



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493  
P-ISSN: 2616-4485  
Impact Factor (RJIF): 5.96  
[www.homoeopathicjournal.com](http://www.homoeopathicjournal.com)  
IJHS 2025; 9(3): 625-627  
Received: 10-06-2025  
Accepted: 14-07-2025

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## Homoeopathic management of eczema: A case report

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**DOI:** <https://www.doi.org/10.33545/26164485.2025.v9.i3.J.1715>

### Abstract

Eczema is a widespread skin issue that leads to dryness, itching, rashes, and possible infections. While some individuals develop minor dry patches, others suffer from severe inflammation across large areas of skin. Conventional medicine usually relies on steroids and topical treatments, which can suppress surface symptoms but might activate other underlying or dormant issues.

In contrast, classical homeopathy focuses on a holistic view of the patient. In one example, a man suffering from extensive eczema on his hands and legs-accompanied by intense itching, burning, and bleeding after scratching-was prescribed the remedy *Kali arsenicosum* following a thorough evaluation of his overall condition. His symptoms significantly improved, demonstrating the potential benefits of personalized homeopathic care in managing eczema.

**Keywords:** Eczema, homoeopathy, individualisation, itching, RADAR, repertory, skin eruption

### Introduction

Rashes, blisters, scaly patches, dry skin, itching, and skin infections are all symptoms of eczema, an inflammatory skin disorder. Eczema's most prevalent symptom is itchy skin. Itchy, dry, sensitive skin; irritated, discolored skin; rough, leathery, or scaly skin that appears as scaly patches; leaking or crusting; and areas of swelling are common signs of eczema <sup>[1]</sup>. Among the elderly, eczema is a quite prevalent source of morbidity. Affected individuals' quality of life declines, and the expense of medical care rises <sup>[2]</sup>. According to the 2010 Global Burden of Skin Disease study, up to 230 million individuals globally may be afflicted by AD <sup>[3, 4]</sup>. In this context, systematic national investigations determining the disease burden, epidemiology, and difficulties in diagnosing and treating AD in India <sup>[5]</sup>.

According to homoeopathic principles, skin manifestations are a reflection of internal systemic disorders. Therefore, rather than suppressing the skin manifestation locally, which might result in more serious systemic issues, it should be addressed constitutionally to determine the actual reason of the skin manifestation <sup>[6]</sup>. Although there is a wealth of material on homoeopathy's ability to treat eczema and it has demonstrated encouraging outcomes in treating skin conditions over the years, there aren't many studies on the subject. This instance of eczema, which was treated with customized homeopathic medicine, demonstrates the efficacy of homeopathy in certain situations.

### Patient Information

A 45-year-old male from an economically disadvantaged background visited the Outpatient Department of Government Homoeopathic Medical College and Hospital in Bhopal, Madhya Pradesh on February 28, 2025. He complained of dry, scaly skin eruptions with intense itching and a burning sensation, primarily affecting the backs of his fingers, both elbows, the left shin, and both feet. The lesions bled upon scratching and had persisted for the past 3-4 months. His medical history included asthma and a previous gallbladder removal (cholecystectomy). There was a familial tendency toward hypertension and tuberculosis. He exhibited a chilly constitution, feeling better in open air. His appetite was poor, with specific cravings for sour items and warm beverages. Bowel movements occurred once daily and were normal in consistency, though notably offensive. During case-taking, the patient appeared irritable and showed marked anxiety about his health. Psychologically, he preferred companionship, expressed a fear of being alone, and suffered from continuous intrusive thoughts. His nights were marked by significant restlessness that disturbed his sleep.

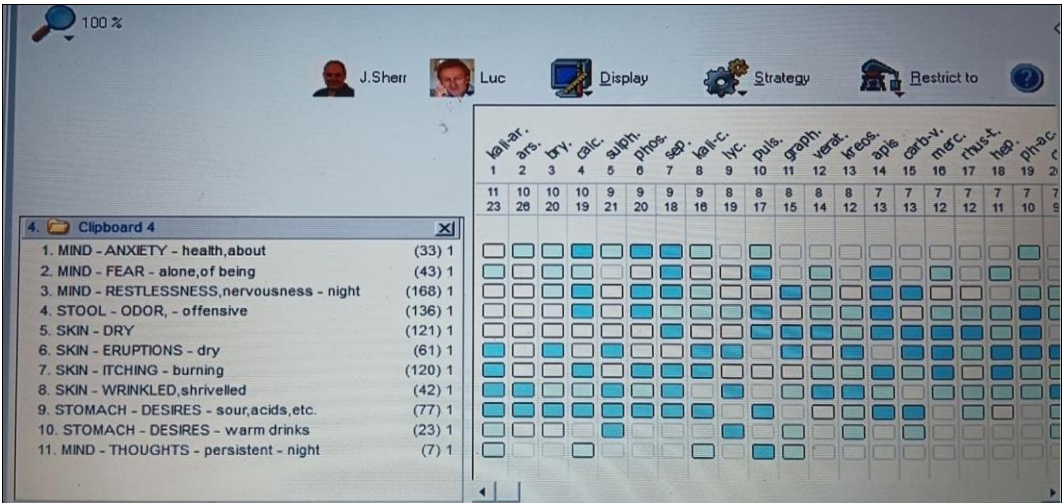
Clinical Examination

During the physical assessment, the patient displayed extremely dry and shriveled skin, along with slight pallor. Vital signs recorded a blood pressure of 100/70 mmHg and a pulse rate of 82 beats per minute. No abnormalities were observed in the rest of the general examination. The patient was conscious, fully oriented, and demonstrated normal reflex responses. Abdominal palpation revealed a soft, non-tender abdomen, and cardiac auscultation confirmed the presence of clear S1 and S2 heart sounds. Would you like help incorporating this into a structured case report or clinical paper? I can also assist with formatting or referencing if needed!

