



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
Impact Factor (RJIF): 5.96
www.homoeopathicjournal.com
IJHS 2025; 9(3): 585-588
Received: 19-06-2025
Accepted: 21-07-2025

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A case report on photoallergic dermatitis treated with individualized homoeopathic medicine

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DOI: <https://www.doi.org/10.33545/26164485.2025.v9.i3.I.1711>

Abstract

Eczema or dermatitis, is a reaction pattern that presents with variable clinical and histologic findings. Acutely, epidermal oedema (spongiosis) and intra- epidermal vesiculation (producing multilocular blisters), whereas with chronicity there is more epidermal thickening (acanthosis)^[1]. Though several classifications of dermatitis are available. A practical way to classify dermatitis is according to aetiology. Dermatitis is broadly classified into Exogenous, Endogenous and Combined dermatitis. Photoallergic dermatitis is one of the type of exogenous dermatitis. Here a 45year old Male presented in OPD of Nehru Homoeopathic medical college and Hospital, Delhi with complaints of Eczematous lesions on face, neck and dorsum of bilateral hand and forearm. There is much pain and burning with intense itching of skin. Patient was taking allopathic medications for the same, but there was no significant relief in his complaints. So, patient approached for homoeopathic intervention for permanent cure. After the detailed case taking, repertorization and final consultation with Homoeopathic materia medica, a constitutional medicine *Merc Sol 200C* was prescribed. There was significant improvement in eczematous lesions with other associated complaints. These findings conclude that photoallergic dermatitis can be treated successfully with a constitutional homoeopathic remedy.

Keywords: Photoallergic dermatitis, case report, homoeopathy, Mercurius Solubilis, SCORAD index

Introduction

The term eczema derives from *Greek word 'to boil'*, as skin appears to be 'boiling out' or 'oozing out' in eczema is synonymous with other descriptive term Dermatitis. Dermatitis can be classified into different category according to aetiology, morphology and chronicity.^[1] Photoallergic dermatitis is an immunological response to a photoproduct created from chemical by light. It occurs in sensitized individuals^[1] Photoallergic contact dermatitis (PACD) is a T-cell mediated delayed-type hypersensitivity reaction. It occurs in response to a certain agent that after photochemical conversion forms a contact allergen. Photochemical changes are mainly induced by ultraviolet (UV) A radiation, and less frequently by UVB or visible light ^[2]. The clinical symptoms of PACD are those of an eczematous reaction with histopathological features identical to other forms of ACD. It may be acute, subacute, or chronic, and shares common features with phototoxic reactions.

Case Report

A diagnosed case of Photoallergic Contact Dermatitis, A 45 year old male presenting in OPD of Nehru Homoeopathic Medical college and Hospital with complaints of intensely itchy, red rashes surmounted with thick crust over face, neck, dorsum of both hands and forearm since 1.5 months. Rashes are painful, itchy and burning with oozing of blood on scratching. The itching++ and burning of skin was aggravated by heat, perspiration and mental exertion and complaints ameliorated by cold bathing. Complaints started 1.5 months back when he developed rash over face initially on cheeks then on dorsum of both hands. Initially there was slight itching in rash along with burning but with time the rash becomes red and painful with much swelling over face and skin condition become worse. The patient took allopathic treatment for the same complaints but no relief was there. There was no any history of the skin complaint earlier, no any history of significant illness, no any other allergies like atopy or no any drug allergies. Patient was having habit of alcohol which he started 4 years ago, used to drink once or twice a week.

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On local skin examination- Morphology-Ill- defined, Maculopapular, erythematous eruptions surmounted with thick yellowish crust. Site of Involvement- Face (including cheeks, chin and forehead), Anterior aspect of Neck, Dorsum of Hands, posterolateral aspect of bilateral forearm. Spread- Lesions started developing initially on Face then on dorsum of hands and neck. There was no significant finding present in other systematic and general examinations.

