2	2	1	2	1	2
1	2	1	1	-	-	-	1	-	-
2	1	1	2	2	1	2	1	1	-

• **Natrum Muriaticum**-Reserved personalities with grief, sun aggravation, and pigmentation in the malar area.

• **Lycopodium**-When there is low confidence, right-sided complaints, and digestive disturbances along with pigmentation.

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3. RADAR 10.5.003 (Schroyens F. synthesis 9.0)

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