



Original Research Article

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## **LONG-STANDING HIDRADENITIS SUPPURATIVA SUCCESSFULLY MANAGED WITH INDIVIDUALIZED HOMEOPATHY AT DR BATRA'S® HOMEOPATHY CLINIC**

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### **ABSTRACT**

Hidradenitis Suppurativa (HS) is a chronic, relapsing inflammatory skin disorder affecting apocrine gland-bearing areas, with a global prevalence of approximately 1–4%. This case study presents a 33-year-old female suffering from recurrent axillary abscesses with pus discharge for over 10 years. A classical homeopathic approach was adopted. Over a period of 12 months, the patient showed significant improvement with reduction in frequency, size, discharge, and pain of lesions, along with stabilization of emotional health. No new lesions developed in later follow-ups, and overall quality of life improved markedly.

This case highlights the effectiveness of individualized homeopathy in chronic suppurative conditions where conventional therapy has limited success. The transformation was achieved at Dr Batra's® Homeopathy Clinic.

### **KEYWORDS**

Hidradenitis Suppurativa, Silicea, Chronic Suppuration, Homeopathy, Individualization

## **INTRODUCTION**

Hidradenitis Suppurativa is a chronic inflammatory disorder involving hair follicles and apocrine glands. It commonly affects:

- Axilla
- Groin
- Genital region

## **Etiology & Pathogenesis**

- Follicular occlusion
- Immune dysregulation
- Genetic predisposition

## **Clinical Features**

- Recurrent painful nodules
- Abscess formation with pus
- Sinus tracts and scarring
- Foul-smelling discharge

## **Complications**

- Chronic infection
- Fibrosis
- Psychological distress

Homeopathy offers a constitutional approach targeting:

- Immune imbalance
- Chronic suppuration tendency
- Emotional susceptibility

## **CASE PROFILE**

**Age:** 33 years

### **Chief Complaints:**

- Recurrent boils in both axilla

- Pus formation (yellowish, thick)
- Swelling with turgidity
- Relapsing nature with scarring
- Duration: 10–12 years

**Associated Complaints:**

- Eruptions in genital region
- Heavy menses with pain
- PCOS (associated condition)

**PHYSICAL GENERALS**

| <b>Parameter</b> | <b>Observation</b>      |
|------------------|-------------------------|
| Appetite         | Normal                  |
| Desire           | Not marked              |
| Aversion         | Not marked              |
| Thirst           | Normal                  |
| Thermal          | Not clearly defined     |
| Perspiration     | Not significant         |
| Stool            | Normal                  |
| Urine            | Normal                  |
| Sleep            | Disturbed during stress |
| Dreams           | Not specific            |

**EXAMINATION**

- Multiple nodular swellings in bilateral axilla
- Tenderness present (reduced over time)
- Pus discharge (yellowish, foul-smelling initially)
- Scar formation present
- No systemic infection signs

## **MENTAL GENERALS**

The patient had a **social, cheerful, and easily mingling personality during childhood**, with no major stressors. However, during adolescence, a significant shift occurred following episodes of **epilepsy**, leading to increased vulnerability and dependence on medical care.

Over time, she developed:

- **Claustrophobia**
- **Panic attacks in crowded places**
- Persistent **fear of something fatal happening**
- Constant **state of alertness and insecurity**
- **Fear of failure and anticipation anxiety**
- Aversion to domination and control

Despite appearing socially adaptive, internally she experienced **heightened anxiety, vulnerability, and emotional sensitivity**, forming a clear psychosomatic background for chronic disease expression.

## **PAST HISTORY**

- Epilepsy (since childhood, treated with Levetiracetam)
- Cholelithiasis (surgically treated)
- Long-term antibiotic use

## **FAMILY HISTORY**

- Thyroid disorders
- Diabetes mellitus
- Cancer (uterus, bone)
- Skin disorders (onycholysis, corns)

## **CASE ANALYSIS**

### **TOTALITY OF SYMPTOMS**

- Chronic recurrent abscess with pus

- Relapsing, scar-forming lesions
- Claustrophobia
- Fear of fatal disease
- Anxiety from anticipation
- Soft, yielding yet internally obstinate nature
- Chronic suppuration tendency

**REPERTORIAL TOTALITY**

**Repertory Used:** Kent Repertory

**Rubrics Selected:**

- Mind – Fear – crowd, in
- Mind – Anxiety – anticipation
- Mind – Claustrophobia
- Skin – Abscess – recurrent
- Skin – Suppuration – tendency
- General – Chronic complaints

