



From Practice - For Practice

Lichen sclerosus / Craurosis

by Konrad Werthmann M.D.



Lichen sclerosus (LS) was previously also known as craurosis, dystrophy or lichen sclerosus et atrophicus. It is a chronic progressive disease which, in most cases, affects the muco-cutaneous borders in the genital and perianal regions; rarely it may affect the skin on the limbs and back.

Typically roundish patches of depigmentation the size of a lentil occur in the affected areas, and

these may merge together. There is severe itching and burning, which may easily be mistaken for symptoms of a fungal infestation. As the disease progresses there is an increase in the connective tissue, with corresponding induration and dystrophy.

The precise causes for the outbreak of the disease are largely unknown; however, it does accompany auto-immune dis-

eases and, besides this, experience shows that oestrogen deficiency has a part to play.

Diagnosis is confirmed histologically by means of a punch biopsy.

Lichen sclerosus is found most frequently in women, but it also occurs in men, adolescents and children. This disease is considered as possibly pre-cancerous.

Treatment:

All diseases in this group are intestinal diseases at the same time. Therefore it is advantageous to abstain from products of cow's milk and hen's eggs for at least six months. I recommend Dr. Werthmann's dermal function drops 1, produced by Spagyra¹. It should be explained to the patient that the treatment must continue for quite a long period of time, since success does not come immediately.

- 1) Throughout the whole duration of treatment: ALKALAN, ½ tsp. twice daily; CITROKEHL, 10 drops twice daily; possibly also Dr. Werthmann's dermal function drops 1, 10 drops twice daily; REBAS 4X (D4) caps., 1 once a day; ZINKOKEHL 3X, 5-10 drops twice a day.
- 2) Beginning at the same time: for children EXMYKEHL 5X, 5-10 drops twice daily; for adults EXMYKEHL 3X suppositories, 1 once a day for 10 days, then switch to:
- 3) SANKOMBI 5X, 5-10 drops twice daily, but please always observe the pattern 5-2-5-2, i.e. Mon.- Fri. = 5 days of SANKOMBI 5X drops, and Sat./Sun. = 2 days of EXMYKEHL 5X drops or 3X suppositories, and so on.
- 4) At the same time as the SANKOMBI, LATENSIN 6X caps., to be taken 1 once every 2 weeks / for children, UTILIN "S" 6X drops (depending on age) 1-5 drops once or twice a week.

¹ Dr. Werthmann's Dermal Function Drops 1 contain Calcareo phosphorica, Coenzyme comp. (Heel), Cutis comp. (Heel), Gallium (Heel), NIGERSAN 5X, SANUKEHL Cand 5X, Ubiquinone comp. (Heel), and may be obtained ready-blended from Spagyra, Austria. Tel. 0043-6246-72370

Editorial annotation:

Essential Oil blend for Craurosis vulvae:

50 ml Jojoba

6 drops Essential oil of Lavender

2 drops Essential oil of Cedar

3 drops Essential oil of Cajeput

1 drop Essential oil of Rosemary

Apply locally in the evening before retiring to bed.

All these oils may be obtained from the BIOFRID company, Hoya.

Sitz baths using herbal infusions of Yarrow and/or Horsetail improve the structure of the skin and mucosa and promote healthy cell regeneration.

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