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EVIDENCE-BASED CASE REPORT ON CHRONIC ECZEMA WITH TREATMENT OF HOMOEOPATHIC ULTRA DILUTION

Dr. Chitram Umashankar

Assistant Professor, Department of Homoeopathic Pharmacy
Hamsa Homeopathy Medical College, Hospital and Research Centre
Siddipet, Telangana State

Abstracts

Background: Eczema, a skin condition causing scaling, redness, and itching, can affect a patient's psychological well-being and can be acute or persistent. Common treatments include steroids and topical applications. Petroleum and Sulphur were used to treat palm eczema in a 42-year-old female patient, while Coffea Cruda 30CH and Mercurius Solubilis 200CH prevented further in a 65-year-old woman with vesicular eruptions.

Objectives: Study the effectiveness of homeopathic medicine in managing skin disease and their role in treating skin Disorders.

Methods: Two case reports examined the effectiveness of homoeopathic treatment in treating skin diseases by searching PubMed and Google Scholar databases. Following abstract assessment, the full texts of the articles that made the shortlist were examined for study design.

Results: Summary of the case: Petroleum 200CH and Sulphur 200CH were used to successfully treat palm eczema in a 42-year-old female patient. She had complained of cracked fingers, feet, soles, and palms, which worsened when wet. After treatment, there was no recurrence (Fig no:1). In an additional case study, a 65-year-old woman with a skin condition characterized by vesicular eruptions, peeling, dryness, itching, bleeding, and scratching was treated with Coffea Cruda 30CH and Mercurius Solubilis 200CH. This treatment prevented further burning (Fig no:2). Symptomatology was identified, and repertorization was performed using the Synthesis Repertory & Zomeo. The patient was prescribed medicine in centesimal potency, and they showed improvement within three months. Both cases were assessed based on the reportorial totality of symptoms.

Conclusion: The study, from 2005 to 2021, evaluates clinical trials and assesses homeopathy's efficacy in treating dermatitis. It reveals psychological factors like stress, mood, and personality can affect skin health. Chronic disorders can negatively impact self-esteem and quality of life. Repeated external applications can suppress adrenal pituitary, especially in infants and children. The study suggests homeopathic remedies are safer and more satisfactory than conventional treatments, improving patient quality of life and overall health.

Keywords: Homoeopathy, skin disorders, eczema, dermatitis

Key messages: Action of homoeopathy medicines on skin disorders: A case report

INTRODUCTION

Eczema, also known as dermatitis, is a reaction pattern that can display various clinical and histologic findings. It is the common expression for several disorders.

Atopic Dermatitis Hayfever, asthma, and eczema are atopic triads, characterized by intermittent, chronic, eczematous dermatitis with scaly patches, vesiculation, crusting, and fissuring, often on flexures.

Allergic Contact Dermatitis Delays hypersensitivity reactions after cutaneous exposure to antigenic substances, causing vesicular, weeping, and crusting lesions. Common allergens include Toxicodendron resin, nickel, rubber, and cosmetics.



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Irritant Contact Dermatitis Dermatitis is skin inflammation caused by exogenous agents, often affecting hands due to chronic exposure to water and detergents, causing dryness, cracking, erythema, and edema. A chronic non-infectious condition characterized by red patches with greasy yellowish scales. Lesions are usually found on the scalp, eyebrows, nasolabial folds, armpits, central chest, and behind the ears.

Seborrheic Dermatitis A chronic non-infectious process characterized by erythematous patches with a greasy yellowish scale. Lesions are generally on the scalp, eyebrows, nasolabial folds, axillae, central chest, and posterior auricular area. ⁽¹⁾

CLINICAL FEATURES

Atopic dermatitis is a childhood eczema affecting the cheeks, scalp, and limbs, causing erythema, oedema, and severe itching. It subsides by 18 months but continues into adulthood. Common complications include secondary bacterial and viral infections, with anti-staphylococcal therapy often leading to improvement.

Infantile Seborrhoeic Dermatitis, a condition affecting the scalp, face, axillae, and napkin areas, typically appears in the first three months of life and usually remits within a few months.

