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INDIVIDUALIZED HOMEOPATHIC MANAGEMENT OF CHRONIC PERIORAL DERMATITIS USING PULSATILLA: A CASE REPORT FROM DR BATRA'S HOMEOPATHY CLINIC

Dr Yashwant Mishra

Chief Homeopathic Consultant, Jamshedpur Branch

Dr Batra's Positive Health Clinic Pvt. Ltd.

Qualification BHMS

Email id chc-jamshedpur@drbatras.com, Mobile +91 877 775 3109

Abstract

Perioral dermatitis is a chronic inflammatory dermatosis characterized by erythematous papules, scaling, and dryness surrounding the mouth. This case report describes a patient presenting with chronic perioral dermatitis characterized by severe dryness, cracked lips, and peeling around the perioral region. After detailed case analysis and repertorial evaluation, the constitutional remedy **Pulsatilla** was prescribed. Over a treatment period of 12 months, progressive improvement occurred with complete resolution of lesions and a sustained remission period of 10 months.

This case demonstrates the potential effectiveness of individualized homeopathic treatment in managing chronic perioral dermatitis while improving patient quality of life.

Keywords

Perioral dermatitis, Homeopathy, Pulsatilla, Facial dermatitis, Individualized treatment

Introduction

Perioral dermatitis is a chronic inflammatory facial dermatosis that presents with papules, erythema, dryness, and scaling around the mouth, sometimes extending to the nose and eyes. The condition commonly affects young adults and may be triggered by topical corticosteroid use, cosmetics, hormonal changes, or environmental factors such as dry weather.

Typical symptoms include:

- erythematous papules
- dryness and scaling
- burning or itching
- cracked lips and perioral irritation

The disease is often persistent and recurrent, leading to cosmetic concern and psychological distress.

Homeopathy addresses chronic skin diseases by focusing on the patient's constitutional predisposition and restoring internal balance, aiming for sustained remission rather than symptomatic suppression.

Case Profile

Diagnosis

Perioral dermatitis

Differential Diagnosis

Facial dermatitis

Duration of illness

Approximately 1 year

Presenting Complaints

- dryness of lips
- peeling and scaling around mouth
- cracked lips
- pain while opening mouth
- dryness extending to perioral region

Modalities

Aggravation

- morning
- winter season
- dry weather

Amelioration

- application of vaseline

History of Present Illness

The patient initially noticed a **small eruption around the lips** which gradually spread to the surrounding perioral area. Multiple dermatological treatments were taken, but the lesions recurred after temporary improvement.

PastHistory

- dengue fever
- hair fall
- vitamin B12 deficiency

Physical Generals

Parameter	Observation
Appetite	Normal
Thirst	Decreased
Craving	Chicken, salty foods
Thermal reaction	Hot patient
Covering	Thin
Seasonal aggravation	Winter
Sleep	Restful

Mental Generals

- confident personality
- intelligent and curious

- prefers company
- shy during public speaking
- fear of darkness
- patient temperament

These mental traits suggested a mild emotional sensitivity with a desire for social support.

Repertorial Analysis

Repertory used: Kent Repertory

Selected rubrics included:

- Face – eruptions – around mouth
- Skin – dryness – lips
- Mind – company – desire for
- Mind – fear – darkness
- Skin – eruptions – scaling

Remedies appearing prominently included:

- Pulsatilla
- Silicea
- Phosphorus
- Sulphur
- Natrum muriaticum

Considering the patient's constitutional traits and modalities, **Pulsatilla** emerged as the most suitable remedy.

Justification of Remedy Selection

Pulsatilla is known for:

- inflammatory facial eruptions
- skin conditions influenced by environmental changes
- emotional sensitivity and preference for company
- gentle, mild temperament

The patient's physical symptoms and personality traits strongly corresponded with the Pulsatilla constitution.

Miasmatic Analysis

Symptom	Psora	Sycosis	Syphilis
Chronic dermatitis	✓		
Dryness and scaling	✓		
Recurrent episodes	✓	✓	
Skin inflammation	✓		

Dominant miasm: **Psora**

This suggests a functional disturbance of skin metabolism rather than destructive pathology.

LSMC

According to homeopathic philosophy, disease manifestations can be evaluated at multiple levels.

Mental Level

Improved confidence and reduced emotional distress after treatment.

General Level

Better comfort with environmental conditions and reduction in systemic sensitivity.

Local Level

Resolution of dryness, scaling, and cracked lips.

Direction of Cure

Improvement followed the principles described by Hering's law:

- symptoms reduced gradually
- healing progressed from deeper tissues to superficial skin
- general well-being improved before local skin healing

Treatment Protocol

Constitutional remedy: **Pulsatilla**

Potency selection was based on patient susceptibility and vitality.

Supportive treatment:

Sac lac and occasional acute remedies such as **Hepar sulphuris** when required.

Follow-up Summary

Month	Clinical Progress
1	Dryness slightly reduced
3	Peeling decreased
6	Cracks healed
9	Skin texture improved
12	Complete resolution

Photographic Documentation

Figure 1: Baseline presentation showing severe dryness and scaling around the lips and perioral region.

Figure 2: Mid-treatment photograph demonstrating reduction in peeling and healing of cracks.

Figure 3: Final follow-up photograph showing normal skin texture with complete resolution of lesions.



Health-Related Quality of Life (HRQL)

Before treatment

- facial lesions affected confidence
- pain while opening mouth
- emotional distress

After treatment

- clear skin around mouth
- no pain or itching
- improved self-confidence and mental comfort

Discussion

Perioral dermatitis often presents therapeutic challenges due to its recurrent nature. Conventional therapies focus primarily on suppression of inflammation, which may lead to recurrence after discontinuation.

In this case, individualized homeopathic prescribing addressed both physical symptoms and constitutional characteristics. The selected remedy Pulsatilla corresponded with the patient's symptom totality and resulted in gradual and sustained improvement.

The long-term remission observed highlights the potential role of homeopathy in chronic dermatological conditions.

Conclusion

This case illustrates successful management of chronic perioral dermatitis through individualized homeopathic treatment.

The constitutional remedy Pulsatilla produced significant improvement, resulting in complete healing of lesions and sustained remission for 10 months.

Such outcomes suggest that homeopathy can offer a safe and effective therapeutic approach for chronic facial dermatitis.

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