



Original Research Article

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FIVE-MONTH RECOVERY FROM CHRONIC DERMATITIS AT DR BATRA'S

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Abstract

Chronic allergic dermatitis is a persistent inflammatory skin condition triggered by allergens such as insect bites, detergents, foods, and environmental irritants. It is characterized by redness, itching, swelling, and, in prolonged cases, skin thickening, pigmentation, and oozing. Homeopathic treatment aims at addressing the root cause of such chronic skin conditions by considering the individual's constitution, miasmatic background, and response to environmental and dietary factors. This paper presents a case of a 36-year-old female suffering from chronic allergic dermatitis triggered by an insect bite and aggravated by food and detergent allergies. The patient's detailed clinical evolution, response to homeopathic remedies, and the improvement in quality of life are highlighted, emphasizing the holistic and individualized approach in homeopathy at Dr Batra's.

Keywords

Chronic allergic dermatitis, Homeopathy, Dr Batra's

Introduction

Allergic contact dermatitis (ACD) is a form of delayed-type hypersensitivity (Type IV reaction) caused by skin contact with allergens. It commonly presents with erythema, edema, vesiculation, and pruritus and can become chronic with repeated exposure to triggers such as insect bites, food allergens, soaps, and chemical detergents. The global prevalence of ACD is estimated at 15–

20%, with higher rates in industrialized nations due to increased use of personal care and household products containing sensitizing agents [1].

Common causes include allergens like nickel, fragrance mix, rubber compounds, preservatives, and detergents [2]. Insect bites can also trigger localized skin reactions or, in sensitized individuals, prolonged inflammation and secondary bacterial infections. Foods such as potatoes, brinjal, and spicy masala-based dishes are known to exacerbate skin allergies in predisposed individuals [3].

Symptoms range from acute itching, swelling, redness, and discharge to chronic thickened, darkened, and fissured skin. Complications include secondary infections, lichenification, post-inflammatory hyperpigmentation, and decreased quality of life due to sleep disturbances and persistent discomfort [4].

This paper discusses a case of chronic allergic dermatitis in a 36-year-old female with multifactorial triggers including insect bites, food allergens, and detergent exposure. It explores the role of homeopathy in managing such chronic cases by focusing on individualized remedy selection, miasmatic consideration, and long-term symptom relief.

Case Profile

A 36-year-old female patient initially developed a small insect bite-like eruption on his left foot in November 2024, which gradually progressed into a chronic wound. She first sought allopathic treatment and later tried homeopathy, which initially reduced the symptoms, but the lesion recurred. The application of povidone-iodine solution led to yellowish discoloration and mild discharge from the wound. The patient also experienced persistent itching at the site, which worsened particularly after consuming certain foods such as potatoes, brinjal, spicy masala items, and channa masala, indicating a probable food-related hypersensitivity. Additionally, she reported a long-standing allergy to detergent soap, especially while using Vim bar, resulting in lesions on her fingers—a problem persisting for over five years. Since the past three years, she has also experienced itching and darkening of the upper eyelids, especially during periods of disturbed sleep due to child care responsibilities at night. Over the past year, she developed increased sensitivity to mosquito bites, which initially caused allergic reactions, though these reactions have reduced in severity over time.

Physical Generals

Diet: Mixed

Appetite: Normal

Cravings: Spicy food, Fish

Aversions: Chicken, Meat, Smell of meat

Thirst: Normal, Prefers normal-temperature water, Approximately 6–8 glasses per day

Stools: Normal and regular

Urine: Normal and regular

Perspiration: Quantity: Normal

Odour: Non-offensive

Stains: None

Parts affected: General

Thermal Reaction:

Patient is hot

Prefers thin covering

Bathing preference: Cold water

Seasonal preference: Summer

Likes fan

Sleep:

Type: Disturbed and unrefreshing

Sleeps late due to child care

Position: Prefers sleeping on right side

Dreams: Not specified (can be updated if recalled by patient)

Examination

Dermatological Examination

- **Primary lesion:** Chronic eczematous lesion in the left ankle and foot region
- **Character:**
 - Erythema and mild scaling

