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Chronic atopic dermatitis and its individualised homoeopathic management: A case report

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Abstract

Introduction: Atopic dermatitis (AD), also known as atopic eczema, is a long-term type of inflammation of the skin. It is also often called simply eczema. Characterised by itchy, red, swollen, and cracked skin. It is more common in younger children. Females are affected slightly more often than males.

Case Summary: At the Materia Medica OPD of The Calcutta Homoeopathic Medical College & Hospital a 60 years old aged female patient came with complaint of dry itching eruption on both hand palm with crack since last 7-8 years which is aggravated at night, winter and after water exposure accompanied with gastric disturbances, pain in knee joint. After detailed case taking, repertorization and consultation with Materia medica Homoeopathic Medicine Carbo Vegetabilis in 50-millesimal potency was prescribed.

Result: After regular treatment for 2-3 months the patient showed 70-80% improvement in her all complaint.

Keywords: Atopic dermatitis, Homoeopathy, Individualisation, *Carbo vegetabilis*, Repertorization

Introduction

Atopic dermatitis (AD), (ICD-11 code EA80) also known as atopic eczema, is a long-term type of inflammation of the skin ^[1]. It is also often called simply eczema. Characterised by itchy, red, swollen, and cracked skin ^[1]. It is more common in younger children ^[2]. Females are affected slightly more often than males ^[3].

The disease results from inflammation of epidermal layer by activation of epidermal inflammatory dendritic and innate lymphoid cells which subsequently attracts Th2 CD4+ helper T cells to the skin ^[4]. Environmental pollution, climate, genetics, allergens, hard water, staphylococcus aureus plays an important role in producing Atopic Dermatitis. This can be managed by vitamin D supplementation ^[5, 6, 7], lifestyle modification ^[8, 9].

Diagnosis: Mainly diagnosed on clinical examination ^[10].

- UK Diagnostic Criteria, based on the work of Hanifin and Rajka, has been the most widely validated ^[11, 12].

People must have itchy skin, or evidence of rubbing or scratching, plus three or more of:
Skin creases are involved - flexural dermatitis of fronts of ankles, antecubital fossae, popliteal fossae, skin around eyes, or neck, (or cheeks for children under 10)
History of asthma or allergic rhinitis (or family history of these conditions if patient is a child ≤ 4 years old)
Symptoms began before age 2 (can only be applied to people ≥ 4 years old)
History of dry skin (within the past year)
Dermatitis is visible on flexural surfaces (people ≥ 4 years old) or on the cheeks, forehead, and extensor surfaces (people < 4 years old)

Case Report

Presenting Complaint

A 60 years old aged female patient came with complaint of dry itching eruption on both hand palm with crack since last 7-8 years which is aggravated at night, winter and after water exposure accompanied with gastric disturbances, pain in knee joint.

History of present complaint

The patient present with a dry itchy skin of both palms associated with crack for last 7-8 years with gradual increasing in tendency. On further enquiry it was found that the itching started after she had suffering from pulmonary tuberculosis. Previously she had already undergone some allopathy treatment but only with temporary relief.

Past history: Pulmonary tuberculosis- (7-8 years ago); Asthma.

Family history: Mother - Pulmonary TB

Physical general

The patient has a tendency to intolerance of both hot and cold weather, with an easy satiety of appetite and bloating of abdomen after eating with a desire for fish, luke warm food and intolerance of milk which causes gastric disturbances, flatulency. The patient has moderate thirst 2-3 litre water intake per day with red, clear, moist tongue. She has experiences moderate sweat over whole body during summer season with a problem of unsatisfactory movement of bowel and for that must took laxatives every night. Urinary flow is satisfactory and good sleep with preference of right side lying and no specific dreams.

Mental generals

The patient is mild in nature, not getting angry easily, but forgetful in nature after suffering from pulmonary tuberculosis. She has a fear from ghosts, in darkness with desire for company.

Physical Examination

She is well-oriented to time, place, and person, with a good build and nourishment. No abnormality was detected in any

of the systems. However, the patient was mildly anaemic. On systemic examination of the respiratory system, breath sounds were vesicular at 15 breaths per minute. On examination of the cardiovascular system, the pulse was 88 beats per minute, and blood pressure was 128/82 mmHg. On auscultation, S1 and S2 sounds were present.

Final diagnosis: Chronic Atopic Dermatitis based on clinical presentation and Hanifin and Rajka criteria.

Analysis & Evaluation of the case: Table -1

Totality of symptom

1. Fear of ghosts, darkness.
2. Memory forgetful
3. Appetite- easily satiety, fullness of abdomen after eating
4. Desire - fish, luke warm food,
5. Aversion - milk
6. Intolerance - milk
7. Stool- unsatisfactory, hard, taking laxative daily since several months
8. Dry Itching eruption on both palm since last 7-8 years.
9. Gastric disturbances for 2 years
10. Associated with fullness of abdomen, easily satiety.
11. Pain in both knee since several days.

