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A CASE STUDY ON ICHTHYOSIS VULGARIS AND ITS HOLISTIC HEALING AT DR BATRA'S

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Abstract

Ichthyosis vulgaris is one of the most common hereditary skin disorders, characterized by dry, rough skin with fine or thick scaling. The condition usually begins in childhood and may persist or fluctuate in severity throughout life. Conventional management relies on emollients, keratolytics, and topical agents that provide temporary symptomatic relief but often fail to address the underlying predisposition or prevent recurrences. In homeopathy, chronic skin diseases are approached constitutionally, considering the totality of symptoms—physical, mental, and general—along with miasmatic background. This case study highlights the journey of a 17-year-old boy suffering from ichthyosis vulgaris. Over a period of sustained homeopathic treatment at Dr Batra's, his skin condition improved remarkably, not only limited to the physical sphere but also extended to his general health and mental outlook.

Keywords: Ichthyosis vulgaris, homeopathy, Dr Batra's

Introduction

Ichthyosis vulgaris is a genetically determined keratinization disorder caused by mutations in the filaggrin gene, leading to impaired epidermal barrier function and abnormal desquamation [1]. It typically presents during early childhood with fine, dry, polygonal scales, most prominently on the trunk and extensor surfaces, while flexural areas are often spared. The severity tends to fluctuate with seasons, often worsening in winters due to low humidity and improving in humid climates [2].

Common signs and symptoms include generalized xerosis, thick scaling, itching, and rough texture of the skin. Secondary complications such as eczema, recurrent infections, and cosmetic disfigurement can affect quality of life and psychosocial development, especially in adolescents [3]. Diagnosis is primarily clinical, supported by family history and occasionally genetic testing. Conventional treatment focuses on hydration and exfoliation of skin using emollients, keratolytics, and topical retinoids, which provide temporary relief but seldom address recurrence [4].

Homeopathy views ichthyosis as a chronic miasmatic disorder, requiring constitutional treatment for long-term improvement. By considering the totality of symptoms—physical generals, mental state, modalities, and miasmatic background—remedies are selected to restore balance at a deeper level. This case report discusses the presentation, management, and outcome of a patient with ichthyosis vulgaris under homeopathic care.

Case Profile

The boy, a 17-year-old student of class 12th, has been suffering from **ichthyosis vulgaris** since 2021, when he was in class 9th. His condition mainly affects his back and chest, where thick, dry scales appear, especially during the summer season. The dryness is severe, and the scales come out easily, often causing pain and itching when removed. Heat and sweating make the problem worse, while being in a cool environment like air-conditioning provides relief. Moisturizers and allopathic medicines give him only temporary improvement. Over time, his symptoms fluctuate—sometimes clearing up completely, and at other times recurring with dryness, scaling, and itching. Along with this, he occasionally develops acne and has also faced episodes of fungal infection in the thighs. Despite his condition, he continues with his schoolwork and judo practice, though he sometimes feels low in confidence and is upset about his disease. He is otherwise calm in nature, friendly, and shares things with his parents. His health problems cause him irritation and discomfort during sweating, but he feels better when the skin is clear. Overall, his journey with the skin disease has been marked by phases of suffering, temporary relief, and recurrence, which affects both his physical comfort and emotional well-being.

Physical Generals

Diet – Normal

Appetite – Normal

Desire – Sweets

Aversion – Cauliflower, Tinda

Thermal Reaction – Hot patient (towards hot, feels worse in heat & sweating, better in cool/AC)

Thirst – Increased, 3–5 litres/day

Stools – Normal, satisfactory

Urine – Normal

Perspiration – Profuse, whole body, more during exertion/sun exposure, aggravates itching

Sleep – Normal

Dreams – Not specific

Examination

1. **Skin** – Dryness and thick scaling mainly on back and chest; scales come out easily with pain and itching on removal. Episodes of fungal infection in thigh region (presently healed). Post-inflammatory pigmentation seen.
2. **Face** – Acne present.

