



Original Research Article

Volume 15 Issue 01

January 2026

## FROM STEROID DEPENDENCE TO SUSTAINED REMISSION: HOMEOPATHIC MANAGEMENT OF INFANTILE ATOPIC DERMATITIS AT DR BATRA'S HOMEOPATHY CLINIC

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### Abstract

Atopic dermatitis is a chronic inflammatory skin disorder commonly presenting in infancy, characterized by dryness, erythema, intense itching, and recurrent relapses. Conventional management often provides temporary suppression, with frequent recurrences upon withdrawal of topical or systemic steroids. This case study documents the long-term homeopathic management of an infant diagnosed with atopic dermatitis, who had recurrent, steroid-dependent flare-ups involving the face and body, associated with gastrointestinal disturbances and strong familial predisposition. Despite repeated conventional interventions, the condition showed frequent relapses. Individualized classical homeopathic treatment was instituted following a detailed assessment of physical generals, mental characteristics, family history, totality of symptoms, and miasmatic background. Over a sustained follow-up period, there was a gradual reduction in severity, frequency, and extent of skin lesions, improved sleep, better gastrointestinal stability, and overall constitutional strengthening. This case highlights the role of individualized homeopathy in chronic pediatric dermatological conditions and demonstrates a sustained transformation achieved at **Dr Batra's Homeopathy Clinic**.

### Keywords

Atopic dermatitis, Infantile eczema, Classical homeopathy, Constitutional remedy, Miasmatic approach, Dr Batra's Homeopathy Clinic

## Introduction

Atopic dermatitis (AD) is one of the most common chronic inflammatory skin disorders of infancy and early childhood, often associated with intense pruritus, xerosis, recurrent infections, and strong familial predisposition to atopy or autoimmune skin disorders. The disease typically follows a relapsing–remitting course and significantly affects sleep, feeding, and quality of life of both the child and caregivers. Long-term use of topical or systemic corticosteroids may lead to suppression, rebound flare-ups, and parental concern regarding safety.

Homeopathy, with its individualized and holistic approach, aims not only at symptomatic relief but also at strengthening the child's constitution and immune response. This case study presents the long-term homeopathic management of an infant with severe, recurrent atopic dermatitis who had inadequate and temporary response to conventional treatment.

## Case Profile

- **Age:** Infant (5 months at first presentation)
- **Gender:** Male
- **Diagnosis:** Atopic Dermatitis
- **Family History:** Father suffering from psoriasis
- **Birth History:** Full-term caesarean delivery, birth weight 3.0 kg
- **Vaccination History:** Not vaccinated at initial presentation
- **Feeding History:** Exclusive feeding initially; complementary feeds introduced later

## Presenting Complaints

The infant presented with dryness, redness, and severe itching involving both cheeks, ears, limbs, abdomen, and arms. The condition initially started on the cheeks and gradually spread to other areas. Itching was severe (+++), disturbing sleep and leading to scratching, bleeding, oozing, crust formation, and secondary infection at times.

Associated complaints included recurrent episodes of watery diarrhea with mucus, offensive stools during acute phases, recurrent cold and cough with nasal discharge, and disturbed sleep due to itching.

## Mental

From early infancy, the child was observed to be generally cheerful, smiling, playful, and affectionate. However, during flare-ups of skin complaints, marked irritability was noted, primarily due to intense itching and dryness. Sleep was frequently disturbed, leading to increased restlessness and crying at night. Despite discomfort, the child remained responsive, socially engaging, and developmentally appropriate for age, indicating good baseline vitality. The emotional disturbances were reactive and directly correlated with physical suffering rather than intrinsic temperament changes.

## Physical Generals

- **Thermal Reaction:** Chilly, prefers covering
- **Perspiration:** Normal, non-offensive
- **Thirst:** Normal
- **Appetite:** Normal for age
- **Stool:** Recurrent watery stools with mucus during acute episodes
- **Sleep:** Disturbed during itching episodes; otherwise restful

## Particulars

- **Skin:** Severe dryness, erythema, crusting, oozing, and scab formation over cheeks and ears; later involving limbs and flexural areas
- **Itching:** Severe, worse at night, leading to scratching and bleeding
- **Aggravation:** Night, weather change, certain foods (e.g., fish), withdrawal of steroids
- **Associated Complaints:** Recurrent cold, cough, nasal discharge

### Totality of Symptoms

- Infantile eczema with severe itching and dryness
- Night aggravation of itching
- Recurrent oozing and crust formation
- Chilly constitution
- Recurrent loose stools with mucus

- Family history of chronic skin disease (psoriasis)
- Steroid dependency with rebound relapses

### Repertorial Rubrics (Indicative)

- SKIN – ECZEMA – INFANTS
- SKIN – ITCHING – NIGHT
- SKIN – ERUPTIONS – CRUSTS
- RECTUM – DIARRHOEA – MUCUS
- GENERALS – CHILLY
- GENERALS – FAMILY HISTORY – SKIN DISEASES

### Repertorization Result

The repertorial analysis indicated **Calcarea carbonica** as the constitutional remedy, supported by the child's flabby build, chilly nature, recurrent infections, and strong familial predisposition. Acute intercurrent remedies were selected based on symptom presentation during flare-ups.

