



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): 1138-1141
Received: 25-06-2025
Accepted: 29-07-2025

Dr. Priyanka H Hawaldar
Intern, BVVS Homoeopathic
Medical College and Hospital
Bagalkot, Karnataka, India

Dr. KS Pradeep
MD (Hom),
Associate Professor,
Department of Surgery, BVVS
Homoeopathic Medical College
and Hospital Bagalkot,
Karnataka, India

Dr. Jayalaxmi Patil
MD (Hom)
Assistant Professor,
Department of Pathology,
BVVS Homoeopathic Medical
College and Hospital Bagalkot,
Karnataka, India

Dr. Arun V Hooli
MD (Hom)
Professor and HOD
Department of Human
Anatomy, BVVS
Homoeopathic Medical College
and Hospital Bagalkot,
Karnataka, India

Corresponding Author:
Dr. Priyanka H Hawaldar
Intern, BVVS Homoeopathic
Medical College and Hospital
Bagalkot, Karnataka, India

Homoeopathic treatment of eczema - A case study

Priyanka H Hawaldar, KS Pradeep, Jayalaxmi Patil and Arun V Hooli

DOI: <https://www.doi.org/10.33545/26164485.2025.v9.i3.R.1798>

Abstract

Background: Eczema, particularly atopic dermatitis, is a chronic inflammatory skin disorder with multifactorial etiology involving epidermal barrier dysfunction, immune dysregulation, altered skin microbiome, and environmental triggers. Conventional treatments often provide temporary relief but may not address the holistic needs of patients. Homoeopathy emphasizes individualized treatment based on the totality of symptoms.

Case presentation: A 19-year-old female presented with chronic eczema localized to the dorsum of both hands, characterized by dryness, scaling, discoloration, and intense itching with burning after scratching. Symptoms were aggravated at night, after washing, and in cold weather, and relieved by warmth. The patient also exhibited mental symptoms including restlessness, fastidiousness, fear of being alone, and fear of death. Detailed case-taking, repertorization using Classic Homopath 8.1 software, and consultation of Materia Medica led to the prescription of *Arsenicum album* 200.

Intervention and outcome: The patient was prescribed *Arsenicum album* 200 (3 doses over 3 days), followed by placebo. Significant improvement in itching and mental symptoms was observed within two weeks. Over subsequent follow-ups spanning two months, skin eruptions resolved with no recurrence of symptoms.

Conclusion: This case highlights the effectiveness of individualized homoeopathic treatment in eczema management. *Arsenicum album*, selected on the basis of mental generals, physical generals, and characteristic particulars, demonstrated substantial improvement in both physical and psychological aspects of the disease. Further clinical studies with larger sample sizes are recommended to validate these findings.

Keywords: Eczema, atopic dermatitis, homoeopathy, *Arsenicum album*, case study, chronic hand eczema, individualized treatment

Introduction

Eczema is a common inflammatory skin disorder characterized by pruritus, erythema, and variable degrees of scaling, oozing, or lichenification [1]. Chronic hand eczema manifests with dryness, thickening, and hyperpigmentation of the dorsal hands. One important subtype is Atopic Dermatitis (AD), which has both genetic and environmental contributing factors and is frequently associated with a chronic relapsing course. Globally, AD affects 15–30% of children and 2–10% of adults, with a rising prevalence over the last three decades in industrialized countries [2].

Etiopathogenesis

The development of eczema, particularly AD, is multifactorial, involving:

- 1) **Epidermal barrier dysfunction:** Genetic mutations, especially in the filaggrin gene, compromise the stratum corneum, increasing transepidermal water loss and allowing allergens, irritants, and microbes to penetrate more easily. This leads to chronic skin dryness and heightened sensitivity [3].
- 2) **Immune dysregulation:** A predominance of Th2-mediated immune responses is observed, with elevated IL-4, IL-5, IL-13, and IL-31 levels, promoting IgE production, eosinophil activation, and pruritus [4].
- 3) **Skin microbiome alteration:** Dysbiosis, particularly increased colonization by *Staphylococcus aureus*, contributes to inflammation and exacerbations.
- 4) **Environmental and psychological triggers:** Contact with irritants (detergents, soaps), weather changes, and emotional stress can aggravate symptoms. Stress is known to alter immune responses and worsen barrier function [5].

Clinical manifestations

The presentation varies depending on chronicity and triggers.

Acute lesions may be erythematous, exudative, and vesicular, whereas chronic lesions show:

Dryness and scaling.

