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SUCCESSFUL HOMEOPATHIC MANAGEMENT OF CHRONIC SENILE ECZEMA: A CLINICAL TRANSFORMATION AT DR BATRA'S HOMEOPATHY CLINIC

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Abstract

Eczema is a chronic inflammatory skin disorder characterized by erythema, itching, vesiculation, oozing, and scaling. This case study presents an elderly patient suffering from **chronic eczema for 1.5 years**, characterized by intense itching, oozing of white fluid, bleeding after scratching, despite previous treatment with conventional medications and prior homeopathic therapy, the patient experienced no lasting relief. A detailed classical homeopathic case analysis. Over an **11-month treatment period**, significant clinical improvement was observed. The patient also reported improvement in constipation, pedal edema, and general well-being.

This case demonstrates the effectiveness of individualized classical homeopathy in managing chronic eczema in elderly patients, leading to substantial clinical recovery and improved quality of life. The patient experienced a remarkable therapeutic transformation at **Dr Batra's Homeopathy Clinic**.

Keywords

Eczema, Homeopathy, Lycopodium clavatum, Chronic dermatitis, Individualized treatment

Introduction

Eczema, also referred to as dermatitis, is a chronic inflammatory skin condition characterized by pruritus, erythema, vesicles, scaling, and lichenification. The condition may arise due to genetic predisposition, immune dysregulation, environmental triggers, allergens, or psychological stress.

Common clinical symptoms include:

- Intense itching
- Redness and inflammation
- Oozing or crust formation
- Dryness and scaling
- Thickening of skin in chronic cases

Chronic eczema can lead to significant physical discomfort and emotional distress, particularly when lesions spread extensively.

Conventional treatment typically includes:

- Topical corticosteroids
- Emollients
- Antihistamines
- Immunosuppressive agents

However, these treatments often provide temporary relief and recurrence is common after discontinuation.

Homeopathy adopts a holistic approach, focusing on the **constitutional susceptibility, mental state, and individual symptom expression** to restore the body's natural healing mechanisms.

Case Profile

Age: 86 years

Gender: Male

Diagnosis: Chronic Eczema

Differential Diagnosis:

- Atopic dermatitis
- Seborrhoeic dermatitis
- Psoriasis
- Contact dermatitis

The patient presented with **chronic eczema for 1.5 years**, characterized by severe itching with oozing of white fluid. Scratching frequently led to bleeding.

Modalities:

Aggravation

- Warmth
- Heat

Amelioration

- Cold applications
- After bathing

The disease began as **small lesions on both lower extremities** and gradually spread to involve larger areas of the body.

Associated complaints included:

- Hypertension (on medication)
- Pedal edema
- Generalized weakness
- Pain in lower limbs
- Constipation with hard stools

Physical Generals

Parameter	Findings
Diet	Mixed
Appetite	Normal
Desire	Not marked
Aversion	Not specific
Thermal reaction	Warm patient
Thirst	Normal (1-2 litres/day)
Stools	Hard, constipated occasionally
Urine	Clear; sometimes incomplete evacuation sensation
Perspiration	Scanty, mainly forehead
Sleep	Disturbed
Dreams	Not significant

Examination

General physical examination revealed:

- Diffuse eczematous lesions with redness and flakiness
- Oozing serous fluid in active lesions
- Scratch marks with bleeding points
- Pedal edema present

Laboratory investigations revealed:

- Eosinophilia (11%)
- Absolute eosinophil count – 1122
- ESR – mildly elevated
- Other hematological and biochemical parameters within acceptable limits.

Mental Generals

The patient reported an average and stable childhood upbringing with no major illnesses or behavioral issues. He studied in a traditional religious school and later worked as a carpenter for many years. Throughout his life he was socially interactive and maintained good relationships with people around him.

By temperament he is sociable and prefers company rather than solitude. He easily trusts others and shares his thoughts freely with family members and acquaintances. He describes himself as family-oriented and responsible. Financially he is cautious and spends money wisely.

Although generally calm and composed, he tends to suppress anger rather than express it openly. He also prefers that others follow his instructions, indicating a mildly dominating nature.

