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Emotional and dermatological relief through homeopathy: Atopic dermatitis

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Abstract
Chronic eczema, often identified as atopic dermatitis (AD), is a long-standing inflammatory skin condition marked by pruritus, erythema, and recurrent eczematous lesions. Affecting nearly 15-20% of children globally and about 1-3% of adults, it significantly hampers quality of life due to its relapsing nature and visible symptoms [1]. This case study presents a 15-year-old female who has been struggling with widespread skin eruptions for over seven years, involving her face, scalp, neck, underarms, elbows, thighs, and back. The lesions were impacting her physical comfort and psychological well-being. The case highlights the holistic management of chronic skin complaints using individualized homeopathic treatment at Dr Batra's, addressing not just the visible symptoms but also the underlying stress and susceptibility of the patient.

Keywords: Chronic eczema, Homeopathy, Dr Batra's

Introduction
Eczema or atopic dermatitis is a chronic, pruritic, inflammatory skin disease that usually begins in early childhood and can persist or recur throughout life. It is characterized by periods of flare-ups and remissions, leading to intense itching, dryness, erythema, and often lichenification in long-standing cases [2]. Globally, eczema affects about 15-20% of children and 1-3% of adults, making it one of the most common pediatric skin disorders [1, 3].
The exact cause of eczema is multifactorial, involving genetic predisposition, impaired skin barrier function, immune dysregulation, and environmental triggers such as allergens, weather changes, and stress [4]. Clinically, the disease manifests as itchy, dry, inflamed patches of skin that may become cracked or bleed. In adolescents, the psychological burden due to visible skin changes can lead to low self-esteem, social withdrawal, and emotional distress [5].
Complications may include secondary infections, sleep disturbances, and long-term skin damage due to constant scratching. While topical steroids and immunosuppressants are standard treatments, their long-term use poses risks, especially in growing children [6]. Homeopathy offers an alternative approach, emphasizing individualized remedies that consider the person's physical, mental, and emotional state, thereby aiming for a long-lasting cure and not mere suppression of symptoms [7].

Case Profile
A 15-year-old girl has been suffering for the past seven years from persistent skin eruptions that began insidiously and gradually spread across her face, neck, underarms, back, elbows, thighs, and scalp. These eruptions presented as dry, itchy patches, often flaking and sometimes leading to cracks and bleeding, especially in the elbow and knee folds. The condition would intermittently flare up, especially after exposure to certain triggers like eggs, sun without protection, cold weather, or during periods of stress—such as examinations or travel. Despite attempting conventional treatments like antibiotics and topical steroids, the relief was temporary, and the symptoms would return, often more aggravated. There were episodes of intense itching and burning, leading to scratch marks and secondary skin discoloration, particularly in sensitive areas. Recurrent respiratory issues like sore throats, tonsillar congestion, and blocked nose further weakened her overall health. Her scalp also showed signs of flakiness and oiliness, adding to her discomfort. The constant recurrence of skin eruptions severely impacted her self-esteem, especially during social interactions, creating emotional distress and body image concerns at a crucial stage of adolescence.

Menses remained mostly regular, but were occasionally delayed or altered during periods of increased stress or travel. Despite following dietary restrictions and lifestyle modifications, her symptoms remained stubborn. The unpredictability and chronicity of her condition led to frustration, especially when other forms of treatment failed to offer lasting relief. Over the years, this long-standing condition has caused not only physical discomfort but also emotional exhaustion and social embarrassment, making her daily life and development as a teenager challenging and burdensome.

Physical Generals

- **Appetite:** Reduced; eats less than average for her age.
- **Cravings:** Marked desire for cheese.
- **Aversions:** Strong dislike for chicken; low tolerance for seafood.
- **Thirst:** Moderate; prefers room temperature water; drinks ~7-8 glasses/day.
- **Perspiration:** Scanty; no odor or staining.
- **Urine:** Normal frequency and flow; no complaints.
- **Stool:** Regular; once daily; no abnormalities.
- **Thermal reaction:** Chilly patient; prefers warm clothing and climate.
- **Bathing preference:** Adjusts with seasons; no strong preference for water temperature.
- **Sleep:** Inadequate; sleeps for 6-7 hours per night.
- **Sleep position:** Prefers sleeping on abdomen.
- **Dreams:** Not clearly remembered; vague and non-disturbing when recalled.

Female History

- **Birth history:** Born via cesarean section.
- **Birth weight:** 2.4 kg.
- **Development:** All milestones achieved on time.

