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Original Research Article

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**GENTLE RESOLUTION OF ACUTE FACIAL DERMATITIS IN A CHILD WITH LONG-STANDING NEPHROTIC SYNDROME: A HOMEOPATHIC CASE STUDY TREATED AT DR BATRA'S® HOMEOPATHY CLINIC**

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**Abstract**

Children with chronic renal disorders often develop acute dermatological complaints where conventional management becomes limited due to steroid dependency and organ sensitivity. This case study presents a 10-year-old boy with a seven-year history of nephrotic syndrome on repeated steroid therapy who developed sudden, intensely itchy facial rashes. Previous topical measures failed to provide relief. Individualized homeopathic intervention led to rapid reduction in itching, resolution of rashes, and improvement in vitality without aggravating renal status or increasing steroid dosage. This case highlights the role of classical homeopathy as a gentle, supportive modality in medically vulnerable pediatric patients, demonstrating a clear transformation achieved at **Dr Batra's® Homeopathy Clinic**.

**Keywords**

Nephrotic syndrome, pediatric dermatology, facial rash, steroid-dependent child, individualized homeopathy, classical homeopathy

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**Introduction**

Nephrotic syndrome in children is characterized by a relapsing-remitting course often requiring prolonged corticosteroid use. Such children are immunologically vulnerable and prone to dermatological manifestations, while therapeutic options become limited due to renal sensitivity and cumulative steroid toxicity. Acute allergic or inflammatory skin

eruptions in these patients pose a clinical challenge. Classical homeopathy, with its individualized and non-toxic approach, offers a potential therapeutic option that supports systemic balance without pharmacological burden. This case documents the holistic management of an acute facial dermatitis episode in a child with chronic kidney disease using classical homeopathic principles.

### **Case Profile**

- **Age/Gender:** 10 years / Male
- **Education:** Student, 5th standard
- **Residence:** Delhi
- **Date of First Consultation:** 26 October 2025
- **Follow-up Visit:** 16 November 2025

### **Chief Complaints**

- Sudden onset facial skin rashes since 1 day
- Intense itching (+++)
- No pain or burning sensation
- No relief from topical lotion application

### **Associated Medical History**

- **Nephrotic syndrome** for 7 years
- On and off **oral corticosteroid therapy (Prednisolone 25 mg)**
- Chronic kidney sensitivity

### **Physical Generals**

- Appetite: Good
- Desires: Spicy food, eggs, milk
- Perspiration: Profuse
- Thermal reaction: Hot patient (discomfort in warmth)
- Sleep: Sound and refreshing
- Stool: Clear and regular

## **Mental Generals and Life Space (LSMC)**

### **Childhood and Development**

The child had a stable upbringing in a nuclear family with both parents actively involved in caregiving. There was no history of major illness or emotional trauma within the family. From early childhood, he was observed to be **jolly, affectionate, and socially well-adjusted**. He developed good interpersonal relationships with teachers and peers and showed consistent academic performance.

Despite repeated hospital visits and prolonged medical treatment for nephrotic syndrome from a young age, he displayed emotional resilience. There were no signs of anxiety, fearfulness, or behavioral disturbances related to his illness. He remained hopeful, cooperative, and emotionally balanced throughout his medical journey.

### **Evolving Mental State**

Over time, particularly during phases of steroid use, a pattern of **dullness, sluggishness, and reduced physical energy** emerged. While his **mental and academic performance remained intact**, his inclination toward physical activity reduced. He preferred sedentary activities but remained diligent and attentive in studies. His temperament remained **cool, calm, and composed**, without irritability or mood swings. Even during acute illness, his emotional stability and cheerful disposition were maintained.

### **Particulars of the Complaint**

- Location: Face
- Sensation: Itching only
- Onset: Sudden
- Modalities: No specific aggravation or amelioration noted
- Concomitants: None

### **Totality of Symptoms**

- Sudden facial skin eruptions with intense itching
- Profuse perspiration
- Hot patient

- Dullness and sluggishness
- Low physical energy with good mental performance
- Calm, cheerful, intelligent child
- Chronic steroid dependency

### **Repertorial Rubrics (Kentian Approach)**

#### **Rubric**

Skin – eruptions – sudden

Skin – itching – face

Skin – eruptions – red

Generalities – heat – aggravates

Perspiration – profuse

Mind – dullness

Mind – cheerful

Mind – calmness

### **Repertorization Result**

The repertorial analysis indicated a remedy profile covering sudden inflammatory skin eruptions, heat aggravation, profuse sweating, dullness with preserved intelligence, and a calm, cheerful disposition.

### **Miasmatic Understanding**

The case reflects a **predominantly psoric miasm**, evident through functional disturbances, hypersensitivity of skin, and recurrent inflammatory responses, with a background of chronic pathology moderated by prolonged steroid use.

## Homeopathic Management and Working

The approach focused on constitutional support and acute symptom resolution without suppressing the skin manifestation or burdening renal function. Supportive remedies were used to enhance tissue repair, improve vitality, and gently restore balance. The intervention aimed at stimulating the body's innate healing response rather than merely addressing local symptoms.

## Prescription Details

### Initial Prescription (26 October 2025)

Drug	Potency	Dosage	Repetition	Duration	Remarks
Constitutional Remedy	200C	2 pills	Single dose	Stat	Based on totality
Calendula officinalis	30C	2 pills	Twice daily	2 weeks	Supportive

### Follow-Up Prescription (16 November 2025)

Drug	Potency	Dosage	Repetition	Duration	Remarks
Ferrum phosphoricum	6X	2 tabs	Twice daily	2 weeks	Tissue support
Calendula officinalis	30C	1 pill	Once daily (evening)	2 weeks	Continue

## Follow-Up Summary

Date	Clinical Status	Observation
Day 3	Itching reduced by ~50%	Improved comfort
Day 7	Rashes reduced by ~70%	No new eruptions
2 Weeks	Complete resolution	Skin clear, no itching
Follow-up Visit	Stable health	Energy improved, mood cheerful

## Transformation Table

Parameter	Before Treatment	After Treatment
Facial rashes	Acute, red, itchy	Completely resolved
Itching	Severe	Absent
Energy level	Low, sluggish	Improved
Sleep	Stable	Stable
Mood	Calm	Calm, cheerful
Steroid requirement	Ongoing concern	No increase required
Renal safety	High risk	Maintained safely

## Discussion

This case demonstrates the effective role of classical homeopathy in managing acute dermatological manifestations in a child with chronic renal pathology. The sudden facial dermatitis, unresponsive to topical measures, resolved rapidly under individualized homeopathic care without exacerbating nephrotic syndrome or necessitating increased steroid use. The selection was based on a holistic evaluation of mental, physical, and constitutional features rather than pathology alone. Improvement in vitality and emotional well-being highlights the systemic action of homeopathy. Such cases emphasize the importance of individualized medicine, especially in vulnerable pediatric populations where therapeutic options are restricted.

## Conclusion

This case illustrates that individualized homeopathic management can safely and effectively resolve acute dermatological conditions in children with chronic systemic illnesses. By addressing the totality of symptoms and supporting the patient's vitality, homeopathy provided gentle healing without pharmacological burden. The successful outcome reinforces

the role of classical homeopathy as a complementary and supportive approach in complex pediatric cases, with a clear transformation achieved at **Dr Batra's® Homeopathy Clinic**.

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