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Healing from Within: Holistic Healing of Chronic Infected Foot Dermatitis with Graphites and Bacillinum: A Homoeopathic Case Report

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Abstract

This case report highlights the effective homoeopathic management of chronic foot dermatitis complicated by secondary infection in a 55-year-old female patient. She presented with oozing, cracked, and itchy skin lesions, particularly on the dorsum and soles of the feet, accompanied by thick yellowish discharge, crust formation, and offensive perspiration. The condition was recurrent and had shown only partial relief with previous allopathic treatment, including topical steroids and antibiotics. A detailed case analysis revealed a chronic psoro-syphilitic miasmatic background with a suppressed skin history and constitutional features including anxiety, fastidiousness, constipation, and sensitivity to cold. Based on totality of symptoms, *Graphites* was selected as the constitutional remedy and administered in 200C and later 1M potency. *Bacillinum* was used as an intercurrent to address the miasmatic block and enhance the constitutional response. The individualized treatment approach resulted in consistent clinical improvement and complete resolution of lesions over a three-month period without recurrence.

Keywords: Dermatitis, Graphites, Bacillinum, Homoeopathy, Constitutional remedy, Chronic dermatitis

Introduction

Dermatitis, also commonly referred to as eczema, is a non-contagious inflammatory condition of the skin that can affect individuals of all age groups. It is generally characterized by symptoms such as redness, oozing, scaling, persistent itching, and discomfort. In chronic cases, dermatitis often presents with recurrent or relapsing episodes that may become prolonged and distressing. The condition can be further complicated by secondary infections, especially in older individuals or those with compromised immunity, poor skin integrity, or delayed healing.

Homoeopathy offers a holistic and individualized system of treatment, focusing on the totality of symptoms as well as a clear miasmatic understanding. The present case study illustrates the efficacy of homoeopathic medicine in effectively managing a difficult case of foot dermatitis complicated by secondary infection.

Case Presentation

Patient Information

- Name: Mrs. XYZ
- Age: 55 years
- Gender: Female
- Marital Status: Married
- Occupation: Homemaker
- Date of First Visit: 16-12-2024

Chief Complaint

The patient presented with itchy, oozing lesions on the dorsum and sole of right foot, progressively worsening over the past 3 months. She complained of cracked, scabby skin with yellowish/watery sticky discharge, foul odor, and intense itching, especially at night.

There was a burning sensation after scratching, and discomfort while walking due to fissures.

History of Presenting Illness

- **Onset:** Gradual onset: began as a boil, progressively worsened with footwear use, and finally aggravated over 3 months.
- **Causation:** Aggravated by occlusive footwear and suppression with topical steroids.
- **Duration:** Continuous for 3 months with intermittent flares.
- **Sensation:** Itching, burning after scratching, soreness of cracks.
- **Modalities:**
 - **Aggravation:** Cold weather, bathing, night time, winter; scratching increases burning.
 - **Amelioration:** Warm applications, dry air, rest.

Concomitants

- Offensive perspiration around feet.
- Constipation with hard, dry stool.
- Irritability and anxiety about disease's incurability.

Past History

- History of recurrent skin eruptions since childhood.
- Treated multiple times with topical steroids, antifungal creams, and antibiotics—resulting in temporary relief.
- Frequent relapse with more severity after stopping allopathic treatments.
- No significant history of systemic illness.

Family History

- **Husband:** Hypertensive, no history of skin ailments
- **Mother:** Suffered from chronic eczema in old age
- **Father:** Diabetic, passed away due to cardiac arrest
- **Children:**
 - Son: Healthy

- Daughter: Allergic rhinitis in adolescence

Personal History

- Appetite: Normal; slow digestion, occasional bloating
- Diet: Vegetarian
- Desires: Sweets, warm food
- Aversions: Potato, sago, coconut
- Thirst: Normal; 2–3 L/day; thirst for small quantities
- Bowels: Hard, dry stool; constipation tendency
- Micturition: Normal; 4–5/day, 0–1/night
- Perspiration: Profuse, offensive; yellow stains on clothes
- Sleep: Disturbed by itching; prefers right lateral position
- Dreams: Falling, being chased
- Thermal State: Chilly; sensitive to cold; desires warmth

Systemic Examination

- **CNS:** Alert and oriented to time, place, and person
- **Cardiovascular System:** S1, S2 heard, rhythmical
- **Respiratory System:** Clear, no adventitious sounds
- **Gastrointestinal System:** Abdomen soft, non-tender
- **Musculoskeletal:** itchy, oozing lesions on the dorsum and sole of right foot

Physical Examination

- **Temperature:** 98.6°F
- **Pulse:** 80/min
- **Blood Pressure:** 130/88 mmHg
- **Respiratory Rate:** 18/min

Clinical investigations

- Random Blood Sugar (RBS): 143 mg/dL
- HbA1c: 5.4%
- Both tests done to rule out diabetes mellitus.



