



Original Research Article

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**TRANSFORMATION OF CHRONIC SCHAMBERG SYNDROME TREATED AT DR
BATRA'S® HOMEOPATHY CLINIC: A CLASSICAL HOMEOPATHIC CASE STUDY**

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Abstract

Pigmented purpuric dermatoses are chronic, relapsing vascular disorders that often show limited response to conventional management. We present a case of long-standing Schamberg's disease with bilateral lower limb pigmentation, itching, and burning, previously unresponsive to conventional therapy, which showed sustained clinical improvement following individualized classical homeopathic treatment. A comprehensive clinicopathological evaluation, constitutional analysis, and miasmatic approach were employed. Gradual resolution of subjective symptoms and objective pigmentation was observed with improvement in quality of life. This case demonstrates a meaningful clinical transformation achieved at **Dr Batra's® Homeopathy Clinic**.

Keywords

Schamberg's disease, Pigmented purpuric dermatosis, Classical homeopathy, Constitutional treatment, Microcirculation, Case study

Introduction

Pigmented purpuric dermatoses (PPD) represent a group of chronic capillaritis characterized by petechiae, purpura, and hemosiderin pigmentation, predominantly

involving the lower limbs. Schamberg's disease is the most common variant, marked by progressive reddish-brown macules with a "cayenne pepper" appearance. Although benign, its chronicity, cosmetic disfigurement, and persistent symptoms significantly affect patients' quality of life. Conventional management often yields variable and unsatisfactory outcomes, necessitating exploration of individualized therapeutic approaches.

Case Profile

- **Age / Sex:** 63-year-old female
- **Occupation:** Retired government employee (40 years of service)
- **Marital Status:** Married
- **Diet:** Non-vegetarian
- **Date of First Consultation:** 14 September 2025
- **Duration of Illness:** ~5 years

Chief Complaints

- Progressive blackish-brown pigmentation over both lower limbs since 5 years
- Itching and occasional burning sensation over affected areas
- Episodic redness and appearance of purpuric spots

History of Present Illness

The patient was apparently well until 2021–2022 when she developed reddish discoloration over the left lower leg, gradually progressing to bilateral involvement with brownish-black pigmentation. Over time, itching and mild burning sensations developed. The lesions were persistent with minimal spontaneous improvement. She underwent a skin biopsy at Apollo Hospital, Bangalore (28.10.2022), which confirmed features suggestive of Schamberg's disease. Despite conventional treatment post-biopsy, no significant relief was obtained. Symptoms persisted and slowly progressed, prompting her to seek homeopathic care.

Past, Family, and Personal History

- **Past History:** No major medical illness
- **Family History:** Non-contributory

- **Personal History:** Adequate appetite, normal thirst, satisfactory sleep

Mental Symptoms



The patient described herself as a sensitive, gentle, and emotionally responsive individual since childhood. She was introverted, reserved, and avoided expressing emotions openly. During her school and working years, she maintained discipline and responsibility, often suppressing emotional distress. Over the years, especially during prolonged service stress and post-retirement transition, she became more emotionally sensitive with a tendency toward suppressed anger and internalized anxiety. With the onset of chronic

skin disease, restlessness, irritability due to itching, and anxiety about her health became more prominent, though her overall demeanor remained mild and non-aggressive.

Physical Examination

- Bilateral lower limb involvement with reddish-brown to blackish pigmentation
- Patchy distribution with purpuric spots
- Mild erythema and occasional excoriation marks
- No systemic involvement

Investigations

Histopathology (Skin Biopsy)

Skin biopsy revealed epidermis showing basket weave hyperkeratosis with mild acanthosis. The superficial dermis demonstrated dense perivascular lymphohistiocytic infiltration with the presence of siderophages, indicating hemosiderin deposition. Few dermal blood vessels were lined by plump endothelial cells with extravasation of red blood cells. These findings are characteristic of chronic capillaritis and are histopathologically consistent with **Schamberg Syndrome (Pigmented Purpuric Dermatitis)**, thereby correlating well with the clinical presentation of chronic progressive pigmentation over the lower limbs.

Diagnosis

Schamberg's disease (Pigmented Purpuric Dermatitis)

Differential Diagnosis

- Chronic venous insufficiency
- Leukocytoclastic vasculitis
- Post-inflammatory hyperpigmentation

Homeopathic Case Analysis

Totality of Symptoms

- Chronic progressive pigmentation of lower limbs
- Purpuric eruptions with itching and burning
- Worse from prolonged standing
- Sensitive, mild, introverted personality
- Anxiety about health with restlessness

LSMC

- Location: Lower limbs
- Sensation: Itching, burning
- Modality: Worse on prolonged standing, better with rest
- Concomitants: Anxiety, restlessness

Miasmatic Analysis

- **Psora:** Itching, hypersensitivity, functional disturbance
- **Sycosis:** Chronicity, pigmentation, vascular congestion

Repertorization

- **Mind – Reserved**
- **Mind – Timidity**
- **Mind – Anger – suppressed**
- **Mind – Fear – failure, of**
- Skin – Discoloration – brown
- Skin – Purpura
- Skin – Itching – lower limbs

