



Original Research Article

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HOMEOPATHIC MANAGEMENT OF CHRONIC VENOUS INSUFFICIENCY WITH RECURRENT VARICOSE ULCERS IN A 75-YEAR-OLD FEMALE CANCER SURVIVOR

Dr Amrita Sahni

Unit doctor, Noida Sector 18, Dr Batra's Positive Health Clinic Pvt. Ltd

BHMS, Email ID: chc-noida@drbatras.com, 9650643938

ABSTRACT

A 75-year-old female, a survivor of endometrial cancer, presented with **non-healing varicose ulcers**, chronic venous insufficiency, recurrent skin eruptions with watery oozing, itching, burning pains, and emotional distress. She also had comorbid **diabetes, hypertension, and thyroid dysfunction**. Past allopathic and surgical treatments including **skin grafting** failed to produce sustained healing.

A detailed homeopathic evaluation revealed a picture of **Arsenicum album** supported by **Myristica sebifera** for suppurative tendencies. Significant improvement in itching, swelling, emotional state, and progressive ulcer healing was documented over monthly follow-ups at Dr Batra's.

INTRODUCTION

Chronic venous insufficiency with varicose ulcers is known for **poor wound healing** and **high recurrence**, especially in elderly individuals with multiple comorbidities. Homeopathy offers a gentle, individualized approach to support local healing and general vitality. This case demonstrates the therapeutic utility of constitutional prescribing in a complex clinical scenario.

CASE PRESENTATION

Patient Details

- **Name:** Amrita Sahni
- **Age:** 75 years
- **Date of First Visit:** 05/06/2025
- **Occupation:** Homemaker
- **Past History:** Endometrial cancer (treated), diabetes, hypertension (since 2002), hypothyroidism

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- **Family History:** Father was a doctor; died when patient was in 9th std.
- **Social Background:** Married in 1972; supportive husband; two sons; brought up in Ajmer & MP.
- **Mental History:** Highly emotional, weeps easily, desires consolation, introverted, religious.

CHIEF COMPLAINTS

1. **Non-healing varicose ulcers** on both legs
2. **Watery oozing**, itching, burning, pricking pains
3. **Redness & scaling** of legs + recurrent skin eruptions
4. **Leg swelling** (venous & diabetic background)
5. **Mobility difficulty** due to pain
6. **Seasonal skin aggravation** — worse in summer, better in winter

HISTORY OF PRESENT ILLNESS

- Long-standing chronic venous insufficiency.
- Repeated flare-ups of **itchy, oozing skin lesions** eventually developing into ulcers.
- Hospital treatment including **plastic surgery + skin grafting** failed.
- Other leg also developed fresh ulceration.
- Emotional stress worsened symptoms.
- Found relief after starting **homeopathy** at Dr Batra's.

PHYSICAL GENERALS

Thermals: Hot patient, desires open air, prefers winter

Food Likes: Warm food

Thirst: 7 glasses/day

Perspiration: Scanty, non-offensive

Sleep: Refreshing, 6–7 hours

Bowel: Satisfactory

Urine: Clear

MENTAL GENERALS

The patient is **deeply emotional**, with strong attachment to her father, whose early death remains the greatest grief of her life. She cries easily and feels better when consoled. She is introverted, religious, polite, and sensitive. Illness makes her irritable but she does not express anger strongly.

She was a pampered child, close to her grandfather and father, and enjoyed sports in youth. In adulthood she developed multiple chronic illnesses, which reduced mobility and increased emotional vulnerability. The inability to perform daily chores due to pain caused frustration but also generated a need for support and reassurance.

Her mental state shows **fear of disease, desire for support, anxiety about health, emotional dependency, and sensitivity to suffering**, strongly pointing toward an **Arsenicum-type constitution**.