Miasmatic Analysis ^[13]

Considering present complaint along with modalities, past history, family history, and generalities (physical and mental) it is a case of Psoro-Syphilitic or Pseudo-Psoric. But the predominant miasm is Psora according to The Principles and Art of Cure by Homoeopathy by Herbert A. Roberts.

Follow up and outcomes

Follow up	Response	Prescription
Date: 14/11/24	Patient is improving; Gastric disturbances relief than before; Itching of palm also decreases; Generalities better; No new complaint	Rx 1. CARBO VEG - 0/3 /15D OD x 15 days Followed by 2. CARBO VEG- 0/4 /15D OD x 15 days
Date: 26/12/24	Patient is improving Gastric disturbances now very less amount; Appetite improved; Itching of palm also much better; Pain in knee also decrease; New complaint appear - burning of both palm and soles, since last 15 days; < night, can't cover palm and soles > apply cold water. Old complaint reappear - Tingling sensation of head, for 15 days; < night after lying down, sleeping in left side Associated with occasionally vertigo when try to sleep Same complaint appears 7-8 years ago but no treatment was taken at that time.	Rx 1. CARBO VEG- 0/5 / 15D AD x 30 days 2. Rubrum - 400 / 1drachm ODHS x cont.
Date: 02/02/2025	Patient is improving. Itching of palm with crack skin much better. Appetite much improved. Burning of both palms not now Tingling sensation in head improved. Generalities better. No new complaint.	1. CARBO VEG- 0/6 / 15D AD x 30 days 2. Rubrum - 600 / 1drachm ODHS x cont.

Study design and setting

This was a prospective, single-case interventional study conducted at the Outpatient Department (OPD) of The Calcutta Homoeopathic Medical College and Hospital, Kolkata, West Bengal, India. The study was carried out

between October 2024 and February 2025.

Participant

A 60 yrs., female patient present to our materia medica OPD with complaint of dry itching eruption on both palm with

crack skin since 7-8 yrs with gastric disturbances, knee joint pain, anorexia, constipation. Patient was on allopathic medication without much relief.

Ethical considerations

The patient provided written informed consent for participation, clinical photography, and publication of findings, in accordance with the ethical principles outlined in the Declaration of Helsinki (2013 revision).

Therapeutic intervention

Based on the repertorial analysis [Table 3] derived from the HOMPATH ZOMEIO SOFTWARE version 13.5.8, ^[14] leading remedies with the score from highest to lowest are: Sulphur - 23/9, Calc. Carb - 20/9, Carbo. Veg - 19/11

Points in favour of selection of medicine

For the bad effects of exhausting diseases, whether in young or old; cachectic persons whose vitality has become weakened or exhausted. Persons who have never fully recovered from the exhausting effects of some previous illness; asthma dates from measles or pertusis of childhood; indigestion from a drunken debauch; bad effects of a long-ago injury; has never recovered from effects of typhoid. Weak digestion; *simplest food disagrees*; excessive accumulation of gas in stomach and intestines < lying down; after eating or drinking, Eructation's give temporary relief ^[15].

Persons who have never fully recovered from the effects of some previous illness. Aversion to darkness. Fear of ghosts. Sudden loss of memory. Mouth covered with aphthæ. Eructations, heaviness, fullness, Temporary relief from belching. Aversion to milk. Itching; worse on evening, when warm in bed ^[16].

In this case the patient had suffer from pulmonary tuberculosis after that her present complaint of itching started.

Along with other characteristic symptoms of CARBO VEG. present in the patient i.e.

- Itching of palm, dry, < night
- Fullness of abdomen < after eating, > temporarily by belching.

- Milk intolerance.
- Fear of ghosts, darkness.
- Forgetful memory.

Prescription

Carbo Vegetabilis 0/1 /15dose followed by Carbo Vegetabilis 0/2/ 15 Dose, to be taken in empty stomach in every morning after giving 10 equal downward succussions, along with placebo for 30 days at bed time. The case was reviewed monthly.

Follow-up and assessment

The patient was followed up monthly over a total of four consecutive follow-ups, from the start of treatment in October 2024 until December 2025. No standardized quantitative outcome measures were applied; instead, therapeutic progress was evaluated through direct clinical symptoms.

Results

At baseline, the patient presented with itching of both palm, dryness and crack skin, along with knee pain, flatulence, unsatisfactory stool. After administering *Carbo Vegetabilis* 0/1 & 0/2 in the early morning on an empty stomach for 30 days followed by a placebo every night at bed time progressive improvement was noted at each monthly follow-up. By the first follow-up, improvements began, and by the second follow-up, the patient had improved by up to 40%. By the fourth and final follow-up, the patient showed marked improvement.

Discussion

Homoeopathy is a system of therapeutics which aims at a rapid, gentle and permanent restoration of health. In this case, *Carbo vegetabilis* was selected on the basis of totality of symptoms along with past history of the patient which is the key point of this prescription and this was successful in the treatment of the condition as well as recovered the accessory complaints of the patient. Repertorization was done using hompath software.

