



Original Research Article

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A CLASSICAL HOMEOPATHIC MANAGEMENT OF CHRONIC NEURODERMATITIS: A CASE TREATED AT DR BATRA'S® HOMEOPATHY CLINIC

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Abstract

Neurodermatitis, also referred to as lichen simplex chronicus, is a chronic inflammatory skin disorder characterized by intense pruritus, lichenification, hyperpigmentation, and recurrent exacerbations. Long-term management using topical steroids and antihistamines often provides only temporary relief and is associated with frequent relapses and adverse effects.

This paper presents a classical homeopathic case of a 62-year-old female suffering from chronic neurodermatitis for two years, refractory to prolonged allopathic treatment including steroids and anti-allergics. The patient presented with severe itching, dryness, scaling, bleeding on scratching, marked hyperpigmentation, and significant emotional stress related to long-standing grief, family conflicts, and suppressed emotional expression.

A detailed homeopathic case-taking leading to the selection of *Natrum muriaticum* as the constitutional remedy, supported by acute and intercurrent prescriptions. Over a period of 13 months, the patient showed sustained improvement in dermatological symptoms, emotional stability, sleep, and overall quality of life, with a remission period of one year. This case highlights the role of classical homeopathy in chronic dermatological conditions and demonstrates a clear transformation achieved at **Dr Batra's® Homeopathy Clinic**, where conventional treatments had previously failed.

Keywords

Neurodermatitis; Classical Homeopathy; *Natrum muriaticum*; Chronic eczema; Psychodermatology

Introduction

Neurodermatitis (lichen simplex chronicus) is a chronic pruritic skin condition resulting from repetitive scratching or rubbing of the skin, leading to thickened, hyperpigmented, and lichenified plaques. The condition is often associated with psychological stress, anxiety, suppressed emotions, and chronic emotional trauma. Common aggravating factors include heat, sweating, stress, and night-time itching. Complications include secondary infection, sleep disturbances, emotional distress, and reduced quality of life.

Conventional management primarily includes topical corticosteroids, antihistamines, emollients, and occasionally psychotropic medications. However, these approaches often provide symptomatic relief without addressing the underlying predisposition, resulting in frequent relapses.

Homeopathy offers a holistic approach by individualizing treatment based on the totality of symptoms, including mental, emotional, and physical characteristics, and by considering the miasmatic background of the patient.

Case Profile

- **Age / Sex:** 62 years / Female
- **Diagnosis:** Neurodermatitis (since 2 years)
- **Duration of Treatment:** 13 months
- **Duration of Remission:** 1 year
- **Previous Treatment:** Long-term steroids, anti-allergics, moisturizers (temporary relief only)
- **Prognosis:** Curable

Detailed Homeopathic Case Study

Presenting Complaints

- Chronic dry, scaly lesions over legs and soles, initially starting from the right leg and later spreading to both hands
- Severe itching with bleeding and excessive peeling after scratching
- Marked hyperpigmentation

- Aggravation: daytime, summer, heat, walking
- Amelioration: scratching, night (initially), rest
- Associated complaints: chronic bilateral knee pain, heel pain, varicose veins with leg swelling

Physical Generals

Parameter	Observation
Diet	Pure vegetarian
Appetite	Good
Desire	Sour food (3+)
Aversion	None
Thermal Reaction	Hot patient
Thirst	~2 litres/day
Stools	Occasional indigestion, ineffectual urging
Urine	Normal
Perspiration	Average, mainly on face
Sleep	Unstable; disturbed 2 nights/week
Dreams	Not significant

Mentals

The patient reported a well-supported childhood with no major emotional deprivation. Academically average, she discontinued studies after secondary school due to lack of interest and entered early domestic responsibilities. Marriage brought financial struggles, as her husband's business failures led to severe economic stress, during which she demonstrated remarkable resilience, responsibility, and emotional strength.

Over the years, repeated emotional shocks—husband's prolonged illness and death due to diabetic gangrene, followed by severe conflict between her son and daughter-in-law involving legal intervention—deeply affected her emotional state. Although emotionally

hurt, she described herself as someone who **does not cry easily**, preferring to suppress emotions. She became increasingly reserved, introverted, and self-contained, with an internal conflict between wanting to live alone and craving emotional closeness.

Anger was easily provoked and often expressed, yet followed by internal sadness. This long-standing grief, emotional suppression, and sense of silent suffering formed the core mental background of the case.

