

Lentigo treated by *Sepia officinalis* – A case report

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Abstract

Introduction: Lentigo is a benign pigmented macular lesion on the skin with a clearly defined margin. It can affect both genders, all ages and races. Solar lentiginos are especially prevalent in fair-skinned adults. Sunburn may be one of the causes of lentigo. Modern medicine treats these conditions by either melanin-specific high-energy lasers or external applications. **Case Summary:** A 56-year-old female visited outpatient department with a complaint of lentigo on the right cheek for the past 15 years. The patient was treated with *Sepia officinalis* in increasing potencies (200, 1M and 10M). The treatment got completed over 9 months with significant improvement and complete disappearance of lentigo. The cases were documented with proper photographs at onset and during treatment. It can be suggested from this case study that high dilutions of homoeopathic medicines are useful for patients with lentigo.

Keywords: Cuttlefish, High dilution, Homoeopathic medicine, Lentigo

INTRODUCTION

Lentigo is small, sharply, circumscribed, macular, pigmented and mucocutaneous lesions which measure 1–5 mm, but not larger than 1 cm, surrounded by normal skin. Histologically, hyperplasia of the epidermis may be observed as well as increased pigmentation of the basal layer and a variable number of melanocytes.^[1] “Black solar lentigo” is a melanotic macula, that may evolve slowly over several years or they may be eruptive, appearing rather suddenly.^[2,3] commonly found in fair-skinned individuals on sun-exposed areas of the body. Clinically, the term “ink spot Lentigo” is used and it is a dark pigmented spot^[4] and the colour ranges from brown to brown and black to black and the pigmentation may be homogeneous or variegated.

However, the case reported here is typically an ink spot lentigo which is a unique type that appears among several other common solar lentiginos.^[5] Post-inflammatory hyperpigmentation, solar lentiginos and melasma come under the category of hyperpigmentation and occur widely in the human population and are thus of broad interest for control. Pigmentation of the skin is primarily related to melanocyte functionality, but the surrounding keratinocytes and extracellular matrix proteins and fibroblasts in the underlying dermal compartment also actively contribute to

cutaneous homeostasis.^[6] There are potentially hundreds of proteins and other effectors involved in pigmentation based on a genomic and proteomic understanding of the melanocyte and melanogenesis.^[7]

Homoeopathic medicines are prepared from different drug substances, one of which is *Sep. off.* It is prepared from the ink of Cuttlefish which has been proved to play various primary roles in the world of alternative medicine and has the widest range of therapeutic applications.^[8] The ink of cuttlefish has a variant action like squid ink; both are dark in colour, released into the water by most species of cephalopod.^[9] It has been found that there is a potential antibacterial activity of the squid ink against biofilm bacteria.^[10] Recent studies have also revealed that *Sepia officinalis* has antioxidant and preservative values.^[11] Homoeopathic case reports have shown positive results in the disappearance of similar skin eruptions like Melasma.^[12]

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PATIENT INFORMATION

A 56-year-old female housewife from a middle-class Bengali family attended the outpatient department (OPD) of Dr. Anjali Chatterji Regional Research Institute for Homoeopathy, Kolkata (H), on 14 November, 2018 with the complaint of a black round spot on her right cheek since 15 years without pain or itching, which was very small at the beginning but increased rapidly in the past 4 months.

Besides this, she also complained of eructations sometimes due to excessive flatulence, but she could not mention any specific modalities. She used to experience mild pain in both knee joints with aggravation in the morning and with the first motion and amelioration from continued motion.

She had a history of cholecystectomy one year ago. On further enquiry, she conveyed that her father died of some cardiovascular disease and her mother had a cerebrovascular accident resulting in paralysis.

She had two children and had had two spontaneous, and one induced abortion in the past.

She had an intense desire for sour food. She also had desire for salty food, fish and eggs. She had a dry and slightly coated tongue. Her bowel movements were normal. She attained menopause at 50 years of age. She was ambithermal.

The patient was shy, less talkative and timid and became anxious easily. She usually remained sad and depressed and always thought about her health.

Physical examinations and diagnosis

Dermatological examination showed a single, brownish lesion on the right cheek. The lesion was slightly raised from the surface.

