



Original Research Article

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HOMEOPATHIC TRANSFORMATION OF ECZEMA AT DR BATRA'S

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Abstract

Eczema is a chronic, non-contagious skin condition characterized by inflammation, itching, and dryness, commonly affecting both children and adults. Its prevalence is rising globally, with some regions like Africa and the Middle East reporting higher numbers. Homeopathy takes a holistic approach, focusing on the individual's physical, emotional, and mental symptoms to stimulate natural healing. This paper highlights a case of a 28-year-old female with eczema on the palms and soles, successfully treated with individualized homeopathic remedies at Dr Batra's. The case demonstrates the effectiveness of homeopathy in managing eczema without the use of steroids.

Keywords: Dr Batra's, Eczema, homeopathy

Introduction

Eczema, also known as atopic dermatitis, is a chronic inflammatory skin disorder marked by redness, itching, dryness, and sometimes oozing or cracking of the skin. It can be triggered by genetic factors, environmental allergens, stress, or irritants like soaps and detergents. Common signs and symptoms include intense itching, rashes, thickened or scaly skin, and discomfort, often worsening at night. If not managed properly, eczema can lead to skin infections, sleep disturbances, and emotional distress. Though it is not contagious, it significantly affects the quality of life and requires long-term care.

Case Profile

A 28-year-old female presented with complaints of vesicular eruptions on both palms and soles, recurring predominantly during the summer months. The eruptions were accompanied by intense itching, which became particularly severe in the early morning hours, disturbing her sleep. She reported repeatedly applying lotions throughout the day in an attempt to relieve the discomfort. The itching worsened noticeably after washing utensils, indicating aggravation from water and household irritants. This chronic condition significantly impacted her daily routine and emotional well-being.

Physical Generals

Diet	Mixed
Appetite	Good
Desire	Nothing specific
Aversion	Nothing specific
Thermal Reaction	Chilly
Thirst	Scanty
Stools	Normal - Satisfactory
Urine	Normal -No complaints
Perspiration	Normal, N.SO, N.S., Usually in armpits
Sleep	Disturbed due to itching
Dreams	Dsnt remember

Examination

Online consultation

Mental Generals -

The patient is an emotionally sensitive individual who is prone to weeping easily, whether due to stress or overwhelming happiness. She has struggled with mood swings since her pregnancy, experiencing anger over minor issues and excessive anxiety, particularly about her baby. She has a tendency to overthink and seeks validation from others before making decisions, reflecting a low confidence level. As a child, she was known for her obstinate nature, often trying to convince others to agree with her viewpoint. While she had many friends in her childhood, she now has a smaller, more business-oriented circle, and remains introverted overall. She shares her feelings primarily with her husband, who is supportive and understanding. Her fears include heights, insects, darkness, and being alone. Despite

these emotional challenges, she enjoys painting and music, finding comfort in creative expression. The patient is also sensitive to criticism and often seeks reassurance from others, especially when faced with decisions. Her anxiety and emotional reactivity significantly impact her daily life, and she is easily moved to tears, even during the case history interview.

Past History: Nothing specific

Family History:

Father : diabetes mellitus

Mother: multiple myeloma under treatment

Case analysis Reportorial totality

Repertory used	Rubrics selected
Synthesis Repertory	<ul style="list-style-type: none"> - Anxiety future about - Forsaken feeling, - Confusion of mind - Weeping - Hysteria changing symptoms

Repertory screenshot

Remedies	puls.	carc.	calc.	lach.	nat-m.	merc.	phos.	rhus-t.	sep.	anac.	ars.	aur.	aur-m-n.	op.	psor.	spong.	sulph.	vanil.	ant-t.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	5	5	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
Intensity	13	6	10	10	10	9	9	9	9	8	8	8	8	8	8	8	8	8	7
Result	5/13	5/6	4/10	4/10	4/10	4/9	4/9	4/9	4/9	4/8	4/8	4/8	4/8	4/8	4/8	4/8	4/8	4/8	4/7
Clipboard 2																			
MIND - ANXIETY - future, about	2	1	3	2	2	1	3	2	2	2	1	1	2	2	2	3	2	1	1
MIND - FORSAKEN feeling	3	1	1	2	2	2	2	1	1	2	2	3	2	1	3	1	1	1	2
MIND - HYSTERIA - changing symptoms	3	1																	
MIND - CONFUSION of mind	2	1	3	3	3	3	2	3	3	2	2	2	2	3	2	1	2	3	2
MIND - WEEPING	3	2	3	3	3	3	2	3	3	2	3	2	2	2	1	3	3	3	2

Selection of Remedy

Constitutional - Pulsatilla 200 , 2 doses

Acute - Arsenicum album 30 bd Dry rough skin, redness, itching, burning with vesicles

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Anxiety about the future	✓			✓
Forsaken feeling	✓			
Confusion of mind			✓	✓
Weeping	✓		✓	
Hysteria (changing symptoms)		✓	✓	

Materials and Methods

Radar software – Synthesis repertory

Results

Month	Progress	Prescription
1st month	Itching is no longer present, dryness and flaking are still there; skin feels stretched but no burning	Pulsatilla 200 (2 doses), Arsenicum Album 30 BD
2nd month	No itching, no flaking, feet feel dry but no skin peeling or other symptoms	Arsenicum Album 30 BD
3rd month	No flaking, no itching, no dryness, no stretching sensation	Arsenicum Album 30 BD
4th month	Skin is good with slight dryness due to winter	Arsenicum Album 30 BD
5th month	No issues with skin, but dryness has increased this month	Arsenicum Album 30 BD
6th month	No itching, no dryness, 1 small eruption on the 1st finger; moisturizing applied	Arsenicum Album 30 BD
7th month	No itching, no cracks or pain, no new lesions	Pulsatilla 200 (2 doses), Arsenicum Album 30 BD
8th month	No new spots, occasional skin peeling on feet	Arsenicum Album 30 BD
9th month	No complaints	Arsenicum Album 30 BD
10th month	No new spots, old skin has healed	Arsenicum Album 30 BD
11th month	No new lesions, sweaty hands due to weather change	Arsenicum Album 30 OD, Rhus Tox 30 OD
12th month	No further symptoms or issues (complete healing)	Arsenicum Album 30 OD, Rhus Tox 30 OD

Discussion & Conclusion

The patient continues to show significant improvement and is still under follow-up. She expresses immense satisfaction with the progress, especially in terms of her quality of life. Previously, excessive itching at night severely disturbed her sleep, but she is now able to sleep peacefully without interruptions. Additionally, she can now cut fruits and vegetables without wearing gloves, a task she had to avoid earlier due to the aggravation of her skin condition. This marks a considerable improvement, highlighting the positive impact of homeopathic treatment in managing eczema. The patient's ability to engage in daily activities without discomfort or fear of flare-ups underscores the effectiveness of the prescribed remedies and the holistic approach taken towards her care.

The transformation



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