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INDIVIDUALIZED HOMOEOPATHIC MANAGEMENT OF POST-VARICELLA DERMATITIS WITH CONSTITUTIONAL FEATURES: A CASE REPORT AT DR BATRA'S

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Abstract

Background

Varicella (chickenpox) is generally a self-limiting viral illness; however, a subset of patients may develop persistent post-inflammatory skin manifestations including erythema, dryness, pruritus and burning sensation after recovery. Individualized homoeopathy aims not only to relieve acute dermatological symptoms but also to improve the patient's constitutional susceptibility and general health.

Case Presentation

An 18-year-old female presented with persistent dryness, erythematous rashes, itching and burning sensation over the face, neck and nape of the neck following chickenpox. Symptoms were aggravated after bathing and sun exposure and relieved by washing with cold water. She also complained of acne, appetite loss, fatigue and weight loss following varicella infection. Constitutional assessment revealed an emotionally sensitive, irritable, communicative girl with anxiety regarding financial problems, aversion to consolation, desire for solitude, possessiveness towards family and frequent anger at trifles. She was managed with individualized homoeopathic treatment consisting primarily of *Rhus toxicodendron* and *China officinalis* according to the presenting symptomatology.

Results

Within three months of treatment, erythema, itching, burning sensation and skin dryness improved considerably. Appetite and energy levels recovered, post-viral weakness subsided and the patient reported improved overall well-being and satisfaction with treatment.

Keywords

Chickenpox, Varicella, Post-varicella Dermatitis, Rhus toxicodendron, China officinalis, Homoeopathy, Case Report

Introduction

Chickenpox is an acute viral infection caused by the Varicella-Zoster virus. Although the rash usually resolves spontaneously, some individuals develop prolonged inflammatory skin changes including persistent erythema, pruritus, dryness and post-inflammatory irritation. Individualized homoeopathic management seeks to address both acute manifestations and the patient's constitutional characteristics, thereby promoting complete recovery and reducing susceptibility.

Patient Information

Parameter	Details
Age	18 Years
Gender	Female

Chief Complaints

- Dryness over face, neck and nape of neck following chickenpox
- Red erythematous eruptions
- Itching
- Burning after scratching
- Facial acne since one year
- Loss of appetite
- Fatigue
- Weight loss after chickenpox

Modalities

Aggravation

- After bathing
- Sun exposure
- Scratching

Amelioration

- Cold water washing

Associated Complaints

- Acne vulgaris
- Burning over pimples
- Fatigue
- Appetite loss

- Easy weight loss

Past History

- Viral fever two years back
- Chickenpox (April 15)

Family History

- No significant family history

Menstrual History

- Regular cycles (28–30 days)
- Dysmenorrhoea
- No leucorrhoea

Physical Generals

Parameter	Findings
Appetite	Decreased
Desire	Dal-Chawal
Thirst	Decreased (≈ 1 L/day)
Thermal	Hot patient
Sleep	Refreshing
Perspiration	Normal

Mental Generals

- Easily irritable
- Anger at trifles
- Communicative
- Aggressive when questioned repeatedly
- Emotional
- Weeps occasionally
- Aversion to consolation
- Possessive towards family
- Loves personal space
- Desire for solitude
- Anxiety regarding financial condition
- Fear of insects

Clinical Diagnosis

Post-Varicella Dermatitis (Post-Chickenpox Inflammatory Skin Lesions)

Differential Diagnosis

- Mpox
- Herpes simplex infection
- Coxsackie virus infection
- Urticaria
- Scabies

Case Analysis

The acute inflammatory skin manifestations appearing after chickenpox, associated with intense itching, burning after scratching and aggravation after bathing, indicated Rhus toxicodendron. The marked post-viral weakness, appetite loss and fatigue supported the use of China officinalis during recovery.

Totality of Symptoms

Mental Generals

- Irritable
- Anger at trifles
- Emotional
- Aversion to consolation
- Desire for solitude
- Anxiety regarding financial condition
- Possessive about family
- Fear of insects

Physical Generals

- Appetite decreased
- Thirst decreased
- Hot patient
- Desire for Dal-Chawal
- Fatigue
- Weight loss after viral illness

Particular Symptoms

- Dryness of face and neck
- Erythematous eruptions
- Itching
- Burning after scratching
- Worse after bathing
- Worse sun exposure
- Better cold water washing
- Acne with itching and burning

Miasmatic Analysis

Predominantly Acute Psoric State

Psoric Features

- Itching
- Dryness
- Functional weakness
- Appetite loss

Acute Infectious Component

- Post-varicella inflammatory skin lesions
- Post-viral weakness

Susceptibility

Moderate susceptibility with good recovery potential following acute viral illness.