The case was diagnosed as a case of lentigo [Figure 1] by the dermatologist. Haematological, biochemistry and urine investigations were found to be within normal ranges.



Figure 1: Lesion at presentation

Analysis of the case and repertorisation

After analysis and evaluation of the symptoms, the totality of symptoms was constructed and the case was repertorised with the help of 'Homopath Classic M.D Version-10 Software'^[13] using Kent's repertory. The repertorial results are shown in Figure 2.

The following symptoms were considered for repertorisation:

- Shy, less talkative and timid
- Desire, sour things
- Menopausal age
- Brown round spot on the right cheek,
- Pain in both knee joints
- Dry tongue, slightly coated
- Flatulence

Therapeutic intervention with followups and outcome

Based on totality, individualization, miasmatic evaluation, repertorial analysis and consultation with materia medica, *Sepia officinalis* (*Sep. off.*) was selected as the similimum. On the first visit (14th November, 2018), a single dose of *Sep. off.* 200 was prescribed in water. Clinical follow-up of the patient was done fortnightly or as per requirement for the next 9 months. During the follow-ups, changes in potency and repetitions of doses were done, as per guidelines of the homoeopathic philosophy.

The medicine administered in increasing potencies (200 C, 1M and 10M) improved the skin symptoms. The other associated symptoms of fullness and tightness of the abdomen also improved during the treatment. The colour of the lentigo started fading (especially after *Sepia* 1M and 10M). In between, *Urtica urens* Q and *Calcarea phosphoricum* (*Cal. phos.*) 6X were prescribed to ameliorate excessive knee pain. The detailed follow-up is given in Table 1.

Outcome assessment

The case was documented photographically at onset and during treatment [Figures 1 and 3-8].

RESULTS

The patient improved slowly, but the marked change was evident in subsequent follow-ups [Table 1], without any other complications of the patient.

DISCUSSION

Lentigo is a distinctive entity in skin disease and must be considered a benign lesion.^[14]

According to the modern system of medicine, treatment is usually unnecessary, but some extremely ugly lesions can be treated by melanin-specific high-energy lasers or external application of 0.1% tretinoin cream or 3% hydroquinone.^[15]

The treatments of pigmented lesions like solar lentiginos with intense pulsed light systems are often limited by pain and post-treatment erythema and oedema, though they tried to minimize these complications using different methods like pneumatic skin flattening technology.^[16]

Table 1: Follow up

Follow-up date	Medicine with doses	Justification of prescription
14 November, 2018	<i>Sep. off.</i> 200 single dose in distilled water	Baseline presentation
28 November, 2018	<i>Placebo</i>	The dryness of the spot decreased, but the size remains the same
12 December, 2018	<i>Sep. off.</i> 1M single dose in distilled water	Brownish spot almost same
31 December, 2018	<i>Placebo</i>	The spot became lighter
04 December, 2019	<i>Placebo</i>	Spot much reduced
06 March, 2019	<i>Sep. off.</i> 10M single dose in distilled water	Brownish spot little better became status quo
18 March, 2019	<i>Placebo</i>	Spot decreasing in size. Serum uric acid elevated and slight pain in the right knee joint started. Patient had slight pain earlier also, but it was not there at the time of first visit. And as the pain was negligible, she did not mention at that time. But may be due to some dietetic error (as mentioned by the patient) her uric acid level increased during this period and the pain had started
01 April, 19	<i>Urtica urens</i> Q prescribed 5 drops twice daily for 20 days	Pain in right knee severely aggravated from 2 days. <i>Urtica urens</i> Q was given to give temporary relief to the knee pain as her serum uric acid level was elevated
24 April, 2019	<i>Sep. off.</i> 10M single dose in distilled water, followed by <i>Cal. Phos.</i> 6X prescribed 4 tablets every day for 1 month	The brownish spot on the cheek remain the same, the white spot around the black spot on the cheek increasing The pain in the leg increased. No change of pain by taking <i>Urtica urens</i> Q therefore discontinued
12 June, 2019	<i>Placebo</i>	Black spot almost disappeared, and part became whitish. Pains are less
28 August, 2019	<i>Sep. off.</i> 10M single dose in distilled water, followed by <i>Cal. Phos.</i> 6X prescribed 4 tablets every day for 1 month	Pain in the knee joint was less, but due to the long discontinuation of medicine pain was slightly aggravated The brownish spot completely disappeared