Fig 1: Before treatment

General and Mental Traits

- Fair, moderately built: Suits fair, flabby individuals.
- Cracked skin; slow healing: in chronic skin issues.
- Fastidious, orderly: Sensitive to disorder; seeks control.
- Health anxiety; fear of incurability: Worries about chronic illness.
- Reserved; internalizes emotions: Suppresses feelings; emotionally closed.
- Easily offended; broods silently: Sensitive; tends to withdraw.

Repertorial Totality

- Mind – anxiety – health – about own health
- Mind – restlessness
- Mind – conscientious about trifles (fastidiousness)
- Mind – reserved
- Mind – sadness – silent grief
- Generalities – cold – aggravates
- Generalities – thirst – small quantities, for
- Generalities – food and drinks – sweets – desire
- Skin – eruptions – crusty – honey colored
- Skin – itching – burning – after scratching
- Skin – eruptions – moist – oozing
- Skin – eruptions – margins – raw
- Skin – eruptions – thick – indurated
- Skin – eruptions – slow healing
- Stool – constipation – hard, dry
- Extremities – perspiration – offensive – feet

Remedial Differentiation

- Graphites 16/16
- Sulphur 14/16
- Arsenicum album 13/16
- Silicea 12/16

- Calcarea carb 11/16
- Hepar sulph 10/16

Miasmatic Background

- Psoro-syphilitic predominance
- Chronicity, discharge, cracks and odour indicate syphilitic taint
- Suppression of eruptions in past suggests psoric blockage

Remedy Selection and Justification**Graphites**

- Honey-like discharge with cracked, crusty lesions
- Itching, burning after scratching; worse from cold
- Offensive sweat; anxious, fastidious, chilly
- Constitutional and miasmatic match

Bacillinum

- Tubercular background with family allergy history
- For relapsing skin issues, suppressed eruptions
- Miasmatic unblocker; boosts remedy response

Prescription and Follow-Up

Date	Prescription	Rationale	Follow-up Response
Day 1 16-12-2024	<i>Graphites 200C</i> , 1 dose + Placebo	Based on complete totality	Initial aggravation, then reduction in discharge
Week 2 30-12-2024	Placebo	Observe action of 200C	Discharge reduced, itching less
Week 6 27-01-2024	<i>Bacillinum 200+C</i> , 1 dose + Placebo	Intercurrent for miasmatic unlocking	Mild aggravation, then improvement in vitality
Week 10 26-02-2024	Placebo	To allow action to continue	Lesions drying up, less inflammation
Week 14 23-03-2025	<i>Graphites 1M</i> , 1 dose + Placebo	For deeper action, case plateaued	Visible healing, no new eruptions
Week 20 05-05-2025	Placebo	Continued observation	Skin intact, cracks healed, no discharge
Week 24 02-06-2025	Placebo	Maintenance	No relapse, complete recovery, general well-being

**Fig 2:** During treatment**Outcome and Discussion**

The patient demonstrated steady and progressive improvement in both local skin pathology and general health following individualized homoeopathic treatment. *Graphites* administered in 200C and later 1M potency

effectively addressed the core totality of symptoms, including cracked skin, sticky discharge, and offensive perspiration. The remedy's deep constitutional action was evident in the reduction of itching, healing of fissures, and overall vitality. *Bacillinum*, prescribed as an intercurrent

remedy, helped unlock the chronic miasmatic layer, especially given the strong family history of skin disorders. The synergy between the remedies prevented recurrence,

and the patient remained symptom-free during the 3-month follow-up period.



Fig 3: After treatment

Conclusion

This case highlights the effectiveness of individualized homoeopathic treatment in managing chronic skin conditions complicated by secondary infection. Through detailed case taking, miasmatic evaluation, and repertorial totality, *Graphites* and *Bacillinum* were judiciously selected. Their complementary action resulted in marked clinical improvement, sustained recovery, and restoration of the patient's overall health.

Declaration

Patient Consent:

Informed consent was obtained from the patient for publication of this case.

Conflict of Interest

Not available

Financial Support

Not available

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