



Original Research Article

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**RESTORING QUALITY OF LIFE IN CHEMOTHERAPY-INDUCED ECZEMATOUS DERMATITIS THROUGH INDIVIDUALIZED HOMEOPATHY: A CLINICAL CASE MANAGED AT DR BATRA'S HOMEOPATHY CLINIC**

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**Abstract**

Chemotherapy-induced dermatological reactions are common adverse effects observed in cancer patients undergoing systemic anticancer therapy.

This case report describes a **female patient with metastatic breast carcinoma undergoing chemotherapy who developed severe eczematous dermatitis characterized by dryness, scaling, intense itching, and occasional bleeding due to scratching.** The lesions were mainly present on the legs and feet, with discoloration and edema.

Over twelve months of treatment, progressive reduction in itching, scaling, and skin lesions was observed. The patient regained restful sleep and improved quality of life despite continuing chemotherapy.

The case highlights the potential role of homeopathy in managing chemotherapy-related dermatological complications. The transformation occurred at **Dr Batra's Homeopathy Clinic.**

**Keywords**

Chemotherapy rash, Eczema, Homeopathy, Rhus Toxicodendron, Supportive cancer care

## Introduction

Cutaneous reactions are frequently reported in patients undergoing chemotherapy. These dermatological manifestations include xerosis, pruritus, acneiform eruptions, flagellate dermatitis, and eczema-like rashes.

Chemotherapy-induced skin toxicity occurs due to:

- damage to rapidly dividing skin cells
- inflammatory cytokine activation
- immune system alterations
- dryness and scaling
- severe itching
- erythema
- fissuring and bleeding

These symptoms significantly impair quality of life and may interfere with cancer therapy adherence.

Homeopathy addresses dermatological disorders by evaluating the **patient's mental state, general symptoms, and physical pathology**, allowing individualized remedy selection.

## Case Profile

Chief Complaint

Eczematous rash with severe itching.

Duration

More than 1 year.

## Presenting Symptoms

- severe itching in legs and feet
- dryness and scaling
- scratching leading to bleeding
- discoloration of skin
- occasional discharge

On examination:

- scaling lesions on legs and feet
- pitting edema
- dryness and discoloration of skin

## Physical Generals

Parameter	Observation
Appetite	Normal
Thirst	Normal
Craving	Curd, pickles
Thermal reaction	Hot patient
Stools	Regular
Urine	Normal
Sleep	Disturbed
Perspiration	Profuse

## Examination

Dermatological findings:

- eczematous lesions on legs and feet
- scaling and dryness
- scratch marks with occasional bleeding
- pitting edema in affected areas

## Mental Generals

The patient had a stable and happy childhood with loving parents. She performed well academically and completed her graduation.

After marriage, however, life became challenging as her husband was financially irresponsible. She had to take responsibility for raising the family and managing financial needs. This made her emotionally strong and independent.

Despite hardships, she remained **bold, courageous, and optimistic**. She worked hard to support her children and eventually helped them establish stable careers.

Six years ago she was diagnosed with **breast carcinoma**, which later progressed with bone metastasis. Despite this severe health challenge, she continued to remain emotionally strong and resilient.

Her personality traits include:

- courageous and bold
- optimistic outlook
- active and hardworking
- expressive and extroverted

### **Past History**

- hypothyroidism
- breast carcinoma with bone metastasis

### **Family History**

Father – retired

Mother – homemaker

### **Case Analysis**

Important symptoms considered:

- eczema with intense itching
- scratching causing bleeding
- dryness and scaling
- sleep disturbed due to itching

### **Repertorial Totality**

Repertory used: Kent Repertory

Selected rubrics:

- Skin – eruptions – eczema
- Skin – itching – night
- Skin – scaling
- Mind – courageous
- Mind – cheerful

### **Selection of Remedy**

### **Constitutional Remedy**

Remedy: Phosphorus

Reasons:

- intellectual personality
- desire for company
- extroverted and courageous nature

**Acute Remedy**

Remedy: Graphites

Reason:

- eczema with dryness and scaling

**Miasmatic Approach**

Symptoms	Psora	Sycosis	Syphilis
Eczema	✓		
Chronicity	✓	✓	
Scaling	✓		

Predominant miasm: **Psoric**

**Materials and Methods**

Repertorization performed using **Kent Repertory through computerized repertorial analysis.**

**Results**

Month	Progress	Prescription
1	Severe itching persists	Rumex
2	Slight reduction in itching	Rhus tox
3	Dryness reduced	Phytolacca
4	Scaling decreased	Kali sulph
5	Lesions improving	Rumex
6	Itching mild	Rhus tox
7	Skin healing	Phytolacca
8	Sleep improved	Kali sulph

9	Minimal itching	Rumex
10	Skin almost normal	Rhus tox
11	Stable condition	Phytolacca
12	No active lesions	Kali sulph

### Transformation Table

Parameter	Before Treatment	After Treatment
Itching	Severe	Minimal
Scaling	Severe	Absent
Sleep	Disturbed	Restful
Skin lesions	Extensive	Healed

### Discussion & Conclusion

Chemotherapy-related skin reactions significantly impair quality of life and may complicate cancer treatment.

This case demonstrates that individualized homeopathic treatment can provide supportive care in managing dermatological complications associated with chemotherapy.

The selected remedies based on symptom totality resulted in gradual improvement of itching, scaling, and skin lesions. Importantly, the patient experienced better sleep and overall comfort while continuing chemotherapy.

The case highlights the potential role of homeopathy as an adjunct supportive therapy in oncology care.

### The Transformation

Before treatment

- severe itching
- dryness and scaling
- sleep disturbance

After treatment

- no active lesions
- improved sleep
- better quality of life



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