Repertorisation

Anxiety over her health, fear of being alone, restlessness at night, persistent thoughts, foul-smelling stool, dry, wrinkled, and shriveled skin, dry eruptions, scorching itching in the skin, and a craving for warm, sour beverages are all part of this case's overall symptoms. Following symptom analysis and evaluation, it was determined that this case had more

general characteristics than special ones. The Repertory of Homoeopathic Materia Medica by J.T. Kent [9] was chosen for repertorization because of its suitability to the situation. Following repertorization with Kent's Repertory using Cara app [10] software, Kalium arsenicum was found to cover 7 Rubrics, scoring 23 marks, while Arsenicum album covered 10 rubrics, receiving 26 marks. This was done by prioritizing mental generals over physical generals and then specific symptoms. [Figure 1], While loneliness is present in both remedies, Arsenicum album patients express this as fear and insecurity, while Kalium arsenicum patients seek out family support, which was particularly evident in this case. Arsenicum album patients are extremely fastidious, but the patient in this instance was not at all fastidious [11]. Additionally, compared to patients who had Arsenicum Album, Kalium Arsenicum patients exhibit greater coldness and restlessness. Despite the fact that both Kalium Arsenicum and Arsenicum album had the highest ratings following repertorization, Kalium Arsenicum was ultimately chosen following consultation with other materia medica [12].



Therapeutic Intervention

After a thorough process of individualisation, Kalium Arsenicum was selected as the suitable homoeopathic remedy. The patient was prescribed the medicine in 200C potency, to be taken once daily in the morning on an empty stomach for three consecutive days, beginning on 28th February 2025. Alongside the treatment, the patient was

advised to maintain adequate hydration and apply coconut oil externally on the affected skin areas for relief. The case was actively monitored through regular follow-ups until 28th June 2025, with progress recorded over time. Full details of the patient's response to the treatment are presented in Table 1.

Table 1: Follow-up Record of Patient's Response to Kalium Arsenicum Treatment for Eczema (28th February – 28th June 2025)

Date	Diet	Exercise	Follow up	Medicine
28 <sup>th</sup> feb 2025	Followed	Followed	General improvement, better sleep, reduced restlessness at night, significant improvement in skin eruption improvement, itching and burning decreased, no new complaint reported.	Kalium Arsenicum200 Once daily for 3 days
11 <sup>th</sup> march 2025	Followed	Followed	No significant improvement, no new complaints appeared	placebo for 15 days
26 <sup>th</sup> march 2025	Followed	Followed	General improvement, no new complaint reported, skin eruption improvement, itching and burning significantly decreased.	Placebo for 15 days.
25 <sup>th</sup> April 2025	Followed	Followed	General improvement, weakness no longer present, restlessness significantly reduced, no new complaint reported.	Placebo for 15 days.
20 <sup>th</sup> may 2025	Followed	Followed	No significant improvement, itching and burning slightly increased.	Kalium Arsenicum 200 Once daily for 3days
28 <sup>th</sup> June 2025	Followed	Followed	General improvement, skin eruption cured, no itching and burning, better sleep, no restlessness, weakness present.	Placebo for 15 days.



### Discussion

Numerous studies indicate that homoeopathic interventions are highly effective in treating skin conditions. This is because, according to homeopathy, exterior ailments should be treated internally rather than locally because they are caused by an underlying interior disorder. In this instance, the patient's hands and feet had spotty eruptions when they first arrived. There was intense burning and itching. The eruptions bled when scratched. The temperature response of the patient was cold. She didn't have much of an appetite and wanted warm items. Her bowel movements were typical. He had a family history of tuberculosis and a personal history of asthma. He appeared to be quite worried about his health. He had severe restlessness, which prevented him from sleeping well. Kent's repertory was used to repertorize the case. Following result analysis, Kali ars was chosen and administered at a potency of 200CH. After the third appointment, his issues significantly improved. Over time, the eruptions dwindled. The burning and itching brought comfort. There was no bleeding, either. His anxiousness as well as his bodily problems were under control. He was sleeping better and was far less restless. He remained on a placebo. When no improvement was observed after a few weeks, the same remedy was used again because his itching had slightly increased. The patient is receiving treatment and is still being monitored. The eruptions both before and after therapy showed a noticeable improvement, as seen on the Images.

### Conclusion

According to this study, homeopathic remedies for eczema work well when administered based on the entirety of symptoms in accordance with the individualization principles. It is determined that the outcomes are statistically significant. More research is still required to offer more convincing proof of the effectiveness of classical homeopathy in treating eczema.

**Declaration of patient consent:** The patient was informed about the publication of her data in journal and written consent was taken from the patient.

**Financial Support and Sponsorship:** Nil.

**Conflict of interest:** None.

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#### How to Cite This Article

Khare A, Masram U, Gupta D. Homoeopathic management of eczema: A case report. *International Journal of Homoeopathic Sciences.* 2025; 9(3): 625-627.

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