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**A CHRONIC CASE OF DYSHIDROTIC PALM ECZEMA MANAGED SUCCESSFULLY WITH INDIVIDUALIZED HOMEOPATHY: A LONG-TERM FOLLOW-UP STUDY AT DR BATRA'S**

**Dr Mazhar Qureshi**

Designation Head Medical Services

Nagpur Branch, Dr Batra's Positive Health Clinic Pvt. Ltd.

Qualification BHMS

Email id [chc-nagpur@drbatras.com](mailto:chc-nagpur@drbatras.com), Mobile +91 97558 99889

**ABSTRACT**

This case presents a chronic, recurrent form of **dyshidrotic palm eczema** with episodic urticaria, allergic sinusitis, and post-pregnancy aggravations, managed effectively with individualized homeopathy at **Dr Batra's Positive Health Clinic**. The patient, a woman in her early thirties, had 5 years of bilateral palmar vesicles, deep cracks, blackish pigmentation, watery discharge, and itching worse in the morning and night. Her eczema began after emotional trauma following a miscarriage. Strong mental features—suppressed anger, dwelling on past hurts, introversion, and inability to express feelings—guided constitutional prescribing. Based on totality and miasmatic analysis, **Natrum muriaticum 200** was selected. The patient showed progressive and sustained improvement in itching, discharge, fissuring, pigmentation, urticaria episodes, sinusitis, and emotional well-being, despite temporary discontinuation during pregnancy. This case highlights the value of individualized homeopathic therapy in chronic dyshidrotic eczema with psychosomatic origins.

**Keywords:** Dyshidrotic eczema, Palmar eczema, Natrum muriaticum, Homeopathy, Urticaria, Miasmatic prescribing

## INTRODUCTION

Dyshidrotic eczema (pompholyx) is a chronic, recurrent vesicular dermatitis of the palms and fingers characterized by itching, watery vesicles, fissuring, and burning. Emotional stress is a strong precipitating factor. Homeopathy evaluates dermatological disease with a holistic perspective—integrating constitutional, mental, physical, and miasmatic aspects. This paper presents a long-term managed case demonstrating significant improvement under individualized homeopathic treatment at Dr Batra's.

## CASE PRESENTATION

### Demographics

- Female, early 30s
- Housewife
- One daughter
- First seen at Dr Batra's in April 2022

## CHIEF COMPLAINTS

1. **Dyshidrotic eczema, both palms** × 5 years
  - Watery discharge
  - Deep painful cracks
  - Blackish discoloration
  - Intense itching morning & night
2. **Facial oedema**
  - Sudden onset initially
  - Watery discharge from right eye
3. **Recurrent urticaria**
4. **Sinusitis**
  - Sneezing
  - Watery nasal discharge

5. **Acne with post-inflammatory marks**

6. **Post-pregnancy hair fall**

**GENERALITIES**

- Appetite: good
- Craving: **sweets**
- Thirst: normal, 2–3 L/day
- Stool: **constipation**, absent urge for 2–3 days
- Sleep: sound
- Menses regular
- Miscarriage in 2017 → eczema started after emotional stress
- Conceived in 2023 → treatment paused temporarily
- Postpartum aggravations noted

**MENTAL**

Since childhood, the patient has been reserved, sensitive, and emotionally internalized. She would rarely express her feelings, preferring to keep thoughts to herself. She was easily hurt by criticism but suppressed her reactions. Growing into adulthood, this tendency deepened — she avoided sharing personal matters even with friends or family, eventually maintaining no close friendships. After marriage, this emotional pattern continued. She accompanied her husband everywhere for shopping and outside activities, reflecting dependency and a desire to avoid conflict. Her husband's frequent anger made her withdraw further; she could not respond or defend herself, so she kept everything inside. She carries emotional injuries for long periods, broods over past insults, and rarely cries despite feeling deeply hurt.

Her in-law relationships are good, but emotionally she remains isolated. A major emotional turning point occurred after a miscarriage in 2017, which she took very strongly. She internalized the grief, and soon after, her eczema began — indicating a psychosomatic expression of unresolved sorrow. She suppresses anger, avoids confrontation, and lives with unexpressed emotions.