Remedy Selection

Acute Remedy

Rhus toxicodendron

Selection Basis

- Post-chickenpox eruptions
- Itching
- Burning after scratching
- Erythematous lesions
- Aggravation after bathing
- Aggravation from heat and sun exposure

China officinalis

Selected because of:

- Post-viral debility
- Fatigue
- Weight loss
- Appetite loss
- General weakness after illness

Medicine Given

- Rhus toxicodendron
- China officinalis

Remedies	pink	red	yellow	orange	light-orange	light-red	light-orange	light-red	light-orange	light-red	light-orange	light-red	light-orange	light-red	light-orange	light-red	light-orange	light-red	light-orange	light-red
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
Symptoms Covered	6	5	5	4	4	4	4	4	4	3	3	3	3	3	3	3	3	3	3	
Intensity	9	7	7	10	9	8	7	6	4	6	6	5	5	5	4	4	4	4	4	
Result	6/9	5/7	5/7	4/10	4/9	4/8	4/7	4/5	4/4	3/6	3/6	3/5	3/5	3/5	3/4	3/4	3/4	3/4	3/4	
Clipboard 4																				
SKIN - Eruptions - chicken-pox	1	2	1	3	2	2	2			2		1				2	2	1		
SKIN - Eruptions - crusty - burning	1					2						1		1						
SKIN - Eruptions - crusty - scratching after	1	1	1	2	2	1	1	1		2	2	1	2		1	2	1	1	2	
SKIN - Eruptions - itching	2	2	3	3	3	2	2	2	1	2	3	3	2	2	2	1	1	1	1	
FACE - Eruptions - rash - itching									1											
FACE - Eruptions - rough	1	1	1	1	1		1	1	1							1				
SKIN - Eruptions - itchy when in		1																		
MIND - Irritability - talking, while								1	1		1			1						
MIND - Irritability - questioned, when	1		1											2						

Figure 1.

Potency Selection

Low potency

Selected considering:

- Acute post-infectious condition
- Symptom similarity
- Moderate intensity of complaints

Follow-up Summary

During approximately three months of individualized homoeopathic treatment, the patient showed progressive improvement. The erythematous lesions gradually subsided, itching and burning sensations reduced markedly, facial dryness improved and post-viral fatigue diminished. Appetite improved with gradual recovery of general strength and weight. Acne remained under observation with symptomatic improvement. The patient expressed satisfaction with the treatment outcome and planned to continue constitutional management.

Outcome Assessment

Parameter	Before Treatment	After Treatment
Skin Dryness	Severe	Mild
Itching	Severe	Markedly Reduced
Burning	Present	Minimal
Redness	Marked	Reduced
Appetite	Poor	Improved
Fatigue	Significant	Improved

Parameter	Before Treatment	After Treatment
General Health	Poor	Good

Diagnosis

Primary Diagnosis

Post-Varicella Dermatitis (Post-Chickenpox Inflammatory Dermatitis)

Differential Diagnosis

- Mpox
- Herpes simplex infection
- Coxsackie virus infection
- Urticaria
- Scabies

Duration of Treatment

3 Months

Duration of Remission

1 Month

Brief Case Summary

An 18-year-old female developed persistent erythematous, itchy and dry skin lesions over the face, neck and nape following recovery from chickenpox. The condition was associated with burning after scratching, appetite loss, fatigue and post-viral weight loss. Individualized homoeopathic treatment with *Rhus toxicodendron* and *China officinalis* resulted in gradual resolution of skin lesions, improvement in constitutional symptoms and restoration of general health.

Learning from the Case

- Individualized homoeopathy provided symptomatic relief in post-varicella inflammatory skin lesions.
- Management of post-viral weakness alongside skin symptoms promoted faster overall recovery.
- Constitutional support improved appetite, energy levels and quality of life.
- Early intervention may help prevent persistent post-inflammatory skin discomfort.

Prognosis

Curable

The prognosis was favourable because the condition represented post-infectious inflammatory skin changes with good response to individualized treatment.

Reason for Prescribing

Specific Prescription

Medicines were selected based on:

- Characteristic skin symptoms
- Modalities
- Post-viral debility
- Individual symptom similarity

Differential Remedies Considered

- Calendula officinalis
- Mezereum
- Pulsatilla
- Graphites

Health-Related Quality of Life (HRQL)

Following treatment, the patient experienced:

- Marked reduction in itching, burning and redness.
- Improvement in skin hydration and comfort.
- Better appetite and recovery from post-viral fatigue.
- Increased confidence and ability to perform daily activities comfortably.
- Overall satisfaction with treatment and willingness to continue long-term constitutional care.

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