The screenshot shows the 'Repertorisation' window of a software application. The window title is 'Repertorisation' and it includes a menu bar (Patient, Repertory, Search, Extract, My Repertory, MatMed, Edit, View, Utilities, Homopath Family, Window, Help) and a toolbar. The main area displays a grid for symptom-rep remedy matching. The columns represent remedies: Swhf, Calc, Sep, Phos, Ars, Lach, Lyc, Kali-c, Wrot, Con, Pta, Carb-a, and Hn-ac. The rows represent symptoms: [K1] [Mind]Fimidity, [K1] [Stomach]Desires: Sour,acids, etc., [K1] [Genitalia female]Menopause, [K1] [Face]Discoloration:Brown:Spots, [K1] [Skin]Discoloration:Brown,liver spots, [K1] [Extremities pain]Pain:Knee:Rheumatic, [K1] [Mouth]Dryness:Tongue, and [K1] [Abdomen]Flatulence. The grid contains numerical values indicating the strength of the match. At the bottom, it shows 'Symptoms 8' and 'Remedies 260'.

Figure 2: Repertorisation

The case reported here is treated by an oral homoeopathic medicine, without any external application, which is completely different from the approach of the conventional system of medicine. In the present case, apart from potentized *Sepia*, one mother tincture and biochemic medicine were given for some acute rheumatic problems. However, the alleviation of the dark hyperpigmented spot (lentigo) started disappearing after prescription of *Sepia*. It is very clear from the case history that without any sort of topical application or any invasive

therapy, the lesion disappeared and the skin returned to its natural colour. The natural skin colour of the affected part was restored at the last follow-up. The patient did not report after that for a long period of almost 1½ years. Thereafter, she reported that there was no recurrence of the skin lesion.

Although no case of such hyperpigmented spot has been found to be reported in homoeopathy, the literature mentions that many medicines, including *Sepia*, have an action on the pigmentation problems of the skin.^[17-21]



Figure 3: Lesion as on 12 December, 2018



Figure 6: Lesion as on 12 June, 2019



Figure 4: Lesion as on 04 December, 2019



Figure 7: Lesion as on 28 August, 2019



Figure 5: Lesion as on 18 March, 2019



Figure 8: Lesion as on 31 December, 2021

CONCLUSION

Homoeopathic medicine *Sepia off.* was found useful in treating lentigo. More such documented cases and scientific trials could throw more light on this front.

Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent for using her images and other clinical information reporting in the journal. The patient understands that her name

and initials will not be published and due efforts will be made to conceal the identity, but anonymity cannot be guaranteed.

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Conflicts of interest

None declared.

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Titre: Lentigo traité par Sepia officinalis- Un rapport de cas

Résumé : Introduction: Le lentigo est une lésion maculaire pigmentée bénigne sur la peau avec une marge clairement définie. Il peut affecter les deux sexes, tous les âges et toutes les races. Les lentigos solaires sont particulièrement fréquents chez les adultes à la peau claire. Les coups de soleil peuvent être l'une des causes du lentigo. La médecine moderne traite ces affections par des lasers à haute énergie spécifiques de la mélanine ou par des applications externes. **Case summary:** Une femme de 56 ans s'est rendue à l'hôpital pour se plaindre de lentigo sur la joue droite depuis 15 ans. La patiente a été traitée avec Sepia officinalis en puissances croissantes (200, 1M et 10M). Le traitement a duré neuf mois, avec une amélioration significative et une disparition complète du lentigo. Les cas ont été documentés avec des photographies appropriées au début et pendant le traitement. On peut conclure de cette étude de cas que les hautes dilutions des médicaments homéopathiques sont utiles pour les patients atteints de lentigo.

