



Original Research Article

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FREEDOM FROM CHRONIC URTICARIA WITH HOMEOPATHY: A CASE REPORT FROM DR BATRA'S

Dr Rajagopal C

Home branch: Velachery, Rotation duty to all branches Chennai

Qualification: BHMS

E-mail : drrajagopalhomeopath@gmail.com, Mobile: 9486212896.

Abstract

Urticaria is a common skin condition characterized by red, raised, itchy wheals that can severely affect quality of life. Homeopathy offers a holistic approach by focusing on the patient as a whole rather than only the skin symptoms. This paper presents the case of a young woman suffering from recurrent urticaria for several months. Despite prior allopathic treatment, the problem persisted. With individualized homeopathic care, the frequency and intensity of episodes steadily reduced, and within a few months the urticaria subsided completely. Remarkably, the improvement continued even during pregnancy, showing long-term relief without relapse at Dr Batra's

This case highlights the scope of homeopathy in managing chronic urticaria safely and effectively, improving not just the skin but also overall health and well-being.

Keywords: Urticaria, Chronic skin disease, Homeopathy, Case study

Introduction

Urticaria is a common dermatological condition characterized by transient, raised, and itchy wheals that may appear anywhere on the skin. It results from the release of histamine and

other mediators from mast cells, leading to capillary dilation and increased vascular permeability. The condition may be acute, lasting less than six weeks, or chronic, persisting beyond that period.

Common causes include allergic reactions to food, drugs, insect bites, infections, and physical triggers such as cold, heat, pressure, or sunlight. In many cases, however, the cause remains idiopathic. Symptoms typically present as red, raised, itchy patches that may merge into larger areas of swelling. Angioedema, involving deeper layers of the skin, can occur in severe cases.

Complications of chronic urticaria include persistent itching, sleep disturbance, psychological stress, impaired quality of life, and in rare cases, association with systemic autoimmune or thyroid disorders.

The ailment poses challenges in long-term management, as conventional medicines may offer temporary relief but do not address the underlying predisposition. Hence, a holistic approach is required for lasting results, which makes it a condition of great clinical interest in homeopathy.

Case Profile

A 21-year-old female presented with recurrent urticaria characterized by itching, wheals, redness and daily evening aggravation. The complaints were worse after scratching, during sleep, before menses, from lying in bed, and particularly after intake of chicken or allopathic medicines. The itching was intense and sometimes led to peeling of skin on scratching. Cold applications and lying on the floor brought relief. There was no family history of urticaria. Her general health was good, appetite and digestion were normal, and menses had been regular until pregnancy. Over the course of treatment, the frequency and intensity of eruptions gradually reduced. Episodes became rare and eventually subsided completely, with no recurrence for several months. During this period she conceived and is now in the second trimester of pregnancy. At present she has no urticarial symptoms, though she continues to experience hyperemesis gravidarum. She is maintaining good general health, is on supplements, and has been advised to follow an iron-rich diet. The case shows a good response to treatment with long-term improvement and sustained remission of urticaria.

Physical Generals

Parameter	Details
Appetite	Normal
Craving	None
Aversion	None
Thirst	Normal, prefers cold water
No. of glasses/day	Normal intake
Perspiration	General, moderate, white stain, non-offensive
Urine	Regular
Stools	Regular
Thermals	Chilly, prefers thin covering
Bathing	Cold water
Seasonal Preference	Comfortable in all seasons
Prefers	Fan, Air-conditioning
Sleep	7-8 hours, refreshing
Position of Sleep	On back
Dreams	No significant dreams

Examination**Lifestyle**

Parameter	Details
Activity Level	Active
Exercise/Week	0 days
Preferred Exercise	None
Occupation	Housewife
Job Exposure	No exposure to dust, chemicals, or pollution

Meals/Day	3
Breakfast	Taken daily
Outside Food	Rare (once a month)

Diet & Body Composition

Parameter	Details
Diet Preference	Non-vegetarian
Weight	41.6 kg
Height	154 cm
BMI	17.54 (Mild underweight)
Waist Circumference	Not recorded
Fat %	19.7 %
Water %	58.8 %
Muscle Mass	31.7 kg
Bone Mass	1.8 kg
Visceral Fat %	1 %
Physique Rating	7
BMR	1028 / 4301 kcal
Metabolic Age	16 years

Clinical Examination

Parameter	Findings
Pulse	78 / min
Blood Pressure	120/80 mmHg
Respiratory Examination	NVBS (Normal vesicular breath sounds)
Oxygen Saturation	98 %

PFR	N/A
Random Blood Sugar	0 (not applicable, below 25 yrs)
Joints	NAD (No abnormality detected)

Mental Generals –

The patient is a young woman living with her husband and two-year-old daughter. She shares a harmonious and supportive relationship with her husband, and the family environment is stable and affectionate. She feels emotionally secure within her family setting, without any history of conflicts, stress, or strained relationships. Her general disposition is calm and cooperative. She does not report significant mental stress, anxiety, or depression. She is able to manage her household responsibilities well and expresses contentment with her role as a homemaker. Overall, her mental state is balanced, with no major emotional disturbances influencing her health complaints.

