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## Homoeopathic Management of Urticaria

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### Abstract

Urticaria is a hypersensitivity disorder marked by wheals and intense itching, often impairing daily functioning. Homoeopathy, through individualization and symptom totality, has shown promise in managing both acute and chronic cases. Recent studies and case reports demonstrate significant symptom reduction and quality-of-life improvement in urticaria patients following homoeopathic treatment.

**Keywords:** Urticaria, Chronic urticaria, Homoeopathy, Individualized remedies, Quality of life, Hypersensitivity, Pruritus, Wheals.

### Introduction

Urticaria is characterized by the sudden appearance of wheals or hives, often accompanied by severe itching, and can be either acute or chronic. Chronic urticaria (CU), defined as urticaria persisting for more than six weeks, poses significant challenges in management due to its recurrent nature and unclear etiology in many cases <sup>[1]</sup>.

Homoeopathy, a system of alternative medicine based on the principle of "similia similibus curentur", focuses on individualized treatment and addresses the root cause rather than just symptoms. Several case reports and clinical observations suggest that homoeopathy can offer sustainable relief in chronic urticaria, improving both physical and mental well-being of patients <sup>[2, 3]</sup>.

This study aims to assess the role of individualized homoeopathic treatment in managing chronic urticaria. Conventional antihistamine-based treatments often palliate symptoms but rarely offer lasting relief, and many cases are idiopathic in nature. Homoeopathy offers a holistic management strategy based on individual patient profiling and symptom totality.

### Case of Urticaria

There is a female patient aged 46 years suffering from Urticaria. She was accompanying her husband and intensely itching over her both arms. On asking her questions she answered as Urticaria started before 2 years and there were repeated episodes of *ITCHING with Burning*. She always takes allied side medicine and its subsite for few weeks or months.

Further in detail she said that many times itching starts on its own without any other reason - considering idiopathic cause. She is a housewife living in a joint family. She has one daughter studying in higher education. Her parents were not suffering from Urticaria. There were itching which start suddenly from elbows and then it intensifies each time. There were severe stinging and burning along with itching. It was also produced wheals like swelling. All complaints increases if she remained in a room and mostly got relief from uncovering.

In general aspects of her - she was almost thirstless not like much drinking water. She has good appetite; sweating, urination and stool passing is normal. She regularly has seven to eight hours refreshing sleep. Her menses is at regular time and quantity. She was not suffering any major disease condition in past.

### Discussion

This case highlights the potential of individualized homoeopathic therapy in managing chronic urticaria.

**There are following photos of before and after pictures of patients:**



**Fig 1: Before treatment**



**Fig 2: After treatment**

The remedy is *Apis mellifica* align with the clinical picture of urticaria—characterized by stinging, burning, and swelling sensations. It is also useful for thirstlessness, < in close room and > from uncovering <sup>[4]</sup>

Though the results are encouraging, limitations include small sample size, lack of a control group, and subjective outcome measures. Placebo effects and spontaneous remission cannot be ruled out.

### Conclusion

Individualized homoeopathic treatment demonstrates beneficial effects in the management of chronic urticaria. It offers a safe, non-toxic alternative that may improve quality of life and reduce recurrence. Larger randomized controlled trials are necessary to establish efficacy more robustly.

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### How to Cite This Article

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