Lichenification (skin thickening from chronic rubbing/scratching).

Hyperpigmentation or hypopigmentation.

Localized pruritus, often worse in the evening or after washing. In chronic hand eczema, dorsal surfaces of the hands are particularly affected, with fissuring possible in severe cases.

Diagnostic criteria for AD, such as the Hanifin and Rajka criteria, require pruritus, typical lesion morphology and distribution, chronic or relapsing course, and a personal or family history of atopy [6].

ICD code: EA8Z [12]

Preliminary data

Name of patient: XYZ

Age: 19 yrs

Sex: Female

Marital status: Unmarried

Date: 20/4/2024

Presenting complaints

Dry, rough, scaly eruptions on dorsum of both hands with intense burning and itching since 2 yrs more from 6 months. Associated with skin discoloration

History of presenting complaints

Complaints started 2 yrs ago with less intensity and it is progressive insidiously 6 months back with itching over the dorsum of the right hand. Gradually spread to left hand within 3–4 months.

Skin became dry, rough, scaly, with greyish discoloration.

Itching worse after washing hands, at night, and in cold weather.

Burning sensation after scratching; relief by warm applications

Past history

History of allergic rhinitis in childhood.

Family history

Mother: History of bronchial asthma.

Father: Hypertension.

Personal history

Diet: Mixed, regular meals

Appetite: Decreased

Thirst: Increased for small quantity of water

Desire: coffee

Bowel movements: Regular sometimes constipated

Urine: Normal

Sleep: Disturbed due to itching

Addictions: Nil

Thermal reaction: Chilly

Allergies: Dust

Life space investigation

The patient is a 19-year-old female, belonging to a middle-

class family, currently pursuing her degree education. She lives with her parents and younger brother in a semi-urban area. The family is close-knit, but the patient tends to keep her emotional struggles to herself.

From childhood, she has always been sensitive and particular about her surroundings, even a small disturbance in her room or misplaced items causes her great discomfort. She feels comfortable only when everything is arranged perfectly. She feels restless and unable to sit for long time, even in college, she often moves from place to place and always prefers to be accompanied because of fear of being alone. Before 2.5 yrs her father died because of RTA. Afterwards she got responsibilities on her shoulders and whenever she travel in any of vehicle, she feels that she might die like her father. At night she cant fall asleep due to fear of death, sometimes she wakes up at midnight with fear of spread of disease which may leads to death or safety of her loved ones.

Mentals

- Fastidious
- Restlessness
- Fear of being alone
- Fear of death

Provisional diagnosis

Eczema - localized to dorsum of both hands.

Analysis and evaluation of symptoms**Mental generals****Grade 1**

- Fastidiousness
- Restlessness
- Fear of being alone
- Fear of death

Physical generals

Grade 2: Thirsty for small quantity of water at frequent intervals

Desire for coffee

Grade 3: Thermally Chilly

Particulars

Grade 2: Complaints worse at night, from cold exposure, after washing hands.

Relief from warmth.

Grade 3: Dry, rough, scaly eruptions on dorsum of hands
Intense itching with burning after scratching.

Totality of symptoms

- Fastidiousness
- Restlessness
- Fear of Death
- Thirsty for small quantity of water at frequent intervals
- Desire for coffee
- Thermally chilly
- Dry, rough, scaly eruptions on dorsum of hands.
- Intense itching with burning after scratching.
- Complaints worse at night, from cold exposure, after washing hands.
- Relief from warmth.

Miasmatic background: Psoro-sycotic

Rubrics selected ^[8]

Mind: Fear: Alone, being

Mind: Fear: Death, of

Mind: Dreams: Anxious: Health, about

Mind: Fastidious

Mind: Anxiety: Future, about

Mind: Restlessness, nervousness

Generalities: Restlessness, physical

Generalities: Food and drinks: Coffee: Desires

Stomach: Thirst: Small quantities, for, frequent, often

Extremities: Eruptions: Burning: Scratching, after

Skin: Itching: Night

Skin: Itching: Warmth: Amel

Print Repertorisation

Select range of remedies to From 1 To 15 View

Total Recorded Symptoms : 13 Total Remedies : 1198

Repertorisation Sheet - Zameo LAN 3.0

Physician Name : Dr. BVVSHMC, Patient Name : Mrs. xxy, Reg. No. : 1325, Date : 02/09/2025