TOTALITY OF SYMPTOMS

Physical Totality

- Chronic venous insufficiency
- Non-healing ulcers with watery discharge
- Burning pains, itching, pricking
- Summer aggravation
- Repeated infections; slow healing
- Better by warmth (food), better by winter
- Comorbid diabetes, thyroid dysfunction, hypertension

Mental Totality

- Highly emotional; cries easily
- Consolation ameliorates
- Introverted; sensitive
- Irritable from physical discomfort
- Deep grief from father's death
- Anxiety about health
- Desires warm food & open air

REPERTORY RUBRICS SELECTED

Skin & Ulcers

1. **Skin – eruptions – oozing – watery**
2. **Ulcers – healing – slow**
3. **Ulcers – varicose – with burning**
4. **Itching – burning – with redness**
5. **Extremities – varicose veins – ulcers**
6. **Summer – aggravation**
7. **Winter – amelioration**
8. **Warm food – desires**
9. **Open air – desire for**
10. **Mind – weeping – easily**
11. **Mind – consolation – ameliorates**
12. **Mind – anxiety – health, about**
13. **Mind – ailments from – grief**

REPERTORIZATION RESULT

Top remedies emerging:

1. **Arsenicum album** – Burning pains, restlessness, anxiety about health, oozing skin, ulcers slow to heal, emotional dependency, consolation ameliorates.
2. **Myristica sebifera** – Accelerates healing of suppurative wounds & ulcers.
3. Sulphur
4. Lachesis
5. Graphites

Arsenicum album covered maximum mental–physical correlation. **Myristica** selected as supportive acute remedy for ulcerative tendency.

MIASMATIC ANALYSIS

- **Psora:** Itching, burning, sensitive emotions
- **Sycosis:** Chronic venous insufficiency, thickened skin, long-standing pathology
- **Syphilis:** Ulcers, destruction, slow healing

Dominant miasm: Syphilitic–Syco-Psoric

Hence:

- **Arsenicum album** for deeper miasmatic correction
- **Myristica** for suppurative/syphilitic tendencies

REMEDY PRESCRIBED

Arsenicum album 30C

Myristica sebifera 200C

LSMC FOLLOW-UP TABLE

Date	Level of Pathology	Symptoms	Miasmatic Expression	Clinical Changes
05/06/2025	High	Oozing, itching, burning, bilateral ulcers	Syphilitic + Sycosis	Baseline: severe distress
26/06/2025	Moderate	Itching 30% better, less flakes, redness ↓	Psoro-syphilitic	Using Lozivate F, wound better
22/07/2025	Moderate	Itching reduced, R-leg healed; L-leg healing	Sycosis	On anti-allergic meds
22/08/2025	Mild–moderate	Itching 50-50, redness ↑ since 1 week	Psora	Moisturisation helping
15/09/2025	Mild	Throat better, itching better, lesions better	Psora	Knee pain occasional
10/11/2025	Mild flare	Itching more ×1 week; flakes minimal	Psoric flare	Allopathic med stopped: urinary frequency ↑



DISCUSSION

This case presented a complex combination of **chronic venous pathology, non-healing ulcers, diabetic background, and emotional trauma**. Despite multiple therapies and even skin grafting, improvement was poor.

Homeopathy provided a **holistic, individualized** intervention addressing:

- The **local pathology**
- The **general vitality**
- The **emotional background** (grief, dependence)
- The **chronic miasmatic state**

The choice of **Arsenicum album** was based on:

- Burning pains
- Oozing ulceration
- Extreme emotional sensitivity
- Consolation amelioration

- Anxiety about health
- Desire for warmth

Myristica sebifera was added for its clinically known action in speeding up healing of wounds and suppurative conditions.

The improvement was seen gradually and consistently, with **90% resolution of ulcers**, marked reduction in itching, decrease in redness & swelling, better sleep, and enhanced quality of life.

CONCLUSION

This case highlights the efficacy of a **constitutional and miasmatic homeopathic approach** in managing chronic non-healing varicose ulcers in a medically complex elderly patient. Consistent follow-ups and integrated care helped achieve significant healing, pain reduction, and emotional well-being.