Examination

- General condition: Fair, afebrile
- Skin: Hyperpigmented, lichenified areas over bilateral lower legs; no active bleeding or infection during later follow-ups
- Cardiovascular and respiratory systems: Within normal limits
- Blood pressure: Mildly elevated intermittently

Past History

- No major systemic illness
- Right knee tissue repair by laser surgery (5 years ago)

Family History

- Maternal grandmother: Eczema
- Father: Diabetes mellitus
- Mother: No known illness

Case Analysis

Repertorial Totality

Characteristic Symptoms Selected:

- Reserved, introverted personality
- Ailments from long-standing grief
- Suppressed emotions; does not cry despite sadness
- Desire for sour food

- Hot patient; intolerance to heat
- Chronic eczema with dryness and hyperpigmentation
- Itching aggravated by heat and daytime

Repertory Used

- **Repertory Name:** Synthesis Repertory (via RADAR)

Rubrics Selected

- Mind – Reserved
- Mind – Grief, long-lasting
- Mind – Consolation aggravates
- Skin – Eruptions, eczema, chronic
- Skin – Itching, heat aggravates
- Generalities – Heat aggravates
- Stomach – Desires, sour

Remedies	<i>nat-m.</i>	<i>lyc.</i>	<i>sep.</i>	<i>aur-m-n.</i>	<i>staph.</i>	<i>carc.</i>	<i>ign.</i>	<i>nux-v.</i>	<i>kali-s.</i>	<i>vanil.</i>	<i>ars.</i>	<i>mag-m.</i>	<i>op.</i>	<i>sil.</i>	<i>sulph.</i>	<i>apis</i>	<i>chir-fl.</i>
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Symptoms Covered	5	4	4	4	4	4	3	3	3	3	3	3	3	3	3	3	3
Intensity	8	6	6	5	5	4	7	6	5	5	4	4	4	4	4	3	3
Result	5/8	4/6	4/6	4/5	4/5	4/4	3/7	3/6	3/5	3/5	3/4	3/4	3/4	3/4	3/4	3/3	3/3
Clipboard 4																	
MIND - OBSTINATE	1	2	1	1	2	1	2	3	1		2	2	1	2	2	1	1
MIND - INDUSTRIOUS	1	2	2	1	1	1	2	1			1	1	2	1	1	1	1
MIND - WEEPING - cannot weep, though sad	4		2	2	1	1	3	2		2			1			1	
MIND - CLEANNESS - mania for	1	1	1			1			2	2	1			1	1		1
MIND - QUARRELLING - aversion to	1	1		1	1				2	1		1					
MIND - AFFECTIONATE - children																	

Selection of Remedy

Constitutional Remedy

Parameter	Details
Remedy	Natrum muriaticum
Potency	200C
Dose	Single dose, followed by placebo

Reason:

Clear mental picture of suppressed grief, reserved nature, introversion, strong sense of responsibility, hot patient, sour craving, and chronic skin complaints.

Acute Remedy

Remedy	Nux vomica
Potency	30C
Dose	As required

Reason:

Bad effects of prolonged allopathic medication, irritability, and functional disturbances.

Intercurrent Remedy

Remedy	Thuja occidentalis
Potency	200C
Dose	Single dose

Reason:

Anti-sycotic background, chronicity, and history of suppression.

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Chronic itching	✓			
Hyperpigmentation		✓		
Long-standing grief	✓			
Recurrent nature	✓	✓		

Miasmatic Predominance: Psoro-sycotic

Materials and Methods

Repertorization was performed using Synthesis Repertory through RADAR software, following classical Kentian principles.

Results

Month	Progress	Prescription
1st	Aggravation of itching	Nat mur 200C
2nd	Upper body itching reduced	Placebo
3rd	Back itching cured	Supportive care
4th	Leg itching reduced	Nat mur 200C
6th	Sleep improved	Placebo
9th	No active itching	Intercurrent Thuja
12th	Complete remission	Placebo

Transformation Table

Parameter	Before Treatment	After Treatment
Itching	Severe, constant	Absent
Sleep	Disturbed	Sound
Skin	Thickened, pigmented	Normal texture
Emotional state	Suppressed grief	Stable, calm
Quality of life	Poor	Significantly improved



Discussion & Conclusion

This case demonstrates the effectiveness of classical homeopathy in treating chronic neurodermatitis by addressing the patient's constitutional susceptibility and unresolved emotional trauma. The careful evaluation of mental symptoms, repertorization, and miasmatic understanding led to sustained cure rather than temporary palliation. The patient, who had failed to achieve lasting relief with conventional therapy for two years, experienced complete clinical and emotional transformation with individualized homeopathic treatment at **Dr Batra's® Homeopathy Clinic**.

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