Examination
General Examination
Pallor: Not present
Tongue: Normal

Respiratory System AEBE, NAD
Cardiovascular System S1S2 heard, NAD
Throat Examination NAD

Skin Examination
Observation
Greyish-dark pigmentation noted, especially on face, neck, and elbows
Scalp shows signs of flaking
No active eruptions or lesions at the time of examination

Mental Generals
The patient, a 15-year-old girl, currently resides in the UAE with her parents and two younger sisters aged 10 and 5 years. Her grandparents live in Sri Lanka. She has been brought up in a warm and secure family environment with strong emotional bonding among the family members. Her parents are caring, though at times she feels a lack of individual attention, which tends to make her emotional and teary. From a young age, she has shown good scholastic performance and maintains healthy interpersonal relationships both at home and school. She is known to be sensitive, intelligent, and emotionally expressive. She often becomes anxious and nervous, especially around examination periods, and tends to get easily stressed or overwhelmed during academic pressure. This anxiety sometimes leads to restlessness, especially when she is alone. She is shy and timid by nature, and her confidence tends to dip in unfamiliar situations.
Her personality is a blend of emotional sensitivity and inner strength. She is obedient yet stubborn, especially when she feels neglected or when her emotional needs are unmet. She admits to getting angry when scolded or when not receiving the expected attention from her parents, and often expresses her anger through crying rather than outbursts. Emotionally, she is affected deeply by harsh words or reprimands, and such situations often make her withdrawn or tearful. The happiest moments in her life are spent playing with her friends, where she feels free, cheerful, and confident. Her favorite hobbies include dancing, art, and playing badminton, which give her joy and act as a healthy emotional outlet. Her mental state is a delicate balance of youthful vulnerability, intelligence, and emotional depth, influenced significantly by her need for affection, approval, and emotional security.

Past History
N.S.

Family History
N.S.

Medicinal history:
Gupisone 5mg alt days, Lorine

Case analysis - Reportorial totality
Mental Rubrics:

- **Mind:** Sensitive, oversensitive
- **Mind:** Anxiety - examination, before
- **Mind:** Obstinate, headstrong
- **Mind:** Timidity
- **Skin:** Cracks - bleeding, with

Repertory screenshot

Remedy Name	Sil	Puls	Lyc	Arg-n	Anac	Bar-c	Kali-c	Nux-v	Sulph
Totality	8	8	7	7	6	6	6	5	5
Symptom Covered	5	4	4	3	3	3	3	3	3
[C] [Mind]Obstinate, headstrong:	2	1	2	4	3	3	2	3	2
[BG] [Mind]Timid, shy, wild:	1	3	1			1			1
[LP] [Mind and Disposition]Self confidence, want of:	2	2	1		2	2	2		
[C] [Skin]Ulcers:Bleeding:	2	2	3	2			2	1	2
[C] [Mind]Anticipation:Examination, before:	1			1	1			1	

Selection of Remedy

Constitutional

Silicea 200

1. Lean, thin, chilly constitution
2. Timid yet stubborn nature
3. Seeks company, sensitive to reprimand
4. History of recurrent colds
5. Skin: Eczema with dryness, cracks, itching

Acute

1. Natrum muriaticum 6x
2. Dry skin with intense itching
3. Chapped lips, vesicular eruptions in folds

Intercurrent

1. Sulphur 200
2. Acts as a deep-acting antipsoric
3. Stimulates skin reaction in chronic cases
4. Used to clear suppressions and bring symptoms to the surface

Supportive

Calcarea sulphurica 6x

Helps with skin flaking and healing of eruptions

Useful in cases with yellow scabs or discharges

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Mind - Sensitive, oversensitive	✔			✔
Mind - Anxiety - before examination	✔			✔
Mind - Obstinate, headstrong		✔		
Mind - Timidity	✔			✔
Skin - Cracks - bleeding, with			✔	✔
Skin - Dryness	✔			
Skin - Itching, with burning	✔	✔		✔
Skin - Flaking		✔		✔
Recurrent colds				✔
Thin, lean constitution				✔