- Extremities – Eruptions – lower limbs

Remedies	<i>phos.</i>	<i>aur-m-n.</i>	<i>geis.</i>	<i>nat-m.</i>	<i>sil.</i>	<i>aur.</i>	<i>lyc.</i>	<i>plb.</i>	<i>sulph.</i>	<i>tritic-vg.</i>	<i>aeth.</i>	<i>aids.</i>	<i>aloe</i>
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13
Symptoms Covered	3	3	3	3	3	3	3	3	3	3	3	3	3
Intensity	7	6	6	6	6	5	5	5	5	5	4	4	4
Result	3/7	3/6	3/6	3/6	3/6	3/5	3/5	3/5	3/5	3/5	3/4	3/4	3/4
Clipboard 2													
MIND - RESERVED	3	2	2	3	1	1	1	1	1	1	1	1	2
MIND - TIMIDITY	3	2	3	2	4	2	3	3	3	2	1	2	1
MIND - ANGER - suppressed													
MIND - FEAR - failure, of	1	2	1	1	1	2	1	1	1	2	2	1	1

Remedy Selection and Homeopathic Working

Constitutional Remedy

The constitutional remedy was selected based on the patient’s mild, gentle, reserved temperament, emotional sensitivity, suppressed anger, and anxiety regarding her health, along with the chronic venous congestion and progressive skin discoloration.

Reason for Selection

Pulsatilla was prescribed as the constitutional remedy considering:

- Changeable nature of complaints
- Chronic skin eruptions with discoloration
- Mild temperament with better response to gentle constitutional treatment
- Lack of sustained response to previous aggressive interventions

Key Indications in This Case

- Chronic skin conditions associated with venous congestion
- Gradual but steady improvement in pigmentation
- Long-standing dermatological complaints in female patients
- Regulation of disturbed circulation and capillary stasis

Pathological Remedy

Gunpowder was prescribed as an intercurrent pathological remedy based on:

- Chronic capillary bleeding with hemosiderin deposition
- Petechial and purpuric eruptions
- Long-standing stagnation at the microvascular level

Key Indications include purpura, chronic skin hemorrhages, vascular stasis with pigmentation, and pathological blocks due to extravasated blood pigments. The remedy was used to improve microcirculation and facilitate absorption of hemosiderin.

Symptomatic Support

Arsenicum album (low potency, daily) was prescribed to relieve distressing subjective symptoms such as:

- Itching and burning sensations
- Restlessness associated with skin irritation
- Anxiety related to chronicity of the disease

Key Indications included burning pains relieved by warmth, hypersensitive skin, pigmentation in chronic skin diseases, and anxiety about health. This remedy helped improve patient comfort, prevent scratching, and reduce the risk of secondary infection.

Treatment and Follow-up

Follow-up Summary Table

Date	Subjective Symptoms	Objective Findings	Prescription & Rationale	Assessment
14-09-2025 (Baseline)	Persistent itching, occasional burning over both lower limbs; anxiety regarding chronic disease	Dark brown to blackish pigmentation bilaterally, purpuric spots, mild erythema	Pulsatilla – constitutional (mild, sensitive, reserved temperament, venous congestion) Gunpowder – intercurrent pathological (chronic capillary bleeding, hemosiderin deposition)	Baseline documented

			\n Arsenicum album (low potency, daily) – for itching, burning, restlessness	
09-11-2025	Itching reduced significantly; burning occasional	Pigmentation lighter on right leg; no new purpuric lesions	Pulsatilla continued (constitutional response evident) \n Gunpowder repeated to address residual vascular stasis \n Arsenicum album continued	Definite early improvement
08-12-2025	Occasional mild itching only	Further reduction in blackish discoloration; stable lesions	Pulsatilla continued \n Gunpowder withheld (pathological block improving)	Steady improvement
11-01-2026	No burning; itching minimal and occasional	No new lesions; gradual fading of existing patches	Pulsatilla continued as constitutional support	Sustained response
09-02-2026	No itching or burning; improved comfort and confidence	Significant lightening of pigmentation; spread arrested	Supportive remedy added as needed (symptom-based)	Marked clinical improvement
10-02-2026	Asymptomatic; no subjective complaints	Residual faint pigmentation only	Observation; constitutional remedy as required	Stable remission

Transformation Table

Parameter	Before Treatment	After Treatment
Pigmentation	Dark brown-black	Significantly lighter
Itching	Persistent	Absent
Burning	Present episodically	Absent
Spread	Progressive	Arrested
Quality of Life	Disturbed	Improved

Discussion

This case highlights the role of individualized classical homeopathy in managing chronic pigmented purpuric dermatoses. Schamberg's disease, though benign, poses therapeutic challenges due to its chronic microvascular pathology and hemosiderin deposition. The patient's lack of response to conventional therapy underscores the need for holistic approaches. Constitutional treatment aimed at correcting underlying susceptibility, supported by pathological and symptomatic remedies, resulted in gradual yet sustained improvement. The slow fading of pigmentation aligns with known pathophysiology, emphasizing realistic expectations. The improvement in subjective symptoms enhanced compliance and overall wellbeing.

CONCLUSION

This case illustrates the successful management of **Schamberg Syndrome (Pigmented Purpuric Dermatitis)** through individualized classical homeopathic treatment. The patient presented with a long-standing, progressive pigmentary disorder unresponsive to prior conventional interventions. A thorough clinicopathological correlation, detailed constitutional assessment, and miasmatic understanding formed the basis of remedy selection. Constitutional prescribing addressed the patient's underlying susceptibility, while intero pathological and symptomatic remedies supported microcirculatory correction and symptom relief. Gradual but sustained improvement in pigmentation and complete resolution of subjective symptoms were observed, reflecting the natural pace of healing in chronic capillary disorders. The case reinforces the importance of patience, individualized treatment, and long-term follow-up in chronic dermatological conditions and highlights a meaningful clinical transformation achieved at **Dr Batra's® Homeopathy Clinic**.

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