**REPERTORY SCREENSHOT**

| Remedies                         | coff. | apis | lach. | nux-v. | petr. | Graph. | lyc. | ph-ac. | phos. | sars. | sep. | spong. | thuji. | verat. | agar. | alum. |
|----------------------------------|-------|------|-------|--------|-------|--------|------|--------|-------|-------|------|--------|--------|--------|-------|-------|
| Serial Number                    | 1     | 2    | 3     | 4      | 5     | 6      | 7    | 8      | 9     | 10    | 11   | 12     | 13     | 14     | 15    | 16    |
| Symptoms Covered                 | 2     | 2    | 2     | 2      | 2     | 2      | 2    | 2      | 2     | 2     | 2    | 2      | 2      | 2      | 2     | 2     |
| Intensity                        | 5     | 4    | 4     | 4      | 4     | 3      | 3    | 3      | 3     | 3     | 3    | 3      | 3      | 3      | 2     | 2     |
| Result                           | 2/5   | 2/4  | 2/4   | 2/4    | 2/4   | 2/3    | 2/3  | 2/3    | 2/3   | 2/3   | 2/3  | 2/3    | 2/3    | 2/3    | 2/2   | 2/2   |
| Clipboard 6                      |       |      |       |        |       |        |      |        |       |       |      |        |        |        |       |       |
| FEMALE GENITALIA/SEX - ERUPTIONS | 2     | 2    | 1     | 2      | 3     | 2      | 2    | 1      | 1     | 1     | 2    | 1      | 2      | 1      | 1     | 1     |
| MIND - VIVACIOUS                 | 3     | 2    | 3     | 2      | 1     | 1      | 1    | 2      | 2     | 2     | 1    | 2      | 1      | 2      | 1     | 1     |

**SELECTION OF REMEDY**

**CONSTITUTIONAL REMEDY**

**Remedy:** Silicea

**Potency:** 200

**Dose:** Single dose, followed by placebo

**Reasons:**

- Chronic suppuration tendency
- Recurrent abscesses
- Soft, yielding personality
- Anxiety and anticipatory fear
- Deep-acting constitutional remedy

**ACUTE REMEDIES**

| <b>Remedy</b> | <b>Potency</b> | <b>Reason</b>           |
|---------------|----------------|-------------------------|
| Hepar sulph   | 30             | Acute suppuration, pain |
| Belladonna    | 30             | Inflammatory stage      |

**DIFFERENTIAL REMEDIES**

- Calcarea carb
- Calcarea silicata
- Silicea (selected based on totality)

**MIASMATIC APPROACH**

| <b>Symptoms</b> | <b>Psora</b> | <b>Sycosis</b> | <b>Syphilis</b> | <b>Tubercular</b> |
|-----------------|--------------|----------------|-----------------|-------------------|
| Suppuration     | ✓            | ✓              | ✓               |                   |
| Chronicity      | ✓            | ✓              |                 |                   |
| Recurrence      |              | ✓              |                 |                   |
| Scarring        |              | ✓              | ✓               |                   |

**Miasmatic Predominance: Syco-syphilitic**

**MATERIALS AND METHODS**

- Repertory: Kent
- Method: Classical Individualization
- Follow-up: Monthly clinical evaluation

**RESULTS**

| <b>Month</b> | <b>Progress</b>              | <b>Prescription</b> |
|--------------|------------------------------|---------------------|
| 1            | Mild relief in pain          | Silicea 200         |
| 2            | Slight reduction in swelling | Placebo             |
| 3            | Discharge persists           | Hepar sulph 30      |
| 4            | Pain reduced                 | Placebo             |
| 5            | 60% reduction in gland size  | Placebo             |
| 6            | Discharge reduced            | Placebo             |
| 7            | No new lesions               | Placebo             |
| 8            | Old lesions healing          | Placebo             |
| 9            | Discharge minimal            | Placebo             |
| 10           | No new eruptions             | Placebo             |
| 11           | Stable condition             | Placebo             |
| 12           | Marked improvement           | Placebo             |

**TRANSFORMATION TABLE**

| <b>Parameter</b> | <b>Before</b>       | <b>After</b>   |
|------------------|---------------------|----------------|
| Lesions          | Recurrent, multiple | No new lesions |
| Pus discharge    | Frequent, foul      | Minimal/absent |
| Pain             | Moderate            | Minimal        |
| Recurrence       | Frequent            | Controlled     |
| Quality of life  | Poor                | Improved       |

## DISCUSSION & CONCLUSION

This case demonstrates the efficacy of **constitutional homeopathic treatment** in chronic inflammatory and suppurative disorders like HS. Silicea acted deeply on:

- Suppurative tendency
- Chronic inflammatory process
- Psychological susceptibility

The integration of mental generals and miasmatic understanding was key to remedy selection. The sustained improvement without recurrence indicates true constitutional healing rather than suppression.

## THE TRANSFORMATION



