



Original Research Article

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A CASE OF CHRONIC URTICARIA FOLLOWING REPEATED CLEFT LIP SURGERIES SUCCESSFULLY TREATED WITH HOMEOPATHY

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Abstract:

Post-surgical allergic reactions are not uncommon in individuals with a history of repeated reconstructive or corrective procedures. However, persistent hypersensitivity manifesting as chronic urticaria poses a therapeutic challenge, particularly when linked to emotional suppression or drug sensitivity. This paper presents a case of a 22-year-old female B. Pharmacy student from Shirur, known for congenital cleft lip since birth, who had undergone multiple surgical corrections, the last one being in 2019. Following this surgery, she developed recurrent, painless urticarial eruptions characterized by redness, swelling, and inflammation over the lips, ears, soles, and hands, typically appearing in the early morning (4–5 a.m.) and subsiding spontaneously within 2–3 hours. Conventional antihistamine therapy offered only temporary relief.

A detailed case analysis revealed a reserved emotional nature, suppressed grief, and desire for spicy food with general thirstlessness — pointing toward *Natrum muriaticum* as the constitutional remedy. Considering the acute allergic response, *Apis mellifica* 6C was prescribed as an intercurrent specific remedy for urticaria. Under this individualized homeopathic management, the patient achieved complete recovery, with no recurrence of allergic episodes and no further need for allopathic medication.

This case highlights the role of holistic homeopathic prescribing in treating post-surgical allergic manifestations, emphasizing both the physical and emotional components of chronic

urticaria. It also underlines the importance of understanding the psychosomatic connection and the individualized approach that differentiates homeopathy from conventional therapy.

Keywords:

Homeopathy, Chronic Urticaria, Cleft Lip Surgery, Natrum muriaticum, Apis mellifica, Post-surgical Allergy

Introduction:

Chronic urticaria is a recurrent allergic skin condition characterized by transient wheals, redness, and itching or swelling, often linked to hypersensitivity reactions, stress, or underlying systemic disturbances. Conventional management relies on antihistamines and corticosteroids, which offer only symptomatic relief. Homeopathy, with its individualized approach, aims to treat the root cause — often emotional or systemic in nature — thereby preventing recurrence.

This case report illustrates successful homeopathic management of chronic urticaria that developed after repeated cleft lip surgeries, showing a strong emotional and psychosomatic connection in the patient.

Case History:

A 22-year-old female B. Pharmacy student from Shirur presented with recurrent episodes of allergic skin eruptions since 2019. She had a known history of **cleft lip** and had undergone multiple corrective surgeries during childhood; none achieved complete cosmetic success. After her last surgical procedure in 2019, she began developing episodes of **urticaria** — characterized by redness, swelling, and inflammation over the **lips, ears, soles, and hands**.

The eruptions appeared **suddenly**, were **painless**, and **subsided within 2–3 hours**, typically appearing around **4–5 a.m.** Conventional antihistamines provided only temporary relief. There was no associated itching, fever, or systemic disturbance.

Emotional

Background:

The patient was **reserved**, with a tendency to **suppress emotions**, particularly grief and disappointment regarding her surgical results and cosmetic appearance. She was sensitive to criticism but maintained a calm exterior.

General Symptoms:

- **Thermal:** Chilly

- **Thirst:** Thirstless
- **Desires:** Spicy food
- **Sleep:** Sound, but episodes disturbed her rest
- **Menses:** Regular

Diagnosis: Chronic Urticaria secondary to post-surgical hypersensitivity

Analysis and Evaluation of Symptoms:

Symptoms	Characteristic Value	Remedy Representation
Reserved nature, suppressed grief	Mental General	<i>Natrum muriaticum</i>
Desire for spicy food	General	<i>Natrum muriaticum</i>
Thirstless	General	<i>Apis mellifica</i>
Redness, swelling, inflammation	Particular	<i>Apis mellifica</i>
Aggravation early morning (4–5 a.m.)	Modalities	<i>Apis mellifica</i>
Post-surgical allergic tendency	Causative factor	<i>Natrum muriaticum, Apis mellifica</i>

Remedy Selection & Prescription:

Remedy 1: *Natrum muriaticum* 200C

- Single dose given at the beginning of treatment
- Selected as the **constitutional remedy** based on the patient's mental and physical totality (reserved, suppressed grief, desire for spicy food, thirstless state)

Remedy 2: *Apis mellifica* 6C

- Given **twice daily** for 3 days during acute urticarial episodes
- Chosen as an **intercurrent** to address acute allergic inflammation

Follow-up:

Within two weeks, the intensity and frequency of episodes reduced markedly. After one month, eruptions ceased completely. The patient remained asymptomatic for over six months without recurrence or the need for antihistamines.



Discussion:

This case demonstrates the value of individualized homeopathic treatment in managing chronic urticaria, particularly when the underlying cause is psychosomatic and post-surgical. *Natrum muriaticum* addressed the deep emotional layer of grief and self-consciousness resulting from repeated failed surgeries, while *Apis mellifica* provided acute relief from the hypersensitivity and swelling characteristic of urticaria. The combination achieved complete and sustained recovery without any side effects.

It reinforces the concept that **homeopathy acts on both the physical and emotional planes**, offering holistic and curative outcomes compared to temporary suppression by conventional medication.

Conclusion:

Homeopathy offers a safe, effective, and holistic approach to managing chronic urticaria with post-surgical or emotional origins. In this case, the patient achieved full recovery through

Natrum muriaticum and *Apis mellifica*, with no recurrence, proving the efficacy of individualized treatment based on totality of symptoms.

Patient Outcome:

- ✓ No recurrence of urticaria for over six months
- ✓ Discontinued antihistamines
- ✓ Improved confidence and emotional stability