



# International Journal of Homoeopathic Sciences



E-ISSN: 2616-4493

P-ISSN: 2616-4485

Impact Factor (RJIF): 5.96

[www.homoepathicjournal.com](http://www.homoepathicjournal.com)

IJHS 2026; 10(1): 108-110

Received: 16-10-2025

Accepted: 18-11-2025

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## Therapeutic role of constitutional homoeopathic remedies in chronic urticaria

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**DOI:** <https://www.doi.org/10.33545/26164485.2026.v10.i1.B.2173>

### Abstract

Chronic urticaria is a recurrent hypersensitivity disorder characterized by transient wheals, pruritus, and occasional angioedema persisting for more than six weeks. The condition significantly affects quality of life due to its unpredictable nature and frequent relapses. Conventional management primarily focuses on symptomatic suppression, often necessitating long-term medication. Homoeopathy offers a holistic and individualized approach by addressing the constitutional and miasmatic basis of the disease rather than its external manifestations alone. This review article explores the therapeutic role of constitutional homoeopathic remedies in chronic urticaria through homoeopathic philosophy and Materia Medica correlation, highlighting the importance of individualization in achieving sustainable relief.

**Keywords:** Chronic urticaria, constitutional homoeopathy, individualization, materia medica, chronic skin diseases

### Introduction

Chronic urticaria (CU) is defined as the presence of recurrent wheals, angioedema, or both for a duration exceeding six weeks. The condition is known for its fluctuating course and resistance to conventional therapy in many patients. Persistent itching, visible skin lesions, and uncertainty regarding triggers contribute to psychological distress and impaired daily functioning.

From a homoeopathic standpoint, chronic urticaria is not merely a local allergic phenomenon but an expression of internal disharmony involving the vital force. Homoeopathy emphasizes treatment of the individual as a whole, considering mental, physical, and emotional aspects, rather than focusing solely on cutaneous symptoms.

### Modern Understanding of Chronic Urticaria

Modern medicine attributes chronic urticaria to mast cell activation leading to the release of histamine and other inflammatory mediators. In many cases, the etiology remains idiopathic, while autoimmune mechanisms, infections, dietary factors, and psychological stress are recognized contributors. Despite advancements in pharmacotherapy, long-term management often requires continuous medication, with recurrence upon withdrawal.

### Homoeopathic Concept of Chronic Urticaria

Homoeopathy considers chronic urticaria as an outward manifestation of an internal constitutional imbalance. According to Hahnemann, chronic diseases arise from underlying miasmatic dyscrasia, and skin eruptions often serve as outlets for internal disturbances. Suppression of these eruptions may result in recurrence or deeper pathological changes. Chronic urticaria is predominantly associated with psoric miasm, though sycotic and syphilitic influences may coexist depending on the chronicity and associated systemic symptoms. Constitutional treatment aims to restore equilibrium of the vital force, leading to gradual and sustained resolution of symptoms.

### Role of Constitutional Homoeopathic Treatment

Constitutional homoeopathic treatment is based on:

- Totality of symptoms
- Individual susceptibility

- Mental and emotional state
- Physical generals
- Miasmatic background

Rather than prescribing remedies based solely on the name of the disease, homoeopathy selects medicines that closely correspond to the patient's overall symptom picture. Such treatment acts deeply, influencing immune regulation, stress response, and general health, thereby reducing the tendency to relapse.

### **Importance of Individualization in Chronic Urticaria**

Individualization is the cornerstone of homoeopathic practice. Patients with identical urticarial presentations may require entirely different remedies based on their constitution, temperament, modalities, and associated complaints. Factors such as emotional stress, dietary sensitivity, environmental exposure, and digestive disturbances play a significant role in remedy selection. This individualized approach distinguishes homoeopathy from conventional symptomatic management and provides a rational basis for long-term improvement.

### **Materia Medica Correlation of Constitutional Remedies**

#### **Apis Mellifica**

Apis mellifica is indicated in urticaria with pale or pink, oedematous wheals accompanied by burning and stinging pains. Symptoms are aggravated by heat and relieved by cold applications. Sudden onset and association with angioedema are characteristic.

#### **Urtica Urens**

Urtica urens is useful in urticaria associated with intense itching and burning, particularly when triggered by food, shellfish, or damp weather. It is often considered when symptoms resemble those produced by nettle stings.

#### **Sulphur**

Sulphur is a deep-acting constitutional remedy indicated in chronic and relapsing urticaria. It suits individuals with heat intolerance, burning sensations, and itching worse at night. Sulphur addresses underlying psoric tendencies and is often required when the disease shows chronicity.

#### **Natrum Muriaticum**

Natrum muriaticum is suited to patients with chronic urticaria linked to emotional stress, grief, or suppressed emotions. The eruptions are often aggravated by sun exposure. The remedy acts profoundly on the emotional sphere and immune regulation.

#### **Arsenicum Album**

Arsenicum album is indicated when urticaria presents with intense burning, anxiety, restlessness, and marked prostration. Patients often show fastidiousness and fear regarding health, with symptoms relieved by warmth.

#### **Calcarea Carbonica**

Calcarea carbonica is indicated in individuals with constitutional weakness, chilliness, and tendency toward obesity. Chronic urticaria in such patients is often associated with digestive disturbances and fatigue.

### **Holistic Benefits of Constitutional Homoeopathy in Chronic Urticaria**

Constitutional homoeopathic treatment not only targets skin manifestations but also improves:

- Emotional stability
- Stress tolerance

- Digestive and metabolic functions

- Overall vitality

By addressing the root cause, homoeopathy aims to reduce dependency on suppressive medication and improve quality of life.

### **Discussion**

The conceptual framework of homoeopathy aligns well with the multifactorial nature of chronic urticaria. Emotional stress, immune dysregulation, and constitutional susceptibility are central to disease expression. Materia Medica-based prescribing offers a rational and individualized therapeutic approach that extends beyond symptomatic relief.

Though this review does not include clinical data, it emphasizes the theoretical and philosophical foundation supporting the use of constitutional homoeopathic remedies in chronic urticaria. Further systematic clinical studies may strengthen the evidence base.

### **Conclusion**

Chronic urticaria represents a complex interplay of immunological, emotional, and constitutional factors. Homoeopathy, through its constitutional and individualized approach, offers a holistic framework for understanding and managing the condition. Constitutional homoeopathic remedies, selected on the basis of totality of symptoms and Materia Medica correlation, hold significant therapeutic potential in achieving long-term relief and reducing recurrence.

### **Conflict of Interest**

There are no conflicts of interest related to this study.

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**How to Cite This Article**

Sharma R, Juneja R, Kaur J, Bhardwaj P. Therapeutic role of constitutional homoeopathic remedies in chronic urticaria. *International Journal of Homoeopathic Sciences*. 2026;10(1):108-110.

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