

# EFFICACY OF HOMEOPATHY IN TREATING ATOPIC DERMATITIS: A COMPREHENSIVE APPROACH WITH REAL-LIFE EXAMPLE

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## Abstract:

Atopic dermatitis (AD) is a chronic skin condition marked by itching, dryness, and flare-ups, often influenced by genetic and environmental factors. Conventional treatments manage symptoms but often fail to address the root causes and may have side effects. This article explores the efficacy of homeopathy in treating AD, emphasizing its holistic, individualized approach. Homeopathic remedies, based on the principle of "like cures like," aim to stimulate the body's natural healing without the side effects of traditional treatments. By targeting both physical and emotional factors, homeopathy can offer long-term relief. A real-life case study demonstrates the effectiveness of homeopathy in managing AD, presenting it as a safe, natural, and sustainable treatment option.

**Keywords:** Atopic Dermatitis (AD), Paediatrics, Homeopathic Treatment, Chronic Skin Disorder, Pruritus (Itching), Eczema Management, Holistic Approach, Individualized Homeopathy, Like Cures Like, Constitutional Remedy, Environmental Triggers, Mental State and Skin Disease, Conventional Treatments vs Homeopathy, Long-Term AD Management, Patient-Centered Care.

## INTRODUCTION

**Atopic dermatitis (AD)**, or eczema, is the most common chronic relapsing skin disease seen in infancy and childhood. It affects 10–30% of children worldwide and frequently occurs in families with other atopic diseases. Infants with AD are predisposed to development of food allergy, allergic rhinitis, and asthma later in childhood, a process called *the atopic march*.

AD typically begins in infancy. Approximately 50% of patients experience symptoms in the 1st yr of life, and an additional 30% are diagnosed between 1 and 5 yr of age. Intense **pruritus**, especially at night, and **cutaneous reactivity** are the cardinal features of AD. Scratching and excoriation cause increased skin inflammation that contributes to the development of more pronounced eczematous skin lesions. Foods (cow's milk, egg, peanut, tree nuts, soy, wheat, fish, shellfish), aeroallergens (pollen, grass, animal dander, dust mites), infection (*Staphylococcus aureus*, herpes simplex, coxsackievirus, molluscum), reduced humidity, excessive sweating, and irritants (wool, acrylic, soaps, toiletries, fragrances, detergents) can trigger pruritus and scratching.

Acute AD skin lesions are intensely pruritic with erythematous papules. Subacute dermatitis manifests as erythematous, excoriated, scaling papules. In contrast, chronic AD is characterized by **lichenification**, or thickening of the skin with accentuated surface markings, and **fibrotic papules**. In chronic AD, all 3 types of skin reactions may coexist in the same individual.

## A CASE OF ATOPIC DERMATITIS TREATED WITH CONSTITUTIONAL REMEDY

NAME : XYZ

AGE /SEX : 16YR/MALE

OCCUPATION/ QUALIFICATION: STUDENT/ 10<sup>TH</sup> STD

**C/O:**

Itching+++,redness, scaling+++, dryness and burning sensation on both cheeks (swollen) , nape of neck, chest with abdomen, anterior aspect of both thighs, and folds behind knee joint ( joints are affected mainly) **since 15 year**

Complaint started after 6 month of born

**Headpain aggravates by sun**

**Aggravation:** after eating, sun, winter, summer due to perspiration, rainy season due to dampness

**Ameleoration:** by applying ice on face, external application , levocet

**PHYSICAL GENERAL**

**APP:** 2t/day...

**DESIRE:** Sweet++, tea in morning

**AVERSION:** Brinjal

**TONGUE :** slightly white coated, moist

**PERSPIRATION :** profuse+++,offensive(sour smelling), yellow stain on cloths on scalp groin and axilla

**THERMAL:** Can't tolerate extreme temperature

**THIRST :** Thirsty

**FAMILY HISTORY**

Father: eczema/ alive

Mother: Asthma/ alive

**MENTAL GENERAL**

Born and raised in Surat, he is the younger child in his family. Throughout his school years, he was a top performer, known for his diligence and adaptability. He shares a deep connection with his mother and feels content with most aspects of his life. However, a long-standing complaint that has persisted for 16 years frustrates him, often leading to bouts of anger. He is highly devoted to his studies so much that he doesn't like being disturbed when he is studying and is passionate about basketball and painting. Despite his love for these activities, he doesn't like being alone and often seeks someone to talk to. He is a person who moves through life in a hurry, with big ambitions to earn a significant amount of money and secure a high-ranking position in a prestigious company. His ultimate goal is to become a household name, someone whose introduction is unnecessary in any social or professional setting. Although he tends to blame himself even for things beyond his control, he is highly competitive. He strives for excellence and dislikes the idea of anyone surpassing him in achievements.

ACCORDING TO THESE DETAIL PROVIDED, FOLLOWING RUBRICS WERE SELECTED

Mind – reproaches himself

Mind – remorse

Skin – burning

Skin - discoloration , red, scratching; after

Skin – eruption – itching

	nat-m.	puls.	merc.	ars.	dig.	graph.	ign.	bell.	nux-v.	amtr.	lyc.	phac.
	1	2	3	4	5	6	7	8	9	10	11	12
4	4	4	4	3	3	3	3	3	3	3	3	3
8	7	6	7	6	6	6	5	5	4	4	3	
1. MIND - REPROACHES - himself												
2. MIND - REMORSE												
3. SKIN - ERUPTIONS - burning - scratching,after												
4. SKIN - DISCOLORATION, - red - scratching,after												
5. SKIN - ERUPTIONS - itching												

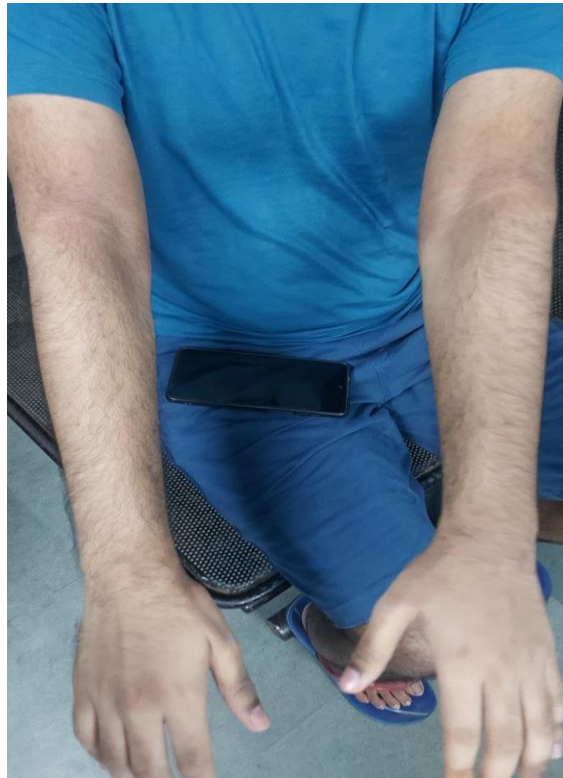
**RX: NATRUM MUR 200 1 DOSE AND PL 3 TDS FOR 1 MONTH**

**BEFORE**



**FOLLOW UP AFTER 1 MONTH**

**AFTER**



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