Homoeopathic Generalities Mental Generals

The patient was unmarried and preferred solitude. He exhibited a short temper with episodes of violent anger. Six months prior, he had left his home following a conflict with his sister, who was perceived as dominating and interfering in his marital decisions. He tended to keep things to himself and exhibited a secretive personality. His memory was intact, and he was well oriented to time and space.

Physical Generals

The patient's appetite was adequate, and his thermal state was predominantly hot. He had a desire for alcohol and spicy foods. Thirst was moderate, and he experienced profuse sweating on the face and in the axillae, which was slightly offensive. Bowel movements were regular. His sleep was disturbed due to excessive itching on the face and hands, which made him very irritable.

Analysis of the case and repertorization

After analyzing the symptoms of the case, the characteristic mental, physical generals and particulars were considered for framing the totality. The case was repertorised with the help of Synthesis 2.0 V (English) software. The reportorial results are shown in Figure 2.

Totality of symptoms

- Does not want to be with anyone.
- Easily angered
- Ailments from - Domination
- Keeps things to himself.
- Desire - Alcohol, Spicy
- Perspiration - More on Face, offensive
- Tongue - Trembling
- Eruptions on face, dorsum of hands, Forearm - erythematous, edematous, with itching, burning, bleeding on scratching, crusty.
- Eruptions < - in daytime, on Scratching.

Clinical diagnosis- photoallergic contact dermatitis

Miasmatic Totality

S. No.	Symptoms	MIASM
1	Does not want to be with anyone	Syphilitic
2	Easily angered	Syphilitic
3	Ailments from - Domination	Psora
4	Keeps things to himself.	Sycotic
5	Desire - Alcohol	Sycotic
6	Perspiration - More on Face, offensive	Syphilitic
7	Tongue - Trembling	Psora- Syphilitic
8	Eruptions with itching and burning	Syphilitic
9	Eruptions- bleeding on scratching	Syphilitic
10	Eruptions - Thick Crusty	Syphilitic
11	Eruptions - < Daytime	Psora
12	Eruptions - < on scratching	Psora
	Predominant Miasm	SYPHILITIC

MIND	
1 MIND - AILMENTS FROM - domination	✕
2 MIND - COMPANY - aversion to	✕
3 MIND - RESERVED	✕
FACE	
4 FACE - ERUPTIONS - crusty, scabby	✕
5 FACE - ERUPTIONS - eczema	✕
6 FACE - PERSPIRATION	✕
MOUTH	
7 MOUTH - TREMBLING of tongue	✕
EXTREMITIES	
8 EXTREMITIES - ERUPTIONS - Hands - crusts, yellow	✕
9 EXTREMITIES - ERUPTIONS - Hands - eczema	✕
PERSPIRATION	
10 PERSPIRATION - ODOR - offensive	✕
SKIN	
11 SKIN - ERUPTIONS - burning	✕
12 SKIN - ERUPTIONS - crusty - bleeding	✕
13 SKIN - ERUPTIONS - painful	✕
GENERALS	
14 GENERALS - DAYTIME - advances; agg.	✕
15 GENERALS - FOOD and DRINKS - a desire	✕

Remedies	ΣSym	ΣDeg	Symptoms
merc.	14	26	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 15
sep.	12	23	1, 2, 3, 4, 5, 6, 7, 9, 10, 11, 13, 15
sulph.	11	24	2, 3, 4, 5, 6, 7, 10, 11, 12, 13, 15
lyc.	11	23	1, 2, 3, 4, 5, 6, 7, 10, 11, 13, 15
nat-m.	11	18	1, 2, 3, 4, 5, 6, 7, 10, 11, 13, 15
phos.	11	18	2, 3, 4, 5, 6, 7, 9, 10, 11, 13, 15
ars.	10	21	2, 3, 4, 5, 6, 7, 10, 11, 13, 15
lach.	10	20	2, 3, 4, 5, 6, 7, 10, 11, 13, 15
sil.	10	18	1, 3, 4, 5, 6, 7, 10, 11, 13, 15
staph.	10	18	1, 2, 3, 4, 5, 6, 10, 11, 13, 15
thuj.	10	16	1, 2, 3, 4, 5, 6, 7, 10, 11, 13
nux-v.	9	21	2, 3, 4, 6, 7, 10, 11, 13, 15

