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SUCCESSFUL MANAGEMENT OF SEBORRHEIC DERMATITIS WITH ALLERGIC AGGRAVATION AT DR BATRA'S® HOMEOPATHY CLINIC: A CLASSICAL HOMEOPATHIC CASE STUDY

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Abstract

Seborrheic dermatitis is a chronic inflammatory skin disorder often complicated by hypersensitivity reactions to topical medications. This case study presents a young adult male with severe seborrheic dermatitis of the chest and back, aggravated following topical antifungal application, unresponsive to conventional management. A classical homeopathic approach based on detailed life-space evaluation, individualization, repertorisation, and miasmatic assessment resulted in rapid symptomatic relief and sustained improvement. Marked physical, emotional, and functional transformation was observed following individualized homeopathic treatment at **Dr Batra's Homeopathy Clinic**, highlighting the effectiveness of classical homeopathy where other systems failed.

Keywords

Seborrheic dermatitis, allergic dermatitis, classical homeopathy, repertorisation, life-space analysis, individualized treatment, Dr Batra's Homeopathy Clinic

Introduction

Seborrheic dermatitis is a chronic relapsing inflammatory dermatosis commonly affecting sebaceous gland-rich areas. Conventional management frequently involves topical antifungals and corticosteroids, which may precipitate irritant or allergic reactions in sensitive individuals. Classical homeopathy, with its emphasis on individual susceptibility, life-space disturbance, and totality of symptoms, offers a holistic alternative by addressing both external manifestations and internal disharmony.

Case Profile

Age / Sex: 21 years / Male

Diagnosis: Seborrheic Dermatitis with Allergic Dermatitis

Sites Involved: Chest and back

Duration: Acute exacerbation on chronic background

History of Present Illness

The patient presented with erythema, itching, and burning over the chest and back. Symptoms acutely worsened after the application of 2% ketoconazole topical lotion, following which wheals and intense burning developed. Discomfort was severe enough to cause anxiety and fear regarding skin disease progression. Prior topical management failed to provide relief and instead aggravated the condition.

Mental & Emotional Evolution

From early childhood, the patient exhibited a shy, reserved, and introverted temperament. During school years, he was irregular in attendance and became a target of persistent bullying by classmates, who repeatedly discouraged him from attending school. This resulted in social withdrawal, low self-confidence, and fear of peer interaction. He formed few friendships and preferred isolation.

As he grew older, these unresolved emotional experiences evolved into marked timidity, fear of strangers, difficulty expressing himself, and avoidance of eye contact. He suppressed emotions, appeared externally calm but internally restless, and developed health-related anxiety, particularly concerning visible skin complaints. During consultation, he avoided direct communication, answered hesitantly, and relied on accompanying family members for reassurance. Emotional distress intensified during acute skin flare-ups, reinforcing fear, insecurity, and social withdrawal.

Physical Generals

- **Appetite:** Normal
- **Thirst:** Decreased

- **Cravings:** Sweets, paneer
- **Aversions:** Sour
- **Food intolerance:** Sour foods → generalized itching
- **Thermal reaction:** Hot patient, prefers air-conditioning
- **Perspiration:** Normal, non-offensive
- **Sleep:** 7–8 hours, non-refreshing

Past History

History of a coma episode in childhood, followed by long-term medication for approximately seven years. No current medications.

Family History

- Father: Army personnel
- Mother: Homemaker
- Elder sister: Employed in a private company
- Family structure: Nuclear family

Clinical Examination

- Erythematous patches over chest and back
- Wheals and burning sensation
- No oozing or secondary infection

Diagnosis

Seborrheic Dermatitis with Allergic Contact Dermatitis

Differential Diagnosis

- Atopic dermatitis
- Pure contact dermatitis
- Fungal dermatitis

Totality of Symptoms

- Fear of strangers
- Timidity, bashful disposition
- Anxiety about health

- Restlessness with suppressed emotions
- Aversion to company
- Aggravation from sour foods causing itching
- Burning and wheals after topical medication