Table 1: Analysis and Evaluation of the Case

Analysis	Evaluation
Mental generals	Characteristic Mental generals
fear of ghosts, darkness.	Fear of ghosts, darkness.
Memory forgetful	Memory forgetful
Desire company	Characteristic Physical Generals
Does not get angry easily.	Thermal reaction - ambithermal
Physical generals	Appetite- easily satiety, fullness of abdomen after eating
Thermal reaction - ambithermal	Desire - fish, luke warm food,
Appetite- easily satiety, fullness of abdomen after eating	Intolerance - milk
Desire - fish, luke warm food,	Thirst - Moderate, 2-3 l/ day
Intolerance - milk	Tongue - red, clear, and moist
Thirst - Moderate, 2-3 l/ day	Sweat - moderate over whole body in summer
Tongue - red, clear, and moist	Stool- unsatisfactory, hard, taking laxative daily since several months
Sweat - moderate over whole body in summer	Urine - satisfactory
Stool- unsatisfactory, hard, taking laxative daily since several months	Sleep - satisfactory, prefer either left or right, refreshing
Urine - satisfactory	Characteristic Particular
Sleep - satisfactory, prefer either left or right, refreshing.	Itching eruption on both palm
Particular	Gastric disturbances after eating
Itching eruption on both palm	Pain in both knee joint
Gastric disturbances after eating	
Pain in both knee joint	

Table 2: Miasmatic Analysis

Dry itching eruption	Psora
Flatulence after eating	Psora
Knee joint pain	Psora
Fear of Ghost, darkness	Psora
Forgetful memory	Psora
Desire warm food	Psora
Intolerance milk	Psora, syphilis
Stool, hard unsatisfactory	Psora

Repertorization was done using Hompath Zomeo Software version 13.5.8

Repertorisation								
Symptoms: 12 Remedies: 260 Applied Filter								
Remedy Name	Sulph	Calc	Carb-v	Lyc	Phos	Puls	Sep	Kali-c
Totality / Symptom Covered	23 / 9	20 / 9	19 / 11	19 / 8	17 / 9	17 / 8	16 / 7	15 / 8
[Kent] [Mind] Fear (see anxiety): Ghosts, of: Night: (8)	2		2	2		2		
[Kent] [Mind] Forgetful (see memory): (153)	2	2	2	3	3	1	1	1
[Kent] [Abdomen] Fullness, sensation of: Eating: After: (39)	2	1	2	2	2	2	2	3
[Kent] [Stomach] Desires: Fish: (3)					1			
[Kent] [Stomach] Aversion: Milk: (30)	2	2	2		1	2	2	
[Kent] [Generalities] Food: Milk: Agg: (57)	3	3	2	2	2	2	3	2

Fig-1

Repertorisation								
Symptoms: 12 Remedies: 260 Applied Filter								
Remedy Name	Sulph	Calc	Carb-v	Lyc	Phos	Puls	Sep	Kali-c
Totality / Symptom Covered	23 / 9	20 / 9	19 / 11	19 / 8	17 / 9	17 / 8	16 / 7	15 / 8
[Kent] [Stool] Hard: (164)	3	3	2	3	3	2	3	2
[Kent] [Mouth] Aphthae: (90)	3	2	2	2	1			2
[Kent] [Extremities] Itching: Palm: Night: (3)			1					
[Kent] [Skin] Cracks: (49)	3	3	1	2	1	3	3	1
[Kent] [Extremities] Numbness (see tingling): Knee: (13)		1	1					1
[Kent] [Chest] Phthisis pulmonalis: (67)								

Fig-2**Fig 3: (17/10/24)****Fig 4: (14/11/24)**



Fig 5: (26/12/24)



Fig 6: (2/5/25)

Conclusion

In case of Chronic Atopic Dermatitis (CAD), homoeopathy proves to be of vast scope. A homoeopath treats the patient according to the symptomatology and the dynamic medicines does not produce any kind of side-effects. Homoeopath believe in the individualistic approach, and in the above case it is seen that CAD can be managed by homoeopathic medicines. Homoeopathy can successfully cure cases of CAD. The secret to a successful recovery is an early diagnosis. Homoeopathy can correct the internal immune system and treat the condition. When compared to other forms of therapy, homoeopathy provides long-term relief. It significantly lowers the likelihood of relapse. Thus, homoeopathic medicines help to enhance the quality of life in patients along with CAD.

Main takeaway lessons of this case report

- Homeopathy can be an effective treatment approach for managing Chronic Atopic Dermatitis (CAD).
- This case study demonstrates the successful treatment of a 60-year-old female patient with CAD using individualized homeopathic medicine, *Carbo vegetabilis*.
- This case highlights the potential of homeopathy in providing long-term relief and improving the quality of life in patients of CAD.

Conflict of Interest

None declared.

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