### Prescription Strategy

Remedy	Potency	Indication
Calcarea carbonica	200C	Constitutional remedy
Natrum sulphuricum	200C	Acute episodes with diarrhea and skin aggravation
Rhus toxicodendron	200C	Intercurrent remedy for itching, restlessness, and skin inflammation

### Follow-Up Summary

Date / Period	Clinical Status & Changes	Assessment	Prescription
<b>Feb 2023 (First visit)</b>	Extensive eczema on both cheeks, ears, limbs, abdomen; severe itching (+++), oozing, crusts, bleeding due to scratching; disturbed sleep; watery stools	Active infantile atopic dermatitis with GI involvement; strong	<b>Calcarea carbonica 200C</b> – 2 doses (constitutional) Supportive skin soothing measures

	with mucus; recurrent cold & cough; steroid-dependent	hereditary predisposition	
<b>Mar 2023</b>	Oozing reduced slightly; crust formation persists on cheeks; redness and dryness on hands & legs; itching worse at night; stools improving	Initial response; disease still active	<b>Calcarea carbonica 200C</b> – single dose (repeat) Local soothing applications
<b>Apr 2023</b>	Increased itching and dryness; scab formation on both cheeks; sleep disturbed; mild cold & running nose	Acute flare due to weather & infection	<b>Rhus toxicodendron 200C</b> – 2 doses (intercurrent) Continue constitutional support
<b>May 2023</b>	Suppression with steroids externally; lesions cleared temporarily but relapsed on face after withdrawal; oozing & redness on cheeks only	Steroid rebound; disease pushed to face	<b>Calcarea carbonica 200C</b> – single dose Advice for gradual steroid taper
<b>Jun-Jul 2023</b>	Oozing stopped; dryness & redness persist; itching reduced; stools normal; sleep improving	Improvement in intensity; localization phase	<b>Calcarea carbonica 200C</b> – single dose (watchful waiting)
<b>Aug-Sep 2023</b>	Lesions localized to cheeks & ears; mild itching; no infection; appetite & activity normal	Stable phase	<b>Natrum sulphuricum 200C</b> – single dose (acute digestive/skin tendency)
<b>Oct-Dec 2023</b>	Marked reduction in flare frequency; no oozing; dryness occasional; sleep mostly undisturbed	Sustained improvement	<b>Calcarea carbonica 200C</b> – single dose as needed
<b>Jan-Mar 2024</b>	Occasional itching; no discharge; GI upset once after antibiotics; scalp itching noted	Minor acute episodes	<b>Natrum sulphuricum 200C</b> – single dose Supportive care
<b>Apr-Jun 2024</b>	Skin stable; only mild food-related facial eruptions; no body involvement	Maintenance phase	<b>Calcarea carbonica 200C</b> – single dose
<b>Jul-Sep 2024</b>	Minimal eruptions; better tolerance to weather changes; reduced allergic colds	Improved immunity	Observation; no repetition

<b>Oct-Dec 2024</b>	Mild cheek eruptions after allergenic food intake; resolved quickly	Functional hypersensitivity only	<b>Rhus toxicodendron 200C</b> – single dose if itching
<b>Jan-Mar 2025</b>	Skin largely clear; no oozing or crusts; normal sleep & digestion	Remission phase	<b>Calcarea carbonica 200C</b> – single dose
<b>Aug 2025 (Last follow-up)</b>	Few small facial eruptions only; no relapse elsewhere; overall health stable	Sustained remission	Observation only



### Transformation Table

Parameter	Before Treatment	After Homeopathic Treatment
Skin lesions	Extensive, oozing, crusted	Limited, mild, non-oozing
Itching	Severe, disturbing sleep	Mild, occasional
Steroid dependence	Frequent	Completely withdrawn
Sleep	Disturbed nightly	Restful
GI symptoms	Recurrent diarrhea	Stable digestion
Overall health	Recurrent relapses	Sustained improvement



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