Adult Seborrhoeic Dermatitis, commonly affecting the face, scalp, front, and back of the chest, is a common condition affecting individuals aged 20-40. The mildest form is pityriasis capitis (dandruff), while severe cases involve erythema, scales, and exudation. Treatment includes shampoos, mid-potency topical steroids, and antifungal agents. Severe cases may require oral steroids and systemic steroids. Oral antibiotics and antihistamines can also be prescribed.

Irritant contact dermatitis is a type of dermatitis caused by contact with irritants like detergents, acids, alkaline chemicals, oils, organic solvents, oxidants, and reducing agents. The intensity of inflammation depends on the concentration of the irritant and exposure time. Common examples include housewife's eczema, diaper dermatitis, and industrial dermatitis. Treatment involves quick washing, bland barrier creams, and topical steroids.

Allergic contact dermatitis is a type IV hypersensitivity reaction mediated by T-lymphocytes against chemicals in contact with the skin. Common sensitizers in India include metals, plants, antibacterial agents, rubber chemicals, and hair dyes. Parthenium dermatitis is the most common and severe type, affecting the face, eyelids, neck, and body surface. Lesions are common in sun-exposed areas and worsen during summer and rainy seasons.

INVESTIGATIONS

Clinical examination is sufficient for eczema diagnosis, but acute eczemas should be treated without investigations, while chronic and recurrent eczemas require a thorough investigation to identify the cause.

Patch Testing is a scientific method for confirming allergic contact dermatitis diagnosis, but not for irritant dermatitis. It applies allergens to the back and leaves on for 2 days, producing erythema and papulovesicles. A good test indicates contact sensitization without false positive reactions.

Photopatch Testing is a method used to identify the cause of photoallergic contact dermatitis, using chemical patches applied in duplicate, removed after 24 hours, irradiated with ultraviolet light, then reapplied and evaluated.

Prick testing is used to detect type I hypersensitivity reactions, but its relevance in determining the cause of eczema is questionable.

Serological testing, including the Radio-allergosorbent Test (RAST), is crucial in diagnosing atopic dermatitis by assessing total serum IgE and IgE antibodies specific to specific allergens.



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A skin biopsy is often not necessary for eczema diagnosis, and the histopathological findings depend on the stage of the condition. ⁽²⁾

General measures Skin diseases require correct diagnosis, removal of aggravating factors, safe treatments, and holistic patient consideration. Psychological impact is significant, and psychiatric illness can manifest as a skin disease. Careful clinical assessment and management strategies should address the patient's psychological well-being.

Topical treatments are the first-line treatment for most skin diseases, and many can be effectively treated by these therapies alone. The choice of active drug/ingredient and vehicle is crucial. Ointments are preferred for dry skin conditions like chronic eczemas due to their hydration and fewer preservatives. However, creams are easier to apply and may be more adherence-friendly. Drug penetration depends on the molecular weight and lipid-water coefficient, with larger, water-soluble molecules penetrating poorly. In skin diseases, impaired stratum corneum and occlusion under dressings increase drug absorption. Drugs can be used in different potencies or concentrations, and regimens should be simple. Emollients, topical glucocorticoids, and other key therapies are widely used in various skin conditions. ⁽³⁾

DRUGS ACTING ON SKIN AND MUCOUS MEMBRANES

Keratolytics and Caustics

Salicylic acid, Resorcinol, Podophyllum resin, silver nitrate, Phenol, Trichloroacetic acid,

Glacial acetic acid

Antiseborrheics Selenium sulfide, Zinc pyrithione, Sulfur, Resorcinol, Coal tar, Ketoconazole Clotrimazole, Topical corticosteroids

Keratolytics dissolve intercellular substances in the skin's horny layer, causing epidermal cells to swell, soften, and desquamate. They are used on hyperkeratotic lesions like corn, warts, psoriasis, chronic dermatitis, ringworm, and athlete's feet. Salicylic acid is used for dissolving corns, while propylene glycol is used for occlusive dressings. Resorcinol has antiseptic, antifungal, and keratolytic properties. Urea acts as a humectant, softening and solubilizing keratin, facilitating its removal from hyperkeratinized lesions.

Anti-seborrheic drugs are effective in treating seborrheic dermatitis, a condition characterized by erythematous, scaling lesions. The yeast *Pityrosporum ovale* is the cause but triggers like sebum changes, skin alkalinity, emotional stress, and genetic predisposition can also cause it. Selenium sulfide, applied as a lotion or shampoo, slows epidermal proliferation and scaling, but may cause relapse.