- Occasional discharge (yellowish, non-offensive)
- Blackish discoloration observed in the healing stage
- Mild thickening in chronic areas
- **New lesions:** Red papular eruptions observed on the hands and back previously, now subsided
- **Recent lesion:** Small indurated red area on the back of right leg from recent insect bite
- **Site-specific findings:**
 - **Left ankle:** Mild red scaling observed under Wood's lamp initially
 - **May 2025:** Wood's lamp showed no fluorescence, suggesting resolution of fungal involvement
 - **Fingers:** Intermittent eczema-like lesions related to detergent exposure
- **Excoriations:** Mild, due to scratching during previous flare-ups
- **No signs of secondary bacterial infection observed at present**

Mental Generals –

The patient, a 36-year-old woman, was born and raised in Pollachi as the only child of her parents. She had a happy and stable childhood and shares a particularly close emotional bond with her mother, who had a significant influence on her upbringing. Her school life was smooth, with no major scholastic or interpersonal difficulties. She performed well academically and had a good rapport with her teachers and classmates. There were no episodes of bullying or major discipline issues, and her parents were not overly strict or demanding, which contributed to a balanced and emotionally secure childhood.

She is now married and settled in Pollachi, living with her husband and their twin babies. She also receives support from her mother and mother-in-law in managing household responsibilities. Despite this support, the constant demands of parenting—especially caring for twins—have placed a significant emotional and physical burden on her, particularly due to disrupted sleep at night. This disturbance in rest has had a direct impact on her physical complaints, including skin issues and emotional sensitivity.

Currently a homemaker, she is fully engaged in household tasks and childcare. Though not professionally employed, her daily life is filled with responsibilities and caregiving. She identifies

as an emotional and sensitive person who is easily affected by small matters. She admits to becoming angry or sad even over trifles, though these emotions don't last long. She desires company and tends to feel worse—both mentally and physically—when her sleep is disturbed. The illness of her children is one of the primary situations that triggers intense anxiety and nervousness, both physically and emotionally. She has described herself as being easily emotionally moved, especially when witnessing pain or distress in her loved ones.

Her most stressful period in life began around four years ago when she gave birth to her twins. Although a joyful event, it marked the beginning of constant sleepless nights, which aggravated both her physical and mental health. Despite receiving help, the emotional and physical toll has been considerable. Her happiest moment, however, remains the birth of her children, which filled her with immense joy and a sense of fulfilment.

She tends to be reactive emotionally—expressing frustration or sadness visibly but without holding on to negative feelings for long. While no recurring dreams have been mentioned, she does recall happy dreams which leave her feeling uplifted. She enjoys simple pleasures in life and maintains emotional strength despite occasional irritability and stress. Her personality shows a blend of sensitivity, emotional reactivity, and resilience, shaped deeply by her role as a mother and homemaker.

Past History

N.S.

Family History

N.S.

Case analysis Reportorial totality

1. Mind – Irritability – trifles, from
2. Mind – Company – desire for
3. Mind – Sleep – disturbed – children, by care of
4. Skin – Eruptions – itching – scratching, after
5. Skin – Eruptions – eczema – chronic
6. Skin – Eruptions – after – insect bites
7. Skin – Eruptions – after – exposure to chemicals

8. Food and drinks – potatoes – agg.
9. Food and drinks – meat – aversion to
10. Generalities – Summer – amel.
11. Generalities – Sleep – loss of – agg.
12. Generalities – Constipation – alternating with skin complaints

Repertory screenshot

Remedies	sep.	nux-v.	phos.	lyc.	ars.	puls.	kali-p.	verat.	calc.	carc.	ign.	nat-m.	acon.	nat-p.	nit-ac.	vanil.	lac-c.	sulph.	arg-n.
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	5	5	4	4	4	4	4	4	4	4	4	4	4	3	3	3
Intensity	8	11	11	9	7	7	6	6	5	5	5	5	4	4	4	4	6	6	5
Result	6/8	5/11	5/11	5/9	5/7	4/7	4/6	4/6	4/5	4/5	4/5	4/5	4/4	4/4	4/4	4/4	3/6	3/6	3/5
Clipboard 7																			
MIND - COMPANY - desire for	2	2	4	3	3	2	2	1	2	1	2	1	1	1	1	1	3	1	3
GENERALS - FOOD and DRINKS - spices - desire	1	2	3	1	1	2	1	1		2		1	1	1	1	1	2	3	1
GENERALS - FOOD and DRINKS - fish - desire	1		1	1			2	2		1		2	1	1	1	1	1		
GENERALS - FOOD and DRINKS - meat - aversion - smell of					1														
GENERALS - FOOD and DRINKS - potatoes - agg.	2					2		2	1									2	
GENERALS - FOOD and DRINKS - spices - agg.	1	3	1	1	1						1					1			
SLEEP - SLEEPLESSNESS - cares; from		1				1	1		1	1	1								
SLEEP - SLEEPLESSNESS - nursing the child, after																			
MIND - ANGER - easily	1	3	2	3	1				1		1	1	1	1	1				1