Mental Generals –

The boy is generally introverted and reserved, yet he has a friendly nature and easily makes connections with close people. He prefers good company and consciously avoids the company of bad influences. Though he usually remains calm and composed, his skin condition sometimes makes him irritable, but he does not express anger openly and tends to keep his emotions within. His confidence is average, occasionally lowered due to his health problems, but overall he manages his studies and hobbies well. He has no particular fears and feels comfortable in the presence of his family and friends. He desires the company of sweet-natured people, enjoys listening to Punjabi music, watching automobile content on YouTube, and practicing judo. His nature is simple, friendly, and sensitive, with a tendency to get upset due to his recurring skin troubles.

Past History

No major past medical history reported.

Family History

- No family history of Diabetes Mellitus
- No family history of Hypertension
- No significant hereditary or genetic diseases reported in family

Case analysis Reportorial totality

Repertory used	Rubrics selected
Synthesis Repertory	<ul style="list-style-type: none"> – MIND - ANXIETY - health; about – MIND - DESPAIR - recovery, of – SKIN - ITCHING - night – SKIN - ITCHING - bed agg.; in – GENERALS - WEAKNESS - exertion - as from excessive exertion – GENERALS - WEAKNESS - exertion - agg. – PERSPIRATION - ODOR - offensive – MIND - DIRTY – MIND - DIRTY - skin, with dirty

Repertory screenshot

Remedies	nux-v.	sulph.	lyc.	psor.	merc.	ars.	sil.	am-c.	lach.	calc.	phos.	puls.	kali-ar.	sep.	staph.	caust.	cham.	thuj.	bry.	ign.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Symptoms Covered	8	8	8	8	7	7	7	7	6	6	6	6	6	6	6	6	6	6	6	6
Intensity	15	15	14	14	12	11	11	10	11	10	10	10	9	9	9	8	8	8	7	7
Result	8/15	8/15	8/14	8/14	7/12	7/11	7/11	7/10	6/11	6/10	6/10	6/10	6/9	6/9	6/9	6/8	6/8	6/8	6/7	6/7
Clipboard 3																				
MIND - ANXIETY - health; about	3	1	3	1	1	1	1	1	2	2	2	2	4	1	1			1	1	1
MIND - DESPAIR - recovery, of	2	1	2	2	2	3	1	1	1	4	1	1	1	2		1	1		2	2
SKIN - ITCHING - night	1	3	1	2	1	1	2	1	2	1	1	1	1	1	2	2	2	1	1	1
SKIN - ITCHING - bed agg. in	3	2	1	2	2		1			1		2	1		1	2	2	1		
GENERALS - WEAKNESS - exertion - as from excessive exertion																				
GENERALS - WEAKNESS - exertion - agg.	1	2	2	2	1	2	1	2	3	1	3		1	1	2	1	1	1	1	1
PERSPIRATION - ODOR - offensive	3	3	3	2	3	2	3	1	2		2	3	1	3	2	1	1	3	1	1
MIND - DIRTY	1	2	1	2	2	1	2	3	1	1	1	1		1	1	1	1	1	1	1
MIND - DIRTY - skin, with dirty	1	1	1	1		1		1												

Selection of Remedy

Constitutional Remedy

- **Remedy Name** – Psorinum
- **Remedy Potency** – 200C
- **Remedy Reasons** –
 - Chronic skin disease with periodic recurrence
 - Marked dryness and scaling of skin with itching
 - Aggravation from heat and sweating, better in cool surroundings
 - Low confidence, introverted and reserved nature
 - Desire for sweets
 - Tendency to fungal infections and acne

Acute Remedies

1. **Remedy Name** – Mezereum
 - **Potency** – 6C
 - **Reasons** – For thick, dry, adherent scales on skin with itching and pain, worse from removing crusts.
2. **Remedy Name** – Kali Sulphuricum
 - **Potency** – 6X (Biochemic)
 - **Reasons** – For skin eruptions with scaling, flaking, and itching aggravated by heat; helps in maintaining skin health and preventing relapses.