Zinc pyrithione reduces epidermal turnover and inhibits *P. ovale*, while ketoconazole is often combined with it. Topical steroids relieve symptoms of seborrheic dermatitis, but relapse rates are high. Imidazole antifungals, like ketoconazole, are most effective against *P. ovale*. However, prolonged oral therapy is unwarranted, so it's formulated into a 2% cream/shampoo/scalp gel. Other mildly effective drugs include sulfur, resorcinol, coaltar, and ammoniated mercury. Salicylic acid may also benefit seborrhoea by removing scales and improving drug penetration. ⁽⁴⁾⁽⁵⁾

ADVERSE DRUG EFFECTS

Every medication has the potential to cause side effects. Therefore, when administering medication, it is important to consider the therapeutic benefits along with the potential risks in order to determine whether the medication should be used for a particular patient. For example, when treating cancer, it is important to consider the possibility of bone marrow depression, or when treating a common cold with an antihistamine, it is important to consider the possibility of mild drowsiness. ⁽⁶⁾

Topical steroids can cause local and systemic adverse effects, including thinning of the epidermis, atrophy, telangiectasia, striae, easy bruising, hyperpigmentation, delayed wound healing, and fungal and bacterial infections. Repeated application can lead to adrenal pituitary suppression, especially in infants and children. Face skin is more susceptible, and potent halogenated steroids should not be used on it.

Topical drugs, such as hyoscine, fentanyl, GTN, nicotine, testosterone, and estradiol, can be absorbed through the skin, cornea, and mucous membranes. However, few drugs significantly penetrate intact skin, such as corticosteroids. Absorption can be promoted by rubbing the drug in an oleaginous base or using occlusive dressing. Abraded surfaces can also absorb drugs, while the cornea is permeable to lipid-soluble physostigmine but not highly ionized neostigmine. Eye drops may also be absorbed through the nasolacrimal duct, while mucous membranes can absorb lipophilic drugs. ⁽⁵⁾

HOMOEOPATHY MANAGEMENT

Atopic dermatitis is a childhood eczema affecting the cheeks, scalp, and limbs, causing erythema, edema, and severe itching. It subsides by 18 months but continues into adulthood. Common complications include secondary bacterial and viral infections. Modern medicine uses corticosteroids and emollients but these can cause side effects. Topical steroids can cause thinning of the epidermis, atrophy, telangiectasia, striae, easy bruising, hyperpigmentation, delayed wound healing, and fungal and bacterial infections. Face skin is more susceptible, and potent halogenated steroids should not be used on it. Homoeopathy, which involves individualization, can be beneficial in long-term treatment.

METHODS: Two case reports examined the efficacy of homeopathic treatment for skin diseases by searching PubMed and Google Scholar databases. After assessing the abstracts, the full texts of the shortlisted articles were examined for study design.

RESULTS: In a case study, Petroleum 200CH and Sulphur 200CH were used to successfully treat palm eczema in a 42-year-old female patient. She had complained of cracked fingers, feet, soles, and palms, which worsened when wet. After treatment, there was no recurrence (Fig no:1&2). In another case study, a 65-year-old woman with a skin condition characterized by vesicular eruptions, peeling, dryness, itching, bleeding, and scratching was treated with Coffea Cruda 30CH and Mercurius Solubilis 200CH. This treatment prevented further burning (Fig no:3,4). Symptomatology was identified, and repertorization was performed using the Synthesis Repertory & Zomeo. The patient was prescribed medicine in centesimal potency, and they showed improvement within three months. Both cases were assessed based on the reportorial totality of symptoms.