Selection of Remedy

Nux Vomica - Constitutional

- Easily gets anger even at trifles
- Complaints aggravated by night watching (child care)
- Desires spicy food
- Aggravation from spicy food

- Complaints aggravated by suppression (e.g., from allopathic ointments)

Rhus Toxicodendron - Specific

- Ailments from insect bites
- Skin eruptions with intense itching
- Lesions with hardness and pain
- Aggravation from cold or damp conditions
- Relief from warm applications and movement

Sepia - Intercurrent

- Desires company but feels better when alone (dual state)
- Easily irritated or angered
- Desires spicy food and fish
- Aggravation from potatoes and spicy foods
- Complaints related to hormonal or emotional stress
- Often prescribed in chronic skin complaints with emotional overlay

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Mind – Company – desire for	✓			
Mind – Anger – easily	✓	✓		
Generals – Food and drinks – spices – desire	✓	✓		
Generals – Food and drinks – fish – desire		✓		
Generals – Food and drinks – meat – aversion – smell of	✓			
Generals – Food and drinks – potatoes – agg.	✓	✓		
Generals – Food and drinks – spices – agg.	✓	✓		
Sleep – Sleeplessness – cares; from	✓			✓
Sleep – Sleeplessness – nursing the child, after	✓			✓

Materials and Methods

Synthesis repertory was used for repertorization

Results

Month	Progress	Prescription
Jan 2025	Started treatment. Itching and skin discomfort present.	Nux Vomica 200C – 1 dose weekly
Feb 2025	Constipation continued. General complaints persisted.	Alumina 200C – 1 dose, every other day (SOS constipation)
Mar 2025	Itching increased mildly at first, then reduced. Discharges from left leg lessened. Red eruptions appeared on hands and back. Allergy to detergent noted. Sleep improved. Constipation reduced. Mosquito bites allergy slightly persist.	Sac lac Ars alb 200C , 1d, 1 st week, foll by sac lac Ledum pal 200 C given weekly once as SOS
Apr 2025	Mild red fluorescence in left ankle; lesions reduced in fingers and ankle. New lesions on left foot. Itching increased over ankle lesions. Mosquito bites less problematic. No constipation.	Nux Vomica 200C – 1 dose, every two weeks foll by Sac lac
May 2025	No fluorescence seen on Wood's lamp. Left foot lesion nearly recovered, showing blackish discoloration. Mosquito bite reactions reduced. Mild allergy to Vim soap persists. Constipation and itching completely resolved.	Nux Vomica 200C – 1 dose, every two weeks foll by Sac lac

Discussion & Conclusion

This case presents a chronic dermatological condition initially triggered by an insect bite, which later developed into a persistent wound complicated by allergic reactions to detergents and certain foods. The patient experienced a combination of physical symptoms such as itching, redness, discharges, and skin eruptions, alongside mental and emotional disturbances including irritability, anger, and sleep disruption due to child care demands. Over the course of treatment, a holistic approach addressing both the physical and psychological aspects led to a marked improvement. The skin lesions gradually healed, itching diminished, and sleep quality improved significantly. The patient also reported reduced sensitivity to allergens, better digestion, and enhanced overall well-being. This case illustrates the importance of considering both external triggers and internal susceptibilities in managing chronic skin disorders, emphasizing lifestyle and supportive care in conjunction with targeted interventions.

Transformation Paragraph

The patient's condition evolved from an acute insect bite into a chronic skin ailment with recurring allergic reactions and emotional stress. Initially, physical discomfort was accompanied by disturbed sleep and heightened irritability due to the pressures of caring for young children. Throughout the course of management, there was a steady resolution of skin lesions and a significant reduction in itching and redness. The patient's sleep patterns improved, leading to better energy and emotional stability. Sensitivities to environmental triggers lessened, allowing her to resume normal activities with less distress. Digestive issues resolved, contributing further to overall health. Emotional well-being strengthened as irritability decreased and coping mechanisms improved. The gradual restoration of skin integrity and mental calm reflects the interplay between physical healing and psychological balance, underscoring the effectiveness of comprehensive care.

The transformation



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