## **DIAGNOSIS**

### **Primary Diagnosis:**

→ **Chronic Dyshidrotic Palm Eczema (Pompholyx / Vesicular Eczema)**

### **Associated Diagnoses:**

- **Recurrent Urticaria**
- **Allergic Rhinosinusitis**
- **Post-pregnancy telogen effluvium**
- **Acne with PIH (post-inflammatory hyperpigmentation)**

## **L.S.M.C. ANALYSIS**

### **Location**

- Palms (bilateral)
- Fingers
- Neck (urticaria patches)
- Face (oedema)
- Thigh folds (itching)

### **Sensation**

- Itching
- Burning
- Painful fissures
- Watery discharge
- Swelling

### **Modalities**

- **Aggravation:** morning, night, menses, postpartum, after hair wash
- **Amelioration:** regular homeopathic treatment, dietary compliance

### **Concomitants**

- Sinusitis
- Acne & marks
- Hair fall postpartum
- Emotional suppression

**TOTALITY OF SYMPTOMS**

- Chronic palmar vesicular eczema with cracks & pigmentation
- Watery discharge
- Itching morning & night
- Eczema onset after miscarriage stress
- Easily hurt; dwells on past; suppressed anger
- Rare weeping; introverted
- No friends; doesn't share emotions
- Craves sweets
- Constipation with no urge for 2-3 days
- Periodic urticaria
- Sinusitis
- Acne and hair fall postpartum

**MIASMATIC ANALYSIS**

Symptom	Miasm
Chronic itching, fissures	<b>Psora</b>
Vesicles with watery discharge	<b>Sycosis</b>
Acne, urticaria	<b>Sycosis</b>
Emotional suppression	<b>Psora</b>
Post-inflammatory pigmentation	<b>Sycosis</b>

## **Dominant Miasm: Psora–Sycosis**

### **REPERTORY RUBRICS**

#### **Mind**

- Ailments from grief
- Dwelling on past unpleasant events
- Reserved / closed personality
- Anger suppressed
- Sensitive, easily hurt
- Weeping suppressed

#### **Skin**

- Eruptions – vesicular – palms
- Eczema – chronic
- Discoloration – blackish
- Cracks – painful
- Watery discharge
- Urticaria – itching

#### **Generals**

- Desire for sweets
- Constipation – no urge
- Aggravation morning, night

#### **Remedies strongly indicated:**

Natrum muriaticum, Lycopodium, Graphites, Sepia, Sulphur

#### **Final constitutional: Natrum muriaticum 200**

### **REMEDY & MANAGEMENT PLAN**

#### **Constitutional Remedy**

→ **Natrum muriaticum 200**, repeated as per response

Justification: Strong alignment with mental state, etiology (grief), sweet craving, vesicular eczema, fissures, suppressed emotions.

#### **Intercurrent / Supportive**

- SOS for urticaria
- Sinusitis episodes

- Pregnancy-safe supplements (Vit D3, B12)



#### FOLLOW-UP SUMMARY TABLE

Date	Clinical Status	Remarks
Apr 2022	Initial swelling improved 100%; itching ↓	Emotional relief noted
May 2022	Watery blisters ↓; itching ↓	Constipation on/off
Jun 2022	Mild itching; acne & sinusitis present	Stable
Jul 2022	Itching ↑ in morning	
Jul 2022	Urticaria × 3 days	SOS given
Aug 2022	Itching on/off; acne better	
Sep 2022	Eczema ↑ on right hand	
Oct 2022	Eczema worse around menses	
Nov 2022	<b>Marked improvement</b> ; itching mild	
Dec 2022	Pigmentation ↓; patches better	
Jan 2023	New patches hands/neck	Stress related

Feb 2023	Itching on folds; menses regular	
Mar 2023	Itching only on palms; neck swelling episode resolved	HF ↑
Apr 2023	Pregnancy conceived	Treatment paused
2023–24	Pregnancy break	
May 2024	Restarted; eczema improved; hair fall ↑	
Sept 2024	Sinusitis ↑; sleep disturbed postpartum	
Oct 2024	Itching ↓; rashes ↓	
Apr 2025	<b>No itching; mild finger itching only</b>	Nat mur 200 repeated

## DISCUSSION

This case highlights the strong psychosomatic link in dyshidrotic eczema, where emotional trauma (miscarriage) acted as the key trigger. Constitutional homeopathy with *Natrum muriaticum* addressed both emotional layers and dermatological manifestations. Long-term follow-up was essential, demonstrating stable, progressive improvement even after pregnancy-related interruptions.

## CONCLUSION

Individualized homeopathic treatment based on totality, miasmatic analysis, and constitutional prescribing can produce sustained improvement in chronic dyshidrotic eczema. *Natrum muriaticum* proved effective in a patient with deep emotional suppression and grief etiology. Long-term treatment at **Dr Batra's Positive Health Clinic** provided consistent clinical improvement and stable skin healing.

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