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SUCCESSFUL HOMEOPATHIC MANAGEMENT OF CHRONIC PHOTODERMATITIS: A CASE TREATED AT DR BATRA'S® HOMEOPATHY CLINIC

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Abstract

Photodermatitis is an inflammatory skin disorder precipitated or aggravated by exposure to ultraviolet radiation and photosensitizing factors. It presents with erythema, dryness, scaling, edema, itching, and discomfort over photo-exposed areas, most commonly the face and neck. Globally, photodermatoses contribute significantly to dermatological morbidity, particularly among adolescents and young adults, affecting quality of life, self-esteem, and psychosocial well-being. Conventional management relies mainly on topical corticosteroids, antihistamines, emollients, and sun avoidance; however, long-term outcomes are often unsatisfactory, with frequent relapses and dependency on suppressive therapy.

The patient exhibited long-standing dry, scaly, erythematous facial lesions aggravated by sun exposure and night-time itching, along with characteristic mental and physical generals evolving from childhood. Individualized constitutional treatment with Pulsatilla, supported by indicated acute and intercurrent remedies, resulted in sustained clinical improvement, complete remission, and significant psychosocial transformation over a six-month period, with no relapse during extended follow-up.

This case study aims to demonstrate the scientific application of classical homeopathy in chronic photodermatitis, emphasizing the importance of correct similimum selection and long-term follow-up. The observed transformation conclusively occurred at Dr Batra's® Homeopathy Clinic, restoring both skin health and emotional well-being after failure of other therapeutic systems.

Keywords: Photodermatitis; Classical Homeopathy; Pulsatilla; Constitutional Treatment; Case Study

Introduction

Photodermatitis refers to an abnormal cutaneous response to ultraviolet (UV) radiation, often mediated by endogenous or exogenous photosensitizing agents. Clinically, it manifests as erythema, dryness, scaling, pruritus, edema, and sometimes vesiculation over sun-exposed areas. Adolescents are particularly vulnerable due to hormonal changes, cosmetic use, and outdoor exposure. Chronic cases may lead to pigmentation, lichenification, emotional distress, and social withdrawal.

Despite advances in dermatology, management remains largely palliative, focusing on symptom suppression rather than cure. Homeopathy, through its holistic and individualized approach, aims to stimulate the body's inherent healing response by prescribing remedies based on the totality of symptoms, including mental, physical, and constitutional features. This paper documents a successfully treated case of chronic photodermatitis managed according to classical homeopathic principles.

Case Profile

A 17-year-old female student presented with dry, scaly, red patches over the face for four years, gradually extending behind the left ear. The condition was associated with swelling and lachrymation of eyes, severe itching worse at night disturbing sleep, marked dryness and redness, moderate pain and scaling, and clear aggravation from sun exposure. There was no discharge. The patient had used various moisturizers and sunscreens. Previous treatments included two years of allopathy and six months of ayurveda with no sustained relief, leading to loss of confidence and social withdrawal.

Physical Generals

- **Diet:** Vegetarian
- **Appetite:** Good; habit of skipping breakfast
- **Desire:** Sweets, fruits
- **Aversion:** Vegetables (occasional)
- **Thermal Reaction:** Ambithermal; prefers winter
- **Thirst:** Approximately 1 liter/day
- **Stools:** Regular
- **Urine:** Regular
- **Perspiration:** Normal; underarms; non-offensive

- **Sleep:** 8 hours/day; refreshing; disturbed during acute itching
- **Dreams:** Not specific

Examination

- **Skin:** Dry, erythematous, scaly patches over face and peri-orbital region
- **Woods lamp:** Scaling visible initially; normalized on follow-up
- **Nails:** No abnormality detected
- **Systemic examination:** Within normal limits

Mental Generals

The patient's mental makeup evolved gradually from childhood. She had a stress-free upbringing with average scholastic performance and participation in classical dance. From early adolescence, she displayed a calm, mild, and introverted nature, preferring selective company. Emotionally sensitive, she formed strong attachments to family members, sharing sadness with parents and occasionally crying alone. She was gentle, empathetic, and non-confrontational, becoming upset easily but expressing anger mildly, mostly at home. Fear of isolation and a need for reassurance were evident. During the course of her skin disease, she developed embarrassment, avoidance of social interaction, and reduced self-confidence, especially due to repeated questioning about her facial appearance. Academic stress increased with competitive exam preparation, though without pathological anxiety.

