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## SUCCESSFUL CONSTITUTIONAL HOMEOPATHIC MANAGEMENT OF CHRONIC ECZEMA REFRACTORY TO CONVENTIONAL THERAPY: A CASE TREATED AT DR BATRA'S HOMEOPATHY CLINIC

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### Abstract

Chronic eczema significantly impairs quality of life and often shows dependency on topical and systemic steroids in conventional management. This case report presents a 43-year-old menopausal female with chronic, recurrent eczematous eruptions resistant to prolonged allopathic treatment. The patient exhibited intense itching with watery discharge, winter aggravation, food sensitivity, facial edema, and associated mental and emotional traits evolving since childhood. A classical homeopathic approach based on totality of symptoms, repertorization, and miasmatic understanding led to sustained improvement and long-term remission. **This case highlights a clear transformation achieved through individualized constitutional homeopathic treatment at Dr Batra's Homeopathy Clinic.**

### Keywords

Chronic eczema, constitutional homeopathy, Carcinosinum, Rhus toxicodendron, classical homeopathy, transformation

## **Introduction**

Eczema is a chronic inflammatory dermatosis characterized by itching, vesiculation, oozing, and lichenification with a relapsing course. Conventional treatment often provides temporary relief with frequent relapses upon withdrawal. Classical homeopathy emphasizes individualized constitutional treatment addressing the patient as a whole—mentally, emotionally, and physically—rather than the disease alone. This case illustrates the effectiveness of such an approach in a chronic, steroid-dependent eczema patient.

## **Case Profile**

**Age/Gender:** 43-year-old female

**Occupation:** Housewife

**Diagnosis:** Chronic Eczema

**Duration of Illness:** On and off for ~27 months

**Previous Treatment:** Continuous allopathic medication; relapse on discontinuation

## **Chief Complaints**

- Eczematous eruptions starting from fingers → palms (3 months)
- Earlier involvement of legs with minimal itching
- Profuse itching with watery discharge (++), followed by temporary relief
- Swelling of face and fingers, subsiding spontaneously
- Facial swelling after intake of kadhi (food sensitivity)
- Sticky expectoration in throat; difficult to expel; affects speech
- Aggravation in winter (November to April)

## **Past History**

- Typhoid
- Tennis elbow

## **Family History**

- Father: Diabetes mellitus, bronchial asthma with chronic expectoration

## **Generalities**

- Appetite: Normal

- Desires: Fruits and salads (+++)
- Thirst: Increased
- Perspiration: Profuse on face
- Sleep: Normal
- Menstrual History: Menopause at 35 years (early menopause)
- Thermals: Comfortable in both heat and cold
- Open air: Desires open air (++)

### **Mentals**

Since childhood, the patient exhibited a gentle, sensitive, and emotionally receptive nature. She was affectionate toward family members, deeply sympathetic, and developed strong emotional attachments, particularly toward children and animals. As she grew older, she remained health-conscious and caring but gradually developed low self-confidence, submissiveness, and a tendency to suppress emotional stress rather than express it. She showed dependency within family relationships, avoided confrontation, and preferred harmony over assertion. Despite internal stress, she maintained a cheerful disposition, relaxed demeanor, and a desire to please others. Over time, prolonged stress and emotional suppression appeared to manifest physically, contributing to chronic skin pathology.

### **Clinical Examination**

- Eczematous lesions over fingers and palms
- Oozing with watery discharge
- Mild edema of face and fingers
- No active fungal margins
- Skin dryness with excoriations due to scratching

### **Diagnosis**

#### **Eczema**

#### **Differential Diagnosis**

- Tinea corporis

- Allergic contact dermatitis

### **Homeopathic Working**

This chronic case demanded constitutional prescribing. The **mental makeup, marked food sensitivity, winter aggravation, intense itching with oozing, desire for open air, early menopause, and history of prolonged suppression** were considered essential for remedy selection.

### **Totality of Symptoms**

- Chronic eczematous eruptions with watery discharge
- Intense itching, better by warm applications
- Winter aggravation
- Facial swelling after specific food intake
- Sticky, difficult expectoration
- Early menopause
- Desire for fruits and salads
- Open air amelioration
- Submissive, dependent, sympathetic personality
- Suppressed emotions and stress

### **Repertorial Analysis (Key Rubrics)**

- Mind – Sympathetic
- Mind – Submissive
- Skin – Eruptions – eczema – oozing
- Skin – Itching – violent
- Skin – Eruptions – winter aggravation
- Throat – Mucus – tough, sticky
- Generalities – Food – milk products – aggravation
- Generalities – Open air – ameliorates

**Leading Remedies:**

Carcinosinum, Rhus toxicodendron, Sulphur, Pulsatilla

**LSMC Analysis**

- **Location:** Fingers, palms, face
- **Sensation:** Itching, burning
- **Modalities:** Worse in winter; better with warmth and open air
- **Concomitants:** Facial edema, sticky expectoration, food sensitivity

**Miasmatic Analysis**

Predominantly **Psoro-Syphilitic miasm**, indicated by chronicity, suppression, skin involvement, early menopause, and emotional suppression.

**Remedy Selection & Potency**

- **Carcinosinum 1M** – Constitutional remedy addressing emotional suppression, dependency, chronicity, and allergic tendencies
- **Rhus toxicodendron 200** – For acute flares with intense itching and oozing
- **Sulphur 200 (SOS)** – For residual itching and skin activity

**Follow-Up & Prescription Table**

Date	Clinical Status	Prescription	Response
First Visit	Severe itching, oozing eczema, facial swelling	Carcinosinum 1M – single dose	Initial aggravation followed by relief
2 Weeks	Reduced itching, less discharge	Rhus tox 200 – once daily × 3 days	Marked improvement
1 Month	No oozing, mild dryness	Placebo	Stable
3 Months	No active lesions	Sulphur 200 – SOS	Complete relief
6 Months	No relapse, improved confidence	Placebo	Maintained
12 Months	Skin clear, no dependency	Placebo	Remission

**Transformation Table**

Parameter	Before Treatment	After Treatment
Itching	Severe, uncontrollable	Absent
Oozing	Profuse watery discharge	Nil
Facial Swelling	Frequent	Absent
Drug Dependency	Steroid dependent	Drug-free
Confidence	Low, hesitant	Improved
Social Interaction	Avoidant	Comfortable
Quality of Life	Impaired	Significantly improved

**Outcome & HRQL**

The patient reported marked relief from itching and complete resolution of eruptions. Emotionally, she experienced enhanced confidence, social comfort, and improved workplace participation. She no longer felt embarrassed attending social gatherings, indicating a substantial improvement in Health-Related Quality of Life.

## Discussion

This case demonstrates the effectiveness of constitutional homeopathy in managing chronic eczema resistant to conventional treatment. The selection of Carcininum was guided by the patient's emotional suppression, dependency traits, and chronic allergic manifestations. The integration of acute and intercurrent remedies ensured sustained improvement without relapse. Addressing the patient's mental and emotional dimensions proved essential for long-term cure.

## Conclusion

Individualized constitutional homeopathic treatment, when guided by totality of symptoms, repertorization, and miasmatic understanding, can achieve lasting remission in chronic eczema cases. This case clearly illustrates holistic healing, drug-free remission, and enhanced quality of life—a **true transformation achieved at Dr Batra's Homeopathy Clinic.**

## References

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