Results

Months	Progress	Prescription
1st Month	Initial consultation; Skin - dryness, redness, flaking; itching ++	*Silicea 200* (weekly), *Natrum mur 6x*, *Calcarea sulph 6x*, supportive skin care advised
2nd Month	Skin - itching & dryness improved, no new rashes	Same as above; advised to moisturize 2-3x/day, eat healthy
3rd Month	Skin flared up, redness with peeling; stress due to exams	Continued Silicea + biochemic support, emphasized diet & hydration
4th Month	Itching & rashes reduced, no new patches, diet improved	Continue same, lifestyle advice, travel support advice
5th Month	Skin flare-up after egg intake, dryness & itching increased	Removed egg from diet, focus on hydration, topical care
6th Month	Skin improved, dryness & itching reduced	Advised olive oil massage, continued Silicea + biochemics
7th Month	Dryness, redness reduced on elbows & folds, no new rashes	Supportive care continued
8th Month	Flaking reduced, few bleeding spots seen	Increase water & fruits, moisturize skin
9th Month	Itching reduced ++, throat inflamed, cold symptoms appeared	Steam inhalation advised; continued Silicea
10th Month	Overall skin better, no new rashes, dryness reduced	Maintain lifestyle modifications
11th Month	Face, elbows improved, dryness visible; no major flare-ups	Avoid cold & preserved foods; dietary advice
12th Month	Neck scratch marks visible; mild itching; no period in November	Regular moisturizing, hydration emphasized
13th Month	Travel to New Jersey; mild facial itching due to cold; periods resumed after Pulsatilla	Environmental advice, Silicea support maintained
14th Month	Skin clear; no new patches; old healed	Maintain current routine
15th Month	No periods, cramps & body pain; eyes itchy	Supportive care continued
16th Month	Skin good; mild flaky scalp; swimming started	Advice on hair care, anti-dandruff measures
17th Month	Skin & scalp better; cold since 1 week; mild dryness under eye	Supportive meds for cold, dietary precautions

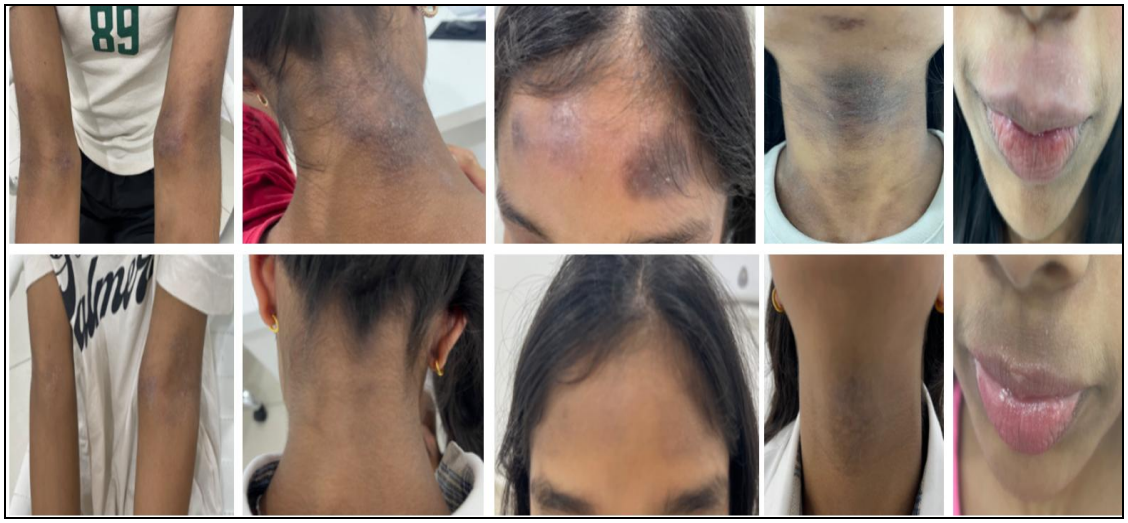
Discussion and Conclusion

The case involves a 15-year-old girl suffering from chronic skin issues including dryness, flaking, bleeding spots, and recurrent itching—especially on the face, neck, elbows, and scalp. She also experienced cold sensitivity, repeated throat and tonsil issues, and general weakness during stressful periods, particularly around exams. Mentally, she was anxious, sensitive, timid, and stubborn. She also had trouble expressing her emotions and often cried when upset or scolded. Her personality was marked by emotional vulnerability, exam-related stress, and a strong attachment to family.

The case was managed using a constitutional approach based on her physical characteristics, mental state, and disease pattern. She was given individualized care along with supportive biochemic medicines. Her progress was consistently monitored, and changes were made as per seasonal or acute flare-ups. Over 12+ months, the patient showed remarkable improvement: her skin cleared up with significantly reduced itching, dryness, and inflammation. The frequency of acute episodes also declined, and her general well-being improved.

This case highlights the efficacy of individualized homeopathic treatment in chronic dermatological complaints with strong psychosomatic components. The patient not only showed physical improvement but also emotional development. And after medicines, she has become very expressive too.

The transformation



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