Past History

- Typhoid (childhood)
- Chickenpox (childhood)

Family History

- Father: Hypertension
- Mother and siblings: Apparently healthy

Case Analysis

Totality of Symptoms

- Mild, gentle, emotionally sensitive disposition
- Desire for sweets
- Better in open air
- Skin eruptions: dry, red, scaly, itchy
- < Night, < Sun exposure

- Associated eye swelling and lachrymation

Repertorial Totality

Repertory used: Kent’s Repertory

Selected Rubrics:

- Mind – Mildness
- Mind – Weeping easily
- Mind – Fear of being alone
- Skin – Eruptions – dry – eczema
- Skin – Eruptions – itching – night
- Skin – Eruptions – aggravated by sun
- Eye – Swelling – lachrymation

Remedies	<i>rhus-t.</i>	<i>ars.</i>	<i>tub.</i>	<i>staph.</i>	<i>calc.</i>	<i>sep.</i>	<i>sulph.</i>	<i>lyc.</i>	<i>nat-m.</i>	<i>sil.</i>	<i>phos.</i>	<i>nat-c.</i>	<i>nit-ac.</i>	<i>puls.</i>	<i>anac.</i>
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Symptoms Covered	5	5	5	5	4	4	4	4	4	4	4	4	4	4	4
Intensity	13	10	9	8	10	10	10	9	9	9	8	7	7	7	6
Result	5/13	5/10	5/9	5/8	4/10	4/10	4/10	4/9	4/9	4/9	4/8	4/7	4/7	4/7	4/6
Clipboard 5															
MIND - MILDNESS	3	3	1	1	2	2	2	2	3	3	2	1	2	3	1
GENERALS - FOOD and DRINKS - sweets - desire	2	1	2	2	2	2	3	3	1	1	2	2	2	2	1
SKIN - ERUPTIONS - eczema	4	3	3	2	3	3	4	3	3	2	3	2	1	1	1
SKIN - ERUPTIONS - eczema - itching	1	1	2	1											
EYE - SWELLING	3	2	1	2	3	3	1	1	2	3	1	2	2	1	3

Selection of Remedy

Constitutional Remedy

- **Remedy:** Pulsatilla
- **Potency:** 200C
- **Dose:** Single dose, followed by placebo
- **Reason:** Complete correspondence with mental picture, physical generals, and skin modalities

Acute Remedy

- **Remedy:** Natrum muriaticum
- **Potency:** 200C
- **Dose:** As required during acute flares
- **Reason:** Dry, red, scaly eruptions with emotional sensitivity

Intercurrent Remedy

- **Remedy:** Sulphur
- **Potency:** 200C
- **Dose:** Single dose
- **Reason:** Anti-miasmatic, to clear chronic psoric background

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Dryness, itching	✓			
Chronicity	✓			
Hypersensitivity	✓			

Miasmatic predominance: Psora

Materials and Methods

Repertorization was carried out using Kent's Repertory through computer-aided software. Case analysis followed classical homeopathic principles as described by Hahnemann.

Results**Follow-up Summary**

Month	Progress	Prescription
1st	Itching reduced; dryness slightly better	Pulsatilla 200C + placebo
2nd	Redness and swelling around eyes reduced	Nat-mur 200C + Kali-s 6X
3rd	Marked improvement; no new lesions	Pulsatilla 200C
4th	No itching or redness	Placebo
5th	Sustained remission	Sulphur 200C (intercurrent)
6th	Complete clearance; no relapse	Placebo

Transformation Table

Parameter	Before Treatment	After Treatment
Skin lesions	Persistent, dry, red, scaly	Completely resolved
Itching	Severe, nocturnal	Absent
Sun tolerance	Poor	Normal
Sleep	Disturbed	Refreshing
Emotional state	Withdrawn, embarrassed	Confident, socially active

**Discussion & Conclusion**

This case illustrates the effectiveness of individualized classical homeopathy in managing chronic photodermatitis refractory to conventional systems of medicine. Careful evaluation of the patient's life space, evolving mental state, physical generals, and characteristic skin modalities led to accurate similimum selection. Constitutional treatment not only resolved cutaneous symptoms but also restored emotional balance and confidence. The sustained

remission without relapse highlights the curative potential of homeopathy when applied scientifically. The patient's complete transformation, both physically and psychologically, was achieved at Dr Batra's® Homeopathy Clinic.

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