

IMPORTANCE OF UNDERSTANDING AILMENTS IN CASES OF ECZEMA

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Abstract:

Eczema significantly impacts quality of life, affecting both the physical and emotional well-being of patients. In India, the prevalence of eczema (atopic dermatitis) ranges from 2.7% to 11.4%, as per various studies. The condition often leads to psychological distress, and its hallmark symptoms—pain and itching—can severely hinder daily activities.

In homoeopathy, understanding the underlying cause (ailment) plays a critical role in the selection and prescription of an appropriate remedy. This study presents five case series of eczema, emphasizing the role of causation in remedy selection.

The Eczema Area and Severity Index (EASI) was used to assess the condition before and after homoeopathic treatment. The response to treatment was evaluated using the following criteria:

- **Significant improvement:** Symptom score reduced by more than 75%
- **Moderate improvement:** Symptom score reduced by 50–75%
- **Mild improvement:** Symptom score reduced by less than 50%

Keywords: Ailments (cause), individualisation, eczema.

INTRODUCTION

Eczema, a type of dermatitis, presents as dry, itchy, and inflamed skin. Symptoms often worsen upon exposure to irritants or allergens. Several forms of eczema exist, and environmental factors also contribute to its development. Common triggers include detergents, soaps, solvents, dust mites, pet dander, certain foods, stress, temperature and humidity changes, and infections.

In homoeopathy, **individualisation** is the cornerstone of treatment. No two individuals are alike, and even if they suffer from the same disease, their symptoms and reactions can differ vastly. Therefore, the primary objective in homoeopathic case-taking is to identify the unique, individual symptoms of each patient, which helps form a clear and complete picture of the illness. One crucial aspect of individualisation is identifying the **cause** of the disease.

IMPORTANCE OF AILMENTS IN HOMOEOPATHY

There can be no effect without a cause. The present state of health is often a result of past influences—be they genetic, environmental, emotional, or pathological. Likewise, the current health condition can influence future well-being. Homoeopathy seeks to understand and treat the full continuum of health—from past causes to present symptoms and future consequences—rather than merely suppressing current manifestations.

This paper presents five cases of eczema in which the **causative factors** were clearly identifiable. Remedy selection was made based on detailed repertorisation, with special emphasis on the cause of the ailment. This approach underscores the significance of understanding the root cause for successful homoeopathic management.

➤ **Case 1:**

Mr. R P, age of 32 years is Known case of contact dermatitis. Patient having complain of eczematous eruption on the Neck, Forearm, Lower limb, On Back since 8 yrs,

Ailments in this case patient lost blood in accident before 8 yrs

Itching aggravated at night & perspiration on affected parts

Totality of symptoms

Ailment from haemorrhage

Allergic to dust

Perspiration causes itching on affected parts

Itching aggravated at night

Remedy prescribed

Lycopodium

Result: significant improvement

➤ **Case 2**

Mrs K J Age of 54 years having dry Eczematous eruption on both foot, with burning & itching

Itching aggravated from house dust & night

Totality of symptoms

Allergy to dust

Dream of dead people of relatives

Perspiration scanty

Itching aggravated at night

Remedy selection:

Sarsaparilla

Result: moderate improvement

➤ **Case 3**

Ms D C Age of 17 years has dry eczematous eruption with crack, itching, burning on hand every winter since 3 yrs

Totality of symptoms

Eruption every winter

Perspiration feet soles

Relapse of complain

Remedy selection:

Petroleum

Result: significant improvement

➤ **Case 4**

A young boy Age of 14 has dry eczematous eruption on back since 6 month since summer

Ailment heat exposure

Totality of symptoms & rubric selection

Ailment heat exposure

Burning stinging pain

Itching perspiration from

Erythematous eruption

Remedy selection:

Apis Mel

Result: Significant improvement

➤ **Case 5**

Mr D P Age of 6 year having dry papular eruption on both hand, foot & back with burning & itching

Totality of symptoms

Infectious disease after

Profuse perspiration sleep during
 Chilli patient
 Constipation
Remedy Selection:
 Posrinum
 Result significant improvement

RESULTS AND DISCUSSION

Among the five cases studied, **three (60%) were male** and **two (40%) were female**. Following three months of individualized homoeopathic treatment, the outcomes were as follows:

- Significant improvement was observed in four cases (80%),
- Mild improvement was observed in one case (20%).