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Dryness and scaling of skin	✓			
Itching, worse from heat and sweating, better in cool	✓			
Acne and recurrent fungal infection		✓		

Recurrence of skin complaints after temporary relief		✓		
Post-inflammatory pigmentation			✓	
Pain on removal of scales (rawness, stinging)			✓	
Thin, average build, sensitive nature, likes outdoor activities (judo)				✓
Desire for sweets	✓			
Confidence low due to chronic disease	✓			

Materials and Methods

Synthesis repertory was used for repertorization

Progress

Month	Progress	Prescription
1st Month (May 2024)	Initial improvement; scaling and itching reduced within a few days; skin clearing gradually.	Mezereum 6C, 2 doses/day; Psorinum 200C, 1 dose weekly (1st week); Kali Sulph 6X, twice daily
2nd Month (Jun 2024)	Condition better; no itching, no major scaling; thirst 2–3 L/day, stools satisfactory.	Mezereum 6C, 2 doses/day; Psorinum 200C, 1 dose weekly (1st week); Kali Sulph 6X, twice daily
3rd Month (Jul 2024)	Recurrence with sweating on return to school; itching and flaking increased, worse during exertion; better after calamine lotion.	Mezereum 6C, 2 doses/week; Petroleum 30C, daily; Kali Sulph 6X, twice daily
4th Month (Aug 2024)	Much better; no itching, no scaling, appetite good, thirst 2–3 L/day.	Mezereum 6C, 2 doses/week; Petroleum 30C, daily; Kali Sulph 6X, twice daily
5th Month (Sep 2024)	Stable; minimal dryness, occasional itching.	Mezereum 6C, 2 doses/week; Petroleum 30C, daily; Kali Sulph 6X, twice daily
6th Month (Oct 2024)	Marked improvement, skin clear; occasional dryness only.	Sac-Lac 200C, twice weekly; Ferrum Phos 6X, twice daily

7th Month (Nov 2024)	Back and chest clear; new fungal infection in thighs with itching, worse at bedtime.	Tellurium 30C, daily; Sac-Lac 200C, twice weekly
8th Month (Dec 2024)	Fungal infection persisting but not spreading; itching rare; overall good.	Bacillinum 1M, single dose; Tellurium 30C, twice daily
9th Month (Jan 2025)	Much better; no scaling, fungal infection subsiding.	Sac-Lac 200C, twice weekly; Ferrum Phos 200C, twice daily
10th Month (Feb 2025)	Stable condition, no major relapse.	Sac-Lac 200C, twice weekly; Ferrum Phos 6X, twice daily
11th Month (Mar 2025)	Skin remains clear; rare dryness; overall health good.	Tellurium 30C, 3 doses/week; Sac-Lac 200C, twice weekly; Ferrum Phos 6X, twice daily
12th Month (Apr 2025)	Clear skin, only light pigmentation remains; overall health stable, thirst 3-4 L/day, no stress, no new eruptions.	Tellurium 30C, 3 doses/week; Sac-Lac 200C, twice weekly; Ferrum Phos 6X, twice daily

Discussion & Conclusion

A 17-year-old boy presented with a history of persistent skin complaints since early adolescence, characterized by dryness, thick scaling, itching, and pain on removal of scales, mainly affecting the back and chest. The condition was aggravated during summers, especially with heat and sweating, and would improve in cooler environments. Along with this, he also suffered from acne and occasional fungal infections, which further added to his discomfort. The recurrent and relapsing nature of his skin complaints affected his confidence and made him emotionally upset, though by nature he remained calm, friendly, and introverted, preferring the company of close and good-natured people.

In conclusion, the case highlights a chronic skin disorder in a young boy with significant impact on both his physical and emotional well-being. Through consistent management, his condition improved steadily, with marked reduction in dryness, scaling, and itching, leading to restoration of skin health and overall better quality of life.

The transformation



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References

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