Remedy	Ars	Puls	Phos	Lyc	Sulph	Rhus-t	Calc	Nux-v	Nat-m	Psor	Kali-c	Anac	Sep	Staph	Acon
Totally	36	31	30	29	29	29	28	26	25	25	24	24	23	23	23
Symptoms Covered	11	9	9	10	10	9	8	9	9	9	9	8	10	8	7
[Complete] [Mind]Fear:Alone, being:	4	3	4	4	0	1	3	1	1	3	4	1	3	0	3
[Complete] [Mind]Fear:Death, of:	4	4	4	3	2	4	4	4	3	3	4	3	2	3	4
[Complete] [Mind]Dreams:Anxious:Health, about:	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Complete] [Mind]Fastidious:	3	4	1	4	3	0	0	3	3	0	3	3	1	0	0
[Complete] [Mind]Restlessness, nervousness:	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
[Complete] [Generalities]Restlessness, physical:	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
[Complete] [Mind]Anxiety:Future, about:	3	3	4	2	4	3	4	3	4	3	2	3	3	3	3
[Complete] [Stomach]Thirst:Small quantities, for:Frequent, often:	4	2	4	2	3	3	0	1	0	0	0	0	0	0	1
[Boericke] [Skin]Eruptions:Dry, scaly:	3	0	2	2	3	0	0	0	2	3	0	0	2	0	0
[Complete] [Extremities]Eruptions:Burning:Scratching, after:	0	0	0	0	1	3	3	0	0	1	1	0	0	4	0
[Complete] [Skin]Itching:Night:	3	4	3	3	4	4	3	3	3	3	1	3	2	3	4
[Complete] [Skin]Itching:Warmth:Amel.:	1	0	0	0	0	3	0	0	0	1	1	3	1	1	0
[Complete] [Generalities]Food and drinks:Coffee:Desires:	3	3	0	1	1	0	3	3	1	0	0	0	1	1	0

Print Screen Exit Close

Selection and prescription of remedy

The remedy was chosen through repertorization using Classic Homopath 8.1 software and Complete repertory. The repertorial analysis highlighted the top five remedies as *Arsenicum album* (36/11), *Pulsatilla* (31/90), *Phosphorus* (30/9), *Lycopodium* (29/10), *Sulphur* (29/10).

Prescription: *Arsenicum album* 200 3 Packs, Morning on empty stomach for 3 days

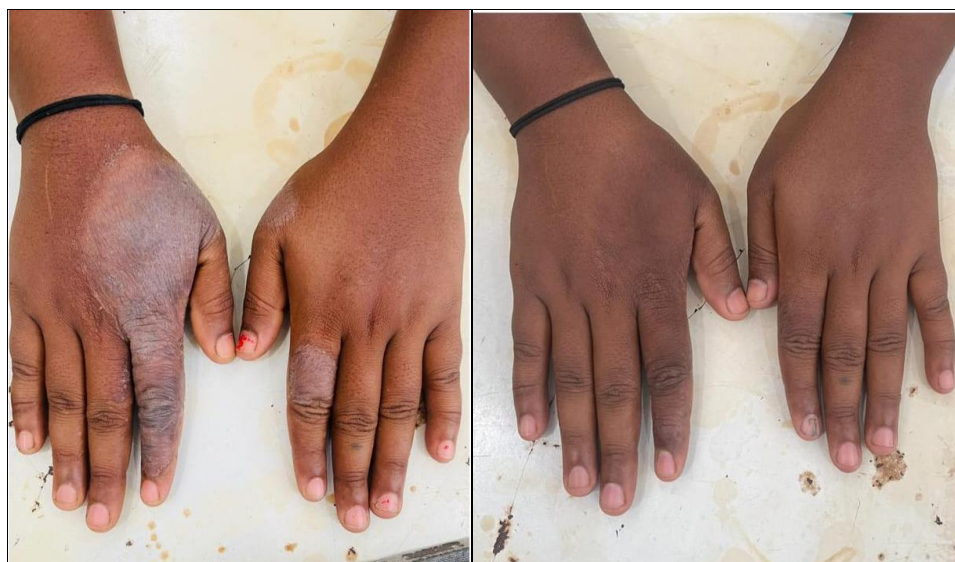
Basis of prescription

The decision to prescribe *Arsenicum album* 200 was supported by repertorial analysis and cross-referenced with The Guiding Symptoms of Our Materia Medica and The Dictionary of Practical Materia Medica. The selection was primarily based on prominent symptoms, including fear of

being alone, fear of death, restlessness, intense thirst, craving for coffee, and dry, scaly skin eruptions. While *Pulsatilla* also matched several presenting symptoms, *Arsenicum album* emerged as the most suitable remedy, covering all the essential rubrics. The patient was advised to take, *Arsenicum album* 200 3 Packs, Morning on empty stomach for 3days followed by a placebo for 15days. Significant improvement in the patient's symptoms was observed following this course of treatment.