The role of identifying causative factors (ailments) was central to the selection of remedies in each case. The details are as follows:

- **Case 1:** The patient developed eczema after a loss of blood. This causative factor is referenced in *complete dynamic* and *Kneer’s Repertory*.
- **Case 2:** The patient experienced eczema after handling old books and exposure to dust. This causation is supported by entries in *Kent’s Repertory*, *complete dynamic repertory*
- **Case 3:** The patient reported eczema that recurred every winter, indicating a strong seasonal modality. This symptom is found in *Kent’s Repertory* and *Boericke’s Materia Medica*.
- **Case 4:** A young boy developed eczema that appeared during summer periods of intense heat. This thermal modality is referenced in both *Boericke’s* and *Phatak’s Materia Medica*.
- **Case 5:** A child developed eczema after a respiratory infection (pneumonia). This post-infectious causation is cited in *Boericke’s Repertory*, *Phatak’s Repertory*, and *J.H. Clarke’s*

Case 1

	sulph	lyc	sil	thuy	merc	calc	leg	ars
155 Extremities; Eruptions; eczema	4	4	3	3	4	3	4	3
264 Skin; Itching; night	4	3	3	4	4	3	4	3
51 Skin; Itching; perspiration; du	3	4	4	4	3	4	3	3
143 Generalities; Hemorrhage; ag	3	4	3	2	1	2	1	3

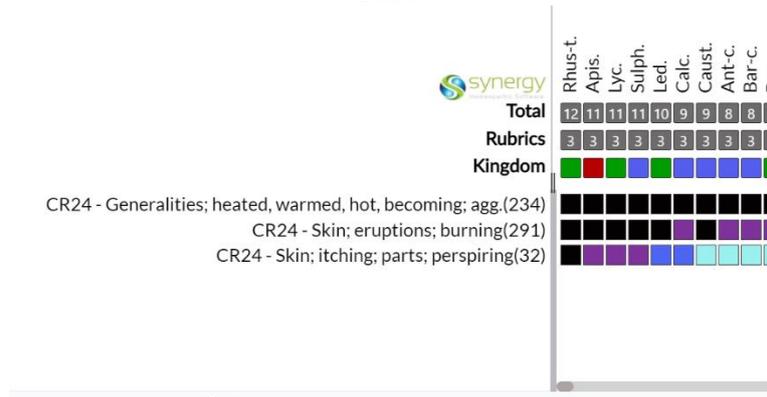
Case 2

	sulph	merc	merc	psor	thuy	caus	lyc	sars	ars	nit-ars	sil
155 Extremities; Eruptions; eczema	4	4	4	4	3	2	4	3	4	4	3
54 Dreams; Dead; people, of; relativ						1		1			
264 Skin; Itching; night	4	4	4	3	3	3	1	3	3	3	
109 Generalities; Vaccination; after, a	4	4	3	4	4	4	4	4	4	4	4

Case 3

	calc	merc	sulph	psor	sil	petr	sep
54 Extremities; Perspiration; fee	3	3	3	1	4	3	1
28 Skin; Eruptions; winter; agg.	3	4	1	3	1	3	3
54 Generalities; Relapse of con	4	1	4	4	1		1

Case 4



Case 5



DISCUSSION:

This small case series highlights the importance of identifying the underlying ailment or causation in homoeopathic case-taking. The high rate of significant improvement (80%) suggests that when remedies are selected based on a well-defined causative factor, treatment outcomes can be enhanced. The diversity of triggers—from environmental and seasonal to emotional and pathological—also reflects the individualised nature of eczema and the corresponding homoeopathic approach.

By aligning the prescription closely with the patient's unique history and the modalities of their symptoms, homoeopathy offers a targeted and holistic path to healing. These findings emphasize the role of repertory references and materia medica consultation in refining remedy selection.

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