Repertorisation

Selected Rubrics

- Mind – Fear – strangers
- Mind – Timidity – bashful
- Mind – Anxiety – health, about
- Mind – Restlessness – anxious
- Mind – Company – aversion to
- Skin – Eruptions – allergic
- Skin – Burning – medication after

Remedies	<i>lyc.</i>	<i>puls.</i>	<i>ign.</i>	<i>arg-n.</i>	<i>cupr.</i>	<i>carc.</i>	<i>phos.</i>	<i>thuj.</i>	<i>bar-c.</i>	<i>nat-m.</i>	<i>nux-v.</i>	<i>calc.</i>
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12
Symptoms Covered	6	6	6	6	6	6	6	6	5	5	5	5
Intensity	12	12	11	10	10	9	9	9	13	10	10	9
Result	6/12	6/12	6/11	6/10	6/10	6/9	6/9	6/9	5/13	5/10	5/10	5/9
Clipboard 5												
MIND - FEAR - strangers, of	1	1	1	1	2	1	1	2	2			
MIND - TIMIDITY - bashful	1	3	2	1	2	1	1	1	2	1	1	2
MIND - ANXIETY - health; about	3	2	1	3	1	2	2	1	2	1	3	2
MIND - RESTLESSNESS - anxious	3	2	1	1	2	2	2	2		2	1	2
MIND - COMPANY - aversion to	2	2	3	2	2	1	1	2	3	4	3	1
MIND - IRRESOLUTION	2	2	3	2	1	2	2	1	4	2	2	2

Remedy Selection & Prescription Rationale

Remedy selection was based on:

- Clear mental generals rooted in childhood experiences
- Acute hypersensitivity reaction to topical medication
- Functional disturbance without structural pathology
- Miasmatic predominance

Prescription & Follow-Up Details

Visit	Remedy Prescribed	Potency	Dose	Rationale
Initial	Nux vomica	200C	Single dose	Hypersensitivity, drug reaction, irritability
Day 7	Rhus toxicodendron	30C	BD × 3 days	Burning, redness, allergic skin reaction
Day 15	Nux vomica	200C	Single dose	Constitutional reinforcement
Follow-up	Rhus toxicodendron	30C	SOS	Residual itching

Follow-Up Assessment Table

Parameter	Baseline	Day 7	Day 15	1 Month
Itching	Severe	Mild	Absent	Absent
Burning	Severe	Reduced	Absent	Absent
Redness	Marked	Mild	Absent	Absent
Wheals	Present	Absent	Absent	Absent
Anxiety	High	Reduced	Minimal	Absent
Confidence	Low	Improving	Improved	Stable

Transformation Table

Aspect	Before Treatment	After Treatment
Skin condition	Redness, burning, wheals	Clear skin
Emotional state	Fearful, withdrawn	Calm, confident
Sleep quality	Disturbed	Restful
Social interaction	Avoidant	Improved
Quality of life	Impaired	Restored



Discussion

This case highlights the importance of classical homeopathic individualization in managing dermatological conditions with allergic aggravation. The patient's symptoms were not merely local skin manifestations but reflections of deeper life-space disturbances originating in childhood emotional trauma. Suppressed emotions, fear, timidity, and hypersensitivity formed the core of the case. Conventional topical therapy failed due to the patient's heightened susceptibility, emphasizing the need for a holistic approach.

Through repertorisation and miasmatic understanding, remedies were selected to address both acute pathology and constitutional imbalance. The rapid improvement without suppression, along with emotional stabilization, confirms the action of the simillimum. The transformation observed supports homeopathy's role in restoring internal balance rather than merely controlling external symptoms.

Conclusion

This case demonstrates that classical homeopathy, when practiced with strict adherence to life-space analysis and totality of symptoms, can effectively manage seborrheic dermatitis complicated by allergic reactions. The sustained improvement in both physical and emotional parameters underscores the holistic healing potential of individualized homeopathic treatment. Successful resolution of symptoms and overall transformation were achieved at **Dr Batra's® Homeopathy Clinic**, even after failure of conventional topical therapy.

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