Potency considerations

Moderate potencies such as 200 was determined based on the patients susceptibility, following guidelines from Dr. Close ^[9].



Before

After

Follow up

Date	Symptoms	Prescription
20/4/2024	Patient 1 st visit	<i>Arsenicum album</i> 200 3 Packs, Morning on empty stomach for 3days Sac Lac 4g/1b/15days
5/5/2024	Slight improvement in eruptions over dorsum of hands, itching slightly reduced, mentally improved, sleep refreshing	Sac Lac 4g/1b/15days
21/5/2024	Generals improved, eruptions over dorsum of hands remained same, slightly increased itching over dorsum of hand	<i>Arsenicum album</i> 200 3 Packs, Morning on empty stomach for 3days Placebo 4g/1b/15days
6/6/2024	Eruptions over dorsum of hand reduced, no itching	Sac Lac 4g/1b/1month
7/7/2024	No recurrence of symptoms	Placebo 4g/1b/3days

Discussion and Conclusion

Homoeopathy is a therapeutic system that focuses on treating the individual as a whole rather than targeting the disease alone. Its goal is to achieve a rapid, gentle, and lasting restoration of health¹⁰. In this case of eczema, homoeopathic treatment-rooted in its core principles-demonstrated significant effectiveness. *Arsenicum album* was selected based on prominent mental symptoms such as fear of death, restlessness, and fastidiousness, alongside physical symptoms like intense thirst, a craving for coffee, and other individual characteristics of the patient. The remedy choice was informed by repertorial analysis, classical homoeopathic philosophy, and detailed references from the Materia Medica. Noticeable improvement was observed within the first month of treatment. When the progress began to plateau, a repeat dose of *Arsenicum album* 200 was administered along with a placebo. Over the course of two months, the patient experienced substantial clinical improvement.

References

1. Avena-Woods C. Overview of atopic dermatitis. Am J Manag Care. 2017;23(8 Suppl):S115-S123.
2. Frazier W, Bhardwaj N. Atopic dermatitis: diagnosis and treatment. Am Fam Physician. 2020;101(10):590-598.
3. Cork MJ, Danby SG, Vasilopoulos Y, Hadgraft J, Lane ME, Moustafa M, *et al*. Epidermal barrier dysfunction in atopic dermatitis. J Invest Dermatol. 2009;129(8):1892-1908.
4. Irvine AD, McLean WH, Leung DY. Filaggrin mutations associated with skin and allergic diseases. N Engl J Med. 2011;365(14):1315-1327.
5. Peng W, Novak N. Pathogenesis of atopic dermatitis. Clin Exp Allergy. 2015;45(3):566-574.
6. Weidinger S, Novak N. Atopic dermatitis. Lancet. 2016;387(10023):1109-1122.
7. Hanifin JM, Rajka G. Diagnostic features of atopic dermatitis. Acta Derm Venereol Suppl (Stockh). 1980;92:44-47.
8. Schroyens F. Classic Homeopath 8.1 Homoeopathic Repertory Software [CD-ROM]. Archibel; 2008. Available from: <http://www.archibel.com/radar10.html>
9. Close SM. The genius of homoeopathy: lectures and

essays on homoeopathic philosophy. New York: Nanopathy; 1981. Available from: <http://www.homeoint.org/books4/close/index.htm>

10. Hahnemann S, Boericke W, Dudgeon RE. Organon of medicine. 5th & 6th ed combined. New Delhi: B Jain Publishers Pvt. Ltd.; 2018.
11. Hering C. The guiding symptoms of our materia medica. New Delhi: B Jain Publishers; reprint ed.
12. World Health Organization. ICD-11: mortality and morbidity statistics. Version 2025-01. Geneva: World Health Organization; 2025. Available from: https://icd.who.int/ct/icd11_mms/en/release

How to Cite This Article

Hawaladar PH, Pradeep KS, Patil J, Hooli AV. Homoeopathic treatment of eczema: A case study. International Journal of Homoeopathic Sciences. 2025;9(3):1138-1141.

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.