Repertorial Result analysis

Merc - 14/26 Sep- 12/23 Sulph- 11/24 Lyc- 11/23

Nat-m - 11/18

Final Selection of Remedy -Mercurius Solubilis 200 was selected on the basis of repertorial totality and final

consultation with Materia Medica as it is having highest degree on all most symptoms covered along with this predominant miasm in this case is Syphilitic. Since Merc Sol is one of the Anti-Syphilitic Remedy also.

Treatment follow up

Date	Symptoms	Remedy
13/05/2023	Redness with swelling over face and ant part of neck and dorsum of both hands Skin - crusty with intense itching and pain and burning < on slightest scratching leads to bleeding.	Merc Sol 200/ OD/3 days Sac lac 30 / BD/21 days
27/05/2023	Redness reduced and swelling over face was still present only slight reduction. Burning of skin - Better Skin crust starts shedding off Pain -better	Sac Lac 30/BD/15 days
07/06/2023	Redness of skin- reduced Swelling of face and hand- reduced Pain - Much better Burning - Better	Merc Sol 200/1 dose Sac Lac 30/ BD/ 21 days
24/07/2023	Swelling almost subsided Redness - much better No new eruptions seen No pain present Burning present slightly Leaving hyperpigmented skin on both hands	Sac lac 30/ BD /15 days
3/07/2023	Swelling - subsided Redness - slightly present Burning occasionally present	Sac lac 30/ BD/ 15 days



Pictorial presentation of affected area from day 1 to following follow-ups Pre-treatment skin presentation - Day 1



Here on the second visit after 21 days the redness and inflammation slightly reduced



Here on 3rd visit redness on face reduced and crusty layer over skin is also cleared off from face and both hands, leaving hyperpigmented skin of hands



Here on 4th the facial swelling has subsided with improvement in skin is seen. Skin on dorsum of hands shows marked improvement with healing

Discussion

Homoeopathy is a system of therapeutics which treats the patient not the disease. It also aims at a rapid, gentle and permanent restoration of health. In this case report homoeopathic medicine *Merc Sol 200* was selected on the basis of individualization and this medicine was successful in the treatment of Photoallergic dermatitis as well as recovered the complaints of the patient. After repertorization many medicines were competing with each other namely Sepia, Sulphur, Lycopodium, Natrum Mur, Phosphorus, Arsenic Album etc. But after consultation with *Materia Medica Merc Sol* was prescribed according to the principles of homoeopathy. Initial improvement on dermatological complaints were found effective with treatment by *Merc Sol 200C*. The patient improved in all aspects and he did not complaint for any side effects or negative consequences. After 2 months of

this treatment, stable improvement was found in Photoallergic Dermatitis and patient is still under treatment. The patient continued the follow-up for 2 months with no recurrence of skin symptoms. Treatment and follow-ups with responses are given in detail in above table. In this case report it is proved that Constitutional homoeopathic medicine helps the body to heal itself and hence serve as a possible treatment option for Photoallergic Dermatitis.

Conclusion

Homeopathy is a cheap, mild form of treatment with almost no known adverse effects, which has been found useful in a number of cutaneous disorders. This case report of Photoallergic contact dermatitis that responded to Homeopathic constitutional medicine *Mercurius Solubilis* and remained in remission after cessation of treatment. Homeopathy may be a useful new treatment modality for PACD and further studies and clinical trials are required to establish whether it may be efficacious in the therapy of this disorder.

Conflict of Interest

Not available

Financial Support

Not available

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How to Cite This Article

Bharti T. A case report on photoallergic dermatitis treated with individualized homoeopathic medicine. *International Journal of Homoeopathic Sciences*. 2025;9(3):585-588.

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