Titel: Lentigo behandelt mit Sepia officinalis - ein Fallbericht

Abstract: Introduction: Lentigo ist eine gutartige pigmentierte makuläre Läsion auf der Haut mit einem klar definierten Rand. Sie kann beide Geschlechter, alle Altersgruppen und Rassen betreffen. Sonnenlentiginen treten besonders häufig bei hellhäutigen Erwachsenen auf. Sonnenbrand kann eine der Ursachen für Lentigo sein. Die moderne Medizin behandelt diese Erkrankungen entweder mit melaninspezifischen Hochenergielasern oder mit externen Anwendungen. **Zusammenfassung des Falls:** Eine 56 Jahre alte Frau kam in die Notaufnahme und klagte über Lentigo auf der rechten Wange, die seit 15 Jahren besteht. Die Patientin wurde mit Sepia officinalis in steigenden Potenzen (200, 1M und 10M) behandelt. Die Behandlung dauerte neun Monate und führte zu einer deutlichen Verbesserung und zum vollständigen Verschwinden der Lentigo. Die Fälle wurden mit entsprechenden Fotos zu Beginn und während der Behandlung dokumentiert. Aus dieser Fallstudie kann geschlossen werden, dass hohe Verdünnungen homöopathischer Arzneimittel für Patienten mit Lentigo nützlich sind.

शीर्षक: झाँई का सेपिया ऑफिसिनैलिस द्वारा इलाज - विषय अध्ययन

सार: परिचय: झाँई एक स्पष्ट रूप से परिभाषित अंतर के साथ त्वचा पर एक सौम्य रंजित मैकुलर घाव है। यह दोनों लिंग वर्ग, सभी उम्र और सभी नस्ल के लोगों को प्रभावित कर सकता है। सौर झाँई विशेष रूप से गोरी चमड़ी वाले वयस्कों में होती हैं। आतपदाह, झाँई के कारणों में से एक हो सकता है। आधुनिक चिकित्सा इन स्थितियों को या तो मेलेनिन-विशिष्ट उच्च ऊर्जा लेजर या बाहरी एप्लीकेशन द्वारा इलाज करती है। **विषय सारांश:** एक 56 वर्षीय महिला ने पिछले 15 वर्षों से दाहिने गाल पर झाँई की शिकायत के साथ ओपीडी का दौरा किया। रोगी का सेपिया ऑफिसिनैलिस की बढ़ती क्षमता (200, 1एम और 10एम) के साथ इलाज किया गया था। महत्वपूर्ण सुधार और झाँई के पूरी तरह से गायब होने के साथ उपचार नौ महीने में पूरा हो गया। रोग निवारण के शुरुआत में और उपचार के दौरान उचित तस्वीरों के साथ प्रलेखित किया गया था। इस विषय के अध्ययन से यह निष्कर्ष निकाला जा सकता है कि उच्च पोटेन्सी वाली होम्योपैथिक दवा झाँई रोगियों के लिए उपयोगी हैं।

Título: Lentejas tratadas por Sepia oficinales - un caso de reporte

Resumen: Introducción: La lenteja es una lesión macular pigmentada benigna en la piel con un margen claramente definido. Puede afectar a ambos géneros, a todas las edades y razas. Las lentiginas solares son especialmente prevalentes en adultos de piel clara. Las quemaduras solares pueden ser una de las causas de la lenteja. La medicina moderna trata estas condiciones ya sea mediante láseres de alta energía específicos de melanina o aplicaciones externas. **Resumen del caso:** Una mujer de 56 años visitó el OPD con una queja de Lentito en la mejilla derecha durante los últimos 15 años. El paciente fue tratado con Sepia oficinales en potencias crecientes (200, 1M y 10M. Treatment got completed over nine months with significant improvement and complete disappearance of Lentigo. The cases were documented with proper photographs at onset and during treatment. It can be concluded from this case study that high dilutions of homoeopathic medicines are useful for patients with lentigo.

标题: 黄皮病治疗-病例报告

摘要: 引言: 放手是皮肤上的良性色素性黄斑病变, 具有明确定义的边缘. 它可以影响性别, 所有年龄和种族. 太阳能实体在皮肤白皙的成年人中尤其普遍. 晒伤可能是四旬斋的原因之一. 现代医学通过黑色素特异性高能激光或外部应用来治疗这些疾病. **个案摘要:** 一名56岁的女性访问了OPD, 抱怨放手在过去的15年里右脸颊. 患者在增加的效力 (200, 1M和10M) 中接受Sepia officinalis治疗, 治疗在九个月内完成, 具有显著改善和扁豆完全消失. 这些病例在发病和治疗期间都有适当的照片记录. 从这个案例研究可以得出结论, 同势疗法药物的高稀释度对扁豆患者有用