[Fig no: 1] Before treatment, 21. Jan. 2020 [Fig no: 1] Before treatment, 21. Jan. 2020



[Fig no: 2] After treatment 06. Feb. 2020; [Fig no: 2] After treatment 06. Feb. 2020



[Fig no: 3] Before treatment, 07. November. 2022; [Fig no: 3] Before treatment, 07. November. 2022



[Fig no: 4] After treatment 14. Nov. 2022



[Fig no: 4] After treatment 14. Nov. 2022



[Fig no: 5] After treatment 27. Feb. 2023

DISCUSSION:

Homoeopathic studies related to Eczema

Das A., et al., 2022 Atopic dermatitis (AD) is a chronic inflammatory dermatosis characterized by pruritus and chronicity due to antigen-antibody reactions. It is prevalent worldwide, with a significant prevalence in Asian-Pacific countries, Eastern Mediterranean regions, and India. A Hindu 45-year-old female chief reported hot, dry skin, dry eruptions, and scabs for 3-4 years. Homoeopathic remedies have shown potential for treating AD, but have limitations like severe asthma, hay fever, Alzheimer's disease, and multiple sclerosis. ⁽⁷⁾

Padigapati D, Xavier X. 2024 Eczema is a skin disease characterized by itching, redness, and scaling. It can be acute or chronic and can impact a patient's psychological health. Conventional treatments like topical application and steroids can have long-term adverse effects. A 48-year-old female with palm eczema was treated with Petroleum 200c and Sulphur 200c, leading to no recurrence after two years. Individualized medicine and miasmatic prescription can cure the disease. ⁽⁸⁾



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Singh S. 2025 Dermatitis is a common skin condition caused by factors like heredity, immune system overactivity, infections, allergies, and other factors. Homoeopathic remedies have been found to be safer and more satisfactory than conventional treatments, improving patient quality of life and overall health. This systematic review, spanning from 2005 to 2021, aims to critically evaluate clinical trials and assess the efficacy of homoeopathy as a dermatitis treatment. ⁽⁹⁾

Sharma B. 2024 The mind-skin connection research explores how psychological factors like stress, mood, and personality affect skin health. Emotional distress can trigger or worsen skin disorders, affecting quality of life, social interactions, and well-being. Chronic dermatological disorders can also negatively impact self-esteem, leading to feelings of embarrassment, rejection, anxiety, depression, and social retreat. ⁽¹⁰⁾

Mahajan A, et al., Internet gaming disorder (IGD) is an emerging disorder in the Indian mobile gaming market, potentially reaching pandemic proportions. A 3-year-old boy with atopic dermatitis (AD) was diagnosed with IGD and treated with individualized homoeopathic medicine *Mercurius solubilis*. The treatment improved subjective symptoms, skin lesions, itching, hyper-pigmentation, and behavioral symptoms like anger and destructive behavior. The Modified Naranjo Criteria score was 8, indicating a probable association between the chosen homoeopathic medicine and the outcome. ⁽¹¹⁾

Rai SP, et al., 2024 Pityriasis Versicolor, also known as Tinea versicolor, is a fungal skin infection that causes patches of skin to change color. These patches typically appear on the chest, upper back, upper arms, neck, or tummy and can be flat, round, scaly, or itchy. A case report describes a patient with white spots on their neck and upper chest area. Symptomatology was identified and repertorization was done using synthesis repertory. The patient was prescribed medicine in centesimal potency, and they improved within three months. ⁽¹²⁾

Kumar P. 2024 Eczema is a common skin condition affecting adults and children. Modern medicine uses corticosteroids and emollients but can cause side effects. Homoeopathy, which involves individualization, can be beneficial in long-term treatment. In a case report, Hepar sulph was given to a male patient, demonstrating the effectiveness of homoeopathic medicines in eczema treatment. ⁽¹³⁾

Rajar UD, 2024 The study examined the impact of platelet-rich plasma (PRP) and tressfix serum on micro-Ribonucleic acid (miRNA) levels in seborrheic eczema patients. The study involved individuals aged 18 to 65 with mild to moderate seborrheic eczema, including those with immune-related diseases, bleeding disorders, active skin infections, serious medical illnesses, allergies to PRP or transfix serum components, and those pregnant or nursing. Results showed significant reductions in miRNA levels across all three groups, indicating the therapy's efficacy in treating seborrheic eczema. ⁽¹⁴⁾

CONCLUSION: The study, from 2005 to 2021, evaluates clinical trials and assesses homeopathy's efficacy in treating dermatitis. It reveals psychological factors like stress, mood, and personality can affect skin health. Chronic disorders can negatively impact self-esteem and quality of life. Repeated external applications can suppress adrenal pituitary, especially in infants and children. The study suggests homeopathic remedies are safer and more satisfactory than conventional treatments, improving patient quality of life and overall health.

CONFLICTS OF INTEREST:

The author declares that have no conflicts of interest.



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