With advancing age, his major concern became his health. The development of chronic eczema caused significant distress and anxiety. The persistent itching and oozing made him uncomfortable and worried about the progression of the disease. Despite this concern, he maintains an overall optimistic outlook and remains socially engaged.

Past History

- Hypertension (on medication)
- Chronic constipation

Family History

Four sons – all employed

No major hereditary illness reported.

Case Analysis

Characteristic symptoms:

- Intense itching with oozing eczema
- Scratching until bleeding
- Worse warmth
- Better cold application
- Constipation
- Anxiety regarding health
- Desire for company

These symptoms formed the basis of the **repertorial totality**.

Repertorial Totality

Rubrics selected:

- 1 Mind – Company – desire for
- 2 Mind – Weeping disposition
- 3 Skin – Eruptions – oozing
- 4 Skin – Eruptions – itching intense
- 5 Skin – Eruptions – warmth aggravates

Repertory Used: Kent Repertory

Leading remedy: **Lycopodium clavatum**

Remedies	ars.	lyc.	puls.	sep.	nux-m.	stram.	kali-br.	nat-c.	am-m.	apis	cimic.	cycl.	graph.	ign.	nat-m.	Pall.
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	1	1	1	1	1	1	1	1	1	1	1
Intensity	5	5	4	4	2	4	3	3	2	2	2	2	2	2	2	2
Result	2/5	2/5	2/4	2/4	2/2	1/4	1/3	1/3	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2
Clipboard 4																
MIND - Company - desires, wants	4	4		2		4	3	3								2
MIND - Mood, disposition - Tearful - weeping	1	1	2	2	1				2	2	2	2	2	2	2	
FEVER - Chilliness, coldness - With - thirstlessness			2		1											

Selection of Remedy

Constitutional Remedy

Remedy: *Lycopodium clavatum*

Potency: 200C

Dose: Single dose followed by placebo

Reason:

- Chronic skin disorders
- Gastrointestinal complaints including constipation
- Anxiety about health
- Dominating personality with sociability

Acute Remedy

Remedy: *Chimaphila umbellata*

Potency: 30C

Reason: Indicated for prostate complaints.

Intercurrent Remedy

Remedy: *Carbo vegetabilis*

Potency: 30C

Reason: Based on symptom similarity and vitality support.

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Chronic eczema	✓	✓		
Oozing eruptions	✓	✓		
Constipation	✓			
Chronic progression		✓		

Miasmatic predominance: **Psoro-sycotic**

Results

Month	Progress	Prescription
1st month	Flakiness and redness reduced	Lycopodium 200
2nd month	Oozing reduced significantly	Lycopodium + placebo
3rd month	Pedal edema improved	Lycopodium
4th month	No active oozing lesions	Same prescription
5th month	Skin dryness improved	Supportive treatment
6th month	Mild itching occasionally	Lycopodium repeated
7th month	No new lesions	Placebo
8th month	Stable improvement	Placebo
9th month	Lesions healing	Same
10th month	Only pigmentation remaining	Same
11th month	Complete resolution of active eczema	Maintenance

Transformation Table

Parameter	Before Treatment	After Treatment
Itching	Severe	Absent
Oozing	Present	Absent
Flakiness	Severe	Resolved
Redness	Marked	Absent
Sleep	Disturbed	Improved
Quality of life	Poor	Improved

Discussion & Conclusion

Chronic eczema is a multifactorial disorder involving immune dysregulation and environmental triggers. Conventional treatments often provide symptomatic relief but may not prevent recurrence.

In this case, individualized homeopathic treatment addressed both **constitutional predisposition and systemic imbalance**. The remedy *Lycopodium clavatum* corresponded closely with the patient's physical and mental symptom profile.

Gradual improvement was observed over the treatment period, with complete disappearance of itching, oozing, and flakiness. The patient also experienced improvement in general health and associated complaints.

This case demonstrates the value of classical homeopathic prescribing in chronic dermatological conditions and highlights the role of individualized remedies in achieving sustained recovery.

The Transformation

Before Treatment

- Severe itching
- Oozing eczema lesions
- Pedal edema
- Disturbed sleep

After Treatment

- No itching or oozing
- Skin healed with mild pigmentation
- Improved overall well-being

A remarkable clinical transformation was observed at **Dr Batra's Homeopathy Clinic**.



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