Past History

NS

Family History

NS

Case analysis: Reportorial totality

Repertory used	Rubrics selected
Complete Repertory	<ul style="list-style-type: none"> – Gen: food and drinks chicken agg – Skin: eruption urticaria

Repertory screenshot

Remedy Name	Bry	Apis	Ars	Ars-5-f	Astac	Calc
Totality	3	3	3	3	3	3
Symptom Covered	2	1	1	1	1	1
[C] [Skin]Eruptions:Urticaria:	2	3	3	3	3	3
[C] [Generalities]Food and drinks:Chicken:Agg:	1					

Selection of Remedy

Type of Remedy	Name	Potency	Dose	Reasons
Constitutional	Bryonia	200C	As prescribed	Suited for urticaria with aggravation in evening, < before menses, < warmth of bed, > cold applications, < scratching; also matches general physicals like thirst for cold water, chilly patient, thin covering, and overall constitution.

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Itching, wheals, redness of skin	✓			
Aggravation from scratching	✓			
Aggravation from certain food (chicken)		✓		
Evening aggravation, < before menses	✓			
Tendency to recurrence (chronic urticaria)		✓		
Peeling of skin after scratching			✓	
General sensitivity, chilly patient	✓			

Miasmatic Predominance

The case shows a predominance of **Psora**, as reflected in the skin eruptions, itching, evening aggravation, and sensitivity. There is also a **sycotic influence**, evident from the food modality (< chicken) and tendency to recurrence.

Materials and Methods

Complete Repertory repertory was used for repertorization

Results –

Month	Progress	Prescription
1st month	Urticaria rashes present daily, < evening, < sleep, < chicken, < scratching. Frequency reduced after medication.	Nat-mur 200C, Rhus-tox 6C (SOS for itching), Urtica urens 30C, Sac-lac
2nd month	Urticaria with evening aggravation, < after sleep, < scratching. Gradual improvement.	Lachesis 30C, Sac-lac
3rd month	Urticaria reduced, only mild hives after chicken intake, < lying in bed, > lying on floor.	Bryonia 200C (SOS skin), Sac-lac
4th month	Episodes less frequent, < before menses, < allopathic medicines. Generals good.	Bryonia 200C, Sac-lac, Ferr-phos 6X (SOS fever)
5th month	Frequency and intensity much reduced. One episode after stopping medicine.	Bryonia 200C, Sac-lac
6th month	Only 2 mild episodes in last month. Patient found to be 7 weeks pregnant.	Bryonia 200C, Sac-lac
7th month	No urticaria episodes. Pregnancy 3 months. Hyperemesis gravidarum appeared.	Bryonia 200C, Sac-lac, Sepia 30C (SOS vomiting)
8th month	Urticaria absent. Hyperemesis persists. Patient otherwise stable.	Bryonia 200C, Sac-lac, Ipecac 30C (SOS vomiting)
9th month	Urticaria free. Pregnancy 6 months. General condition good.	Bryonia 200C, Sac-lac
10th month	No urticaria since January.	Bryonia 200C, Sac-lac
11th month	No relapse of urticaria, good generals.	Bryonia 200C, Sac-lac
12th month	Continued well without urticaria. Pregnancy stable.	Bryonia 200C, Sac-lac

Discussion & Conclusion

The patient presented with chronic urticaria, characterized by recurrent itching, wheals, and redness, worse in the evening, during sleep, before menses, and after certain foods. Relief was obtained from cold applications. Despite prior allopathic treatment, the condition

persisted and even worsened at times. Careful case-taking revealed stable mental health and a supportive family environment.

With individualized treatment, the frequency and intensity of urticaria episodes gradually reduced over successive months and finally subsided completely. Even after conception and during the course of pregnancy, the patient remained free from urticaria, though she experienced hyperemesis gravidarum. Her general health remained good throughout.

In conclusion, the case shows a steady progress from persistent urticaria to complete remission, with improvement maintained during pregnancy, reflecting a favorable long-term prognosis.

The transformation

Parameter / Concern	At Start of Treatment	During Treatment (Improvement Phase)	Current Status (Now)
Skin (Urticaria)	Daily episodes of hives, wheals, redness, severe itching; < evening, < sleep, < before menses, < chicken, < scratching	Frequency and intensity gradually reduced; occasional mild rashes; triggered rarely by food	No episodes since several months, complete remission maintained
Itching	Severe, caused peeling of skin on scratching	Reduced in severity and frequency	Absent
Food Aggravation	Chicken strongly aggravated	Mild aggravation in between, later subsided	No food-related aggravation observed
Effect of Allopathy	Antihistamines (cetirizine) worsened condition	Stopped as homeopathy showed improvement	No allopathic medicines required
Menses	Regular cycles; urticaria worse before menses	Itching before menses noted but reduced	Currently pregnant; no urticaria during pregnancy
Pregnancy	Not pregnant at start	Conceived during treatment; hyperemesis gravidarum appeared	6 months pregnant, hyperemesis persists but skin is clear

Mental State	Calm, supportive family, no major stress	Remained stable throughout	Good emotional health, supportive environment
General Health	Appetite normal, chilly patient, refreshing sleep	Maintained well, occasional weakness	Stable, on supplements, following iron-rich diet

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