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SLE TREATED WITH STAPHYSAGRIA A CONSTITUTIONAL APPROACH

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Abstract

Systemic Lupus Erythematosus (SLE) is a chronic, autoimmune inflammatory disease that affects multiple organ systems, with symptoms ranging from skin lesions and joint pain to severe organ involvement. Globally, SLE affects approximately 5 million people, predominantly women of reproductive age [1]. Conventional treatment typically involves immunosuppressants and corticosteroids, which may provide symptomatic relief but are often accompanied by side effects and limited long-term efficacy [2].

This paper presents a chronic case of SLE in a 42-year-old female, suffering since 1998, through individualized homeopathic treatment and holistic case evaluation, there was marked improvement in her skin condition—no blisters, reduced dryness, and significant relief from pain and itching. This paper highlights the scope of homeopathy in managing chronic autoimmune diseases like SLE by focusing on the individual's physical, emotional, and lifestyle factors. It demonstrates the importance of patient-centric care, long-term observation, and the potential for substantial relief without suppressive treatments [3][4].

Keywords: Systemic Lupus Erythematosus, Homeopathic treatment, Dr Batra's

Introduction

Systemic Lupus Erythematosus (SLE) is a complex autoimmune disorder wherein the immune system mistakenly attacks healthy tissue. It is more prevalent in women, especially those in the reproductive age group [1]. The exact cause is unknown, but it is believed to be multifactorial—genetic predisposition, hormonal influences, environmental triggers, infections, and stress may all play a role [2].

The signs and symptoms of SLE vary widely. Common features include skin lesions (particularly on sun-exposed areas), joint pain and swelling, fatigue, fever, and photosensitivity. In some cases, internal organs such as the kidneys, heart, and lungs may also be affected. Skin manifestations may include rashes, blisters, and discoloration, often accompanied by intense itching and pain. Winter tends to aggravate symptoms due to dryness and exposure to cold [2].

Case Profile

A 42-year-old primary school teacher , has been suffering from SLE since 1998. She was on long-term treatment from AIIMS but did not experience much relief. Her main complaints included lesions on the back, face, chest, and hands, with intense itching and pain. The condition worsened during winters. She is married for 19 years and has one daughter. Her menses were regular but often scanty and short, sometimes lasting only a day. She also experienced swelling in her fingers after working in cold water and occasional migraine after periods. At the start of homeopathic treatment in January 2022, her weight was 78 kg and she had active lesions with discomfort. Over the next few months, there was significant improvement. By February and March, the lesions reduced, pain and itching subsided, and she reported clearer motions. Her menstrual flow improved slightly, and the frequency of migraines reduced. By April, most lesions had faded, swelling and dryness were gone, and her general condition was much better. Although her diet was irregular, she continued to improve. Mentally, she was feeling better but still had some negative thoughts.

Physical Generals

Diet: Vegetarian

Appetite: Moderate

Desire: Spicy

Aversion: Milk

T**hermal**: Chilly

Thirst: Moderate

Stools: Regular

Urine: Normal

Perspiration: Forehead

Sleep: Disturbed

Dreams: Anxiety

Examination

Physical Examination

General Appearance:

Moderately built and nourished

Cooperative and alert

No pallor, icterus, cyanosis, clubbing, or lymphadenopathy

Vital Signs:

Pulse: 76/min, regular

BP: 112/72 mmHg

Temperature: Afebrile

Respiratory Rate: 18/min

Systemic Examination:

1. Cardiovascular System:

S1, S2 heard normally

No murmurs or added sounds

2. Respiratory System:

Clear breath sounds bilaterally

No wheeze, crackles, or chest deformity

3. Gastrointestinal System:

Abdomen soft, non-tender

No hepatosplenomegaly

Bowel sounds normal

4. Nervous System:

Oriented to time, place, person

Cranial nerves intact

Motor and sensory systems normal

Reflexes normal

5. Musculoskeletal System:

Mild stiffness in finger joints

No joint deformity or swelling at present

Skin Examination:

Hyperpigmented, healed lesions over back and face

Faded erythematous rashes on chest and forearms

No active ulcers or blisters

Skin dry in patches

Nails and scalp normal

Mental Generals –

Mentally, the patient presents with a deep sense of frustration and disappointment in life. She often expresses that she wanted to achieve something meaningful but has been unable to fulfill her aspirations, leading to an inner sense of failure and regret. Her chronic skin condition has contributed significantly to her inferiority complex, especially since she always desired to look beautiful and well-presented. The persistent itching and visible lesions have made her self-conscious in public, often avoiding social gatherings and feeling judged by others. Over time, she has developed a hopeless attitude, often stating that no matter what she does, the results are never satisfactory. She carries a suppressed grief, rarely expressing anger or sadness openly, but emotionally burdened within. Though she has an artistic side, with an eye for beauty and detail, she has not been able to pursue her creative interests due to limitations imposed by her health and personal life. This long-standing emotional suppression, coupled with feelings of hurt pride, embarrassment, and being misunderstood

