



Original Research Article

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HOLISTIC MANAGEMENT OF RECURRENT CARBUNCLES WITH CONSTITUTIONAL HOMEOPATHY AFTER FAILURE OF CONVENTIONAL THERAPY: A CASE SUCCESSFULLY TREATED AT DR BATRA'S HOMEOPATHY CLINIC

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Abstract

Carbuncles are deep-seated bacterial infections of hair follicles resulting in painful, pus-filled lesions, often recurrent in individuals with lowered immunity or systemic predispositions. Recurrent carbuncles significantly impair quality of life and are frequently associated with allergic tendencies and gastrointestinal disturbances. Conventional treatment relies on antibiotics and drainage; however, recurrence and drug reactions remain major concerns.

This case study presents an adult female with recurrent boils associated with itching, allergic reactions following allopathic medications, recurrent diarrhoea, insomnia, and emotional stress. The patient had undergone repeated conventional treatments without sustained relief.

A classical homeopathic approach was adopted, focusing on totality of symptoms, mental generals, and miasmatic background. Natrum Muriaticum was selected as the constitutional remedy, supported by acute remedies such as Belladonna, Rhus toxicodendron, and Arsenicum album during flare-ups.

Over an 11-month treatment period, there was complete cessation of recurrent boils, resolution of allergic reactions, normalization of bowel habits, and improvement in sleep and emotional well-being. No recurrence was noted during a one-year remission period.

This case highlights the effectiveness of individualized homeopathy in chronic recurrent infections. **A marked transformation was achieved at Dr Batra's Homeopathy Clinic.**

Keywords

Carbuncle, Recurrent boils, Natrum muriaticum, Homeopathy, Chronic infection

Introduction

Carbuncles are clusters of boils caused by bacterial infection, usually *Staphylococcus aureus*, involving multiple hair follicles. They present with:

- Painful nodules
- Pus discharge
- Surrounding inflammation

Predisposing factors:

- Low immunity
- Poor hygiene
- Stress
- Systemic disorders

Complications:

- Recurrence
- Scarring
- Spread of infection

Conventional management includes antibiotics and incision drainage, but recurrence is common. Homeopathy offers a constitutional approach targeting susceptibility.

Case Profile

Age/Sex: Adult Female

Occupation: Housewife

Chief Complaints:

- Recurrent boils with itching
- Allergic reactions after allopathic medications

- Recurrent diarrhoea (post-meal)

Associated Complaints:

- Insomnia
- Headache
- Vertigo
- Occasional tinnitus
- Mild depression

Mental Generals (Evolution from Childhood)

The patient had a relatively stable upbringing with no major adversities during childhood. She completed her education and adapted well to her social environment. She maintained good interpersonal relationships and exhibited a quiet and composed demeanor.

As she transitioned into adulthood, she developed a more introverted personality with selective social interaction. She became emotionally sensitive and tended to internalize her feelings. Anger was present but suppressed, often not expressed openly.

Over time, significant emotional stress developed due to family issues, particularly concerning her children. She remained deeply worried about her son's marital conflicts and her daughter's divorce and uncertain future. These concerns led to persistent anxiety, emotional burden, and disturbed sleep.

The patient exhibited a tendency to weep alone, reflecting suppressed emotions and internalized grief—key features guiding remedy selection.

Physical Generals

Parameter	Findings
Diet	Mixed
Appetite	Decreased
Desire	Sweet
Aversion	Salty, sour

Parameter	Findings
Thermal	Hot patient
Thirst	Decreased (5–6 glasses/day)
Stools	Soft, occasional diarrhoea
Urine	Normal
Perspiration	Normal, non-offensive
Sleep	7–8 hrs, unrefreshing
Dreams	Not significant

Examination

- Multiple healed and active boils over body
- Signs of inflammation during acute phase
- No systemic complications

Past History

- Recurrent allergic reactions

Family History

- Non-contributory

Case Analysis

Totality of Symptoms

- Recurrent carbuncles
- Allergic tendency
- Diarrhoea after meals
- Thirstlessness
- Hot patient
- Emotional suppression

- Anxiety about children

Repertorial Totality

Repertory Used: Kent Repertory

Rubrics Selected:

- Mind – Anxiety about family
- Mind – Weeping alone
- Mind – Suppressed anger
- Skin – Boils recurrent
- Generals – Heat
- Generals – Thirst decreased

Selection of Remedy

Constitutional Remedy

- **Natrum Muriaticum**
- **Potency:** 200 / 1M (as per response)

Reason:

Covers:

- Introverted personality
- Suppressed emotions
- Grief and anxiety
- Chronic skin conditions

Acute Remedies

- **Belladonna** – acute inflammation
- **Rhus tox** – itching, eruptions
- **Arsenicum album** – infection with restlessness

Supportive Remedies

- Calendula, Hypericum (local healing)
- Passiflora (sleep support)

Miasmatic Approach

Symptoms Psora Sycosis Syphilis Tubercular

Boils	✓	✓	
Recurrence	✓	✓	✓
Diarrhoea	✓		✓

Miasmatic Predominance: Psoro-sycotic

LSMC (Levels of Susceptibility)

Level	Observation
Mental	Moderate disturbance (stress, anxiety)
Physical generals	Strong (thermal, thirst)
Particulars	Recurrent pathology

Materials and Methods

Repertorization was done using Kent Repertory. Remedy selection followed classical homeopathic principles of individualization and totality.

Results (Follow-up Summary)

Month	Progress	Prescription
1st	Reduction in new boils	Nat Mur 200
2nd	Diarrhoea reduced	Continue
3rd	Sleep improved	Passiflora

Month	Progress	Prescription
4th	No new eruptions	Sac Lac
5-6th	Stable	Continue
7-9th	No recurrence	Observation
10-11th	Complete control	Maintenance

Detailed Follow-Up Table

Month	Progress	Prescription
1st	Boils ↓	Nat Mur 200
2nd	Allergy ↓	Continue
3rd	Sleep better	Passiflora
4th	No new lesions	Sac Lac
5th	Stable	Continue
6th	Diarrhoea resolved	Placebo
7-11th	No recurrence	Observation

Transformation Table

Parameter	Before	After
Boils	Recurrent	Absent
Allergy	Frequent	Controlled
Diarrhoea	Recurrent	Resolved
Sleep	Disturbed	Improved
Emotional state	Anxious	Stable

Discussion & Conclusion

This case highlights the role of constitutional homeopathy in treating recurrent infections with systemic involvement. Natrum Muriaticum addressed the patient's emotional suppression, stress, and physical susceptibility.

The integration of acute remedies during flare-ups ensured symptomatic relief while the constitutional remedy worked at a deeper level. The absence of recurrence over one year confirms the curative effect.

The case reinforces the importance of:

- Mental generals in chronic disease
- Miasmatic understanding
- Individualized remedy selection

The Transformation

(Attach before–after clinical photographs)

Acknowledgments

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