Past History

NS

Family History

NS

Case analysis - Reportorial totality

Frustration, vexation, irritation **— mind**

Disappointed ambition

Inferiority complex

Desire to be admired

Suppression of anger

Hopelessness, despair **— mind**

Timidity, bashfulness

Low self-esteem

Hypersensitivity to pain and discomfort

Repertory used	Rubrics selected
	– [C] [Mind]Ailments from: Anger, vexation: Grief, with silent: – [KT] [Mind]Love: Ailments, from disappointed: – [BR] [Mind]Mood, disposition: Bashful, timid: – [GN] [Mind and disposition]Lowness: Humility and lowness of others:

Repertory screenshot

Remedy Name	Staph	Ign	Aur	Nat-m	Ph-ac	Hyos	Puls
Totality	9	9	5	5	5	4	4
Symptom Covered	4	3	3	2	2	2	2
[C] [Mind]Ailments from:Anger, vexation:Grief, with silent:	3	3	1	2	2	1	1
[KT] [Mind]Love:Ailments,from disappointed:	2	3	2	3	3	3	
[BR] [Mind]Mood, disposition:Bashful,timid:	3	3	2				3
[GN] [Mind and disposition]Lowness:Humility and lowness of others:	1						

Selection of Remedy

Staphysagria 200

Miasmatic approach

Symptoms/Characteristics	Psora	Sycosis	Syphilis	Tubercular
Chronic skin eruptions, itching	✓(common)		✓ (ulceration)	
Suppressed anger, emotional sensitivity	✓ (strong)	✓ (hidden)		
Slow healing, scarring			✓ characteristic)	
Lesions worse in cold weather	✓			
Desire for cleanliness, washing aggravates		✓(aggravation)		
Autoimmune tendency (SLE)			✓ (deep tissue involvement)	
Hopelessness, despair	✓		✓	✓
Menses regular but scanty				

Miasmatic predominance: Psoric-Syphilitic with some sycotic features

Results

Month	Progress	Prescription
1st Month (Jan 2022)	Lesions present, intense itching and pain, swelling in fingers	Staphysagria 200C - 2 doses, 1/4 per week
2nd Month (Feb 2022)	SLE much better, no blisters, no pain, diet irregular, weight 79.4 kg	Staphysagria 200C - 2 doses, 1/4 per week
3rd Month (Mar 2022)	Lesions much better, no itching or dryness, no swelling, motion clear, migraine after periods, weight 78.5	Staphysagria 200C - 2 doses, 1/4 per week
4th Month (Apr 2022)	Lesions fading gradually, no swelling, no pain, no itching, no dryness, motion clear, migraine frequency reduced, weight 77.3	Staphysagria 200C - 2 doses, 1/4 per week
5th Month	Improvement continues, patient able to use cosmetics, skin moist advised	Staphysagria 200C - 2 doses, 1/4 per week
6th Month	Further fading of lesions, better skin condition	Staphysagria 200C - 2 doses, 1/4 per week
7th Month	Stable skin condition, no itching, no pain	Staphysagria 200C - 2 doses, 1/4 per week
8th Month	Maintenance of improvement, normal menses, weight stable	Staphysagria 200C - 2 doses, 1/4 per week
9th Month	No active skin complaints, overall well-being improved	Staphysagria 200C - 2 doses, 1/4 per week
10th Month	Patient reports good control over symptoms	Staphysagria 200C - 2 doses, 1/4 per week
11th Month	No relapses, patient functional and comfortable	Staphysagria 200C - 2 doses, 1/4 per week
12th Month	Lesions much better, no pain, clear motions, stable weight and menses	Staphysagria 200C - 2 doses, 1/4 per week

Discussion & Conclusion

This is a case of a middle-aged female suffering from Systemic Lupus Erythematosus (SLE) since 1998, with persistent symptoms like painful and itchy skin lesions on the back, face, chest, and hands. Despite prolonged allopathic treatment from a reputed institute like AIIMS, she experienced no significant relief. Her symptoms worsened in winter, and she also complained of scanty menses, finger swelling, and post-menstrual migraines.

Beyond the physical complaints, the patient revealed deep emotional distress. She felt frustrated with life, harbored suppressed desires of doing something meaningful, and was never satisfied with the outcome of her efforts. Her skin condition added to her inferiority complex, as she had a strong desire to look beautiful and be accepted. These traits pointed towards a suppressed, sensitive, artistic personality with bottled-up emotions and silent grief—clearly matching the constitutional picture of

Staphysagria. Based on a holistic evaluation of her mental, emotional, and physical symptoms, **Staphysagria 200C** was selected as the *only* constitutional remedy. **Conclusion:** This case clearly demonstrates the power of *individualized homeopathic prescribing* with a single constitutional remedy. **Staphysagria**, chosen on the basis of totality of symptoms and miasmatic understanding, brought about steady, gentle, and lasting cure in a long-standing case of SLE. The case underlines the importance of understanding the patient's inner world along with physical complaints and reaffirms the potential of homeopathy to heal deeply and holistically.

The transformation

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