From Frustration to Freedom: A Holistic Homoeopathic Approach to Urticaria

Dr Janki Hirpara[1], Dr Priyanka Shroff [2]
[1]*PG scholar part 2, Department of organon of medicine Rajkot homoeopathic medical college, Parul university*
[2]*Professor, Department of organon of medicine Rajkot homoeopathic medical college, Parul university*

***Abstract*—Chronic urticaria is a recurrent, distressing skin condition characterized by pruritic wheals that can significantly impact quality of life. This report presents the case of a 38-year-old female suffering from chronic urticaria, manifesting as redness, itching, and swelling aggravated at night and after consuming fermented food. The patient had emotional suppression and mental symptoms linked to lifestyle changes, which guided the selection of an individualized homoeopathic remedy. Medicine was selected based on the totality of symptoms in line with homoeopathic principles. Symptom intensity and frequency were assessed using the Urticaria Activity Score (UAS7), and progressive improvement was recorded over eight weeks. The patient became symptom-free without recurrence or antihistamine dependency. This case demonstrates the potential of individualized homoeopathic intervention in managing chronic urticaria effectively.**

***Index Terms*—Chronic urticaria, Homoeopathy, UAS7, Individualization, Skin hypersensitivity**

I. INTRODUCTION

Urticaria is defined as a skin lesion consisting of a wheal and flare reaction in which localized intracutaneous edema (wheal) is surrounded by an area of redness that is typically pruritic.[1]

Urticaria and angioedema represent the same pathophysiologic process occurring at different levels of the skin. Urticaria involves dilation of vascular structures in the superficial dermis, while angioedema originates from the deeper dermis and subcutaneous tissues. Not surprisingly, they often appear together, with roughly 40% of patients reporting both, and affect >20% of the population at some time during their life span. Urticaria can occur on any area of the body.[2]

Acute or chronic urticaria and/or angioedema can occur at any point in the life span with the third to fifth decades the most common for chronic disease. Women are affected more often than men with a slight predominance for those with a history of atopy. Acute urticaria is most often the result of exposure to a food, environmental, or drug allergen or viral infection, while chronic urticaria is often idiopathic. More than two-thirds of new-onset urticaria cases are ultimately diagnosed as acute.[3]

Urticaria/angioedema is considered to be acute if the condition lasts less than 6 weeks. Most acute episodes are due to adverse reactions to medications or foods or, in children, to viral illnesses.[1]

Urticaria presents as circumscribed, raised, erythematous, and intensely itchy swellings involving the superficial dermis, typically resolving within 24–48 hours but may recur. When the swelling extends into deeper layers like the dermis or subcutaneous tissues, it is termed angioedema, which is usually non-pruritic, painful, and longer-lasting, often affecting the face, lips, or airways.

Multiple factors contribute to the etiology of urticaria:[4]

Psychogenic (stress, depression)
Medications (oral or IV drugs)
Foods (nuts, seafood, dairy, fruits, vegetables)
Physical stimuli (pressure, temperature, dermographism)
Hereditary causes (e.g., familial cold urticaria)
Idiopathic (unknown cause)
Respiratory allergens (pollens, dust mites, smoking)
Contact irritants (latex, cosmetics)
Insect bites, especially relevant in children

Urticaria and angioedema can occur alone or together and require identification of triggers for effective management.

Homoeopathy focuses on treating man as a whole and not just symptoms of urticaria. It believes in individualization, and law of similia. It does not belief in treating it superficially but treats disease from its root. It offers effective treatment in acute, recurrent and chronic urticaria. As Urticaria is an expression of internal disturbance and hypersensitive reaction reflected on skin. In Aphorism 87-190 Dr. Hahnemann says "local disease without any external cause is due to some internal disturbance and requires internal malady for their cure." Medicines are selected on basis of symptom similarity in each suffering individual. It when taken reduces hypersensitivity to allergen and reduces dependency on antihistamine.[5]

II. CASE REPORT

A 38-year-old female patient visited the OPD on 9th September 2024 with complaints of redness and itching followed by swelling on the hands, back, around the thighs, and all over the body. The complaints are mostly aggravated at night and worsen after eating fermented food. The frequency of these complaints is every 2–3 days. She takes L. Dio 1M to get relief from the complaints.

The condition started 2 months ago; prior to that, she had no such complaints. She shifted from Ahmedabad city to Rajkot city about 6 months ago.

Past History: The patient had a history of covid 19.

Family History: Maternal history of Hypertension.

Paternal history of functional dyspepsia.

Personal History:

Food habits – Vegetarian diet.

Physical Generals •

RHC- Hot patient, desires fanning, open air

• Desire – Sweets++

• Aversion –N/S

• Thirst- Intense thirst (5-6 liters/day), drinks at short intervals

• Appetite – Good

• Stool- normal soft consistency.

• Urine- Normal frequency with no characteristic odor

• Sleep -Disturbed due to hectic duty schedule

• Perspiration: Profuse all over the body with characteristic smell

Mental Generals:

She wants everything to be done on time; if there is any delay, she becomes angry and irritated. She doesn't like delayed work because it affects her daily schedule.

When asked about the past six months and why these complaints started, she said that she often feels frustrated followed by weeping. While living in Ahmedabad, she was active and used to teach dance to children. Dancing is also one of her hobbies.

Since shifting to Rajkot, she feels that everything has come to a halt. She is now confined to household duties and doesn't get much time to do what she enjoys. When she sees other women working or pursuing their interests, she feels sad for herself and thinks, "I can't do anything."

General physical Examination

• Height-164 cm

• Weight- 54kg

• No Signs of pallor, Icterus, clubbing, cyanosis and lymphadenopathy

Vital Signs

• Blood Pressure- 118/78 mm of Hg

• Pulse Rate- 78 beats per minute

• Temperature- afebrile

• Respiratory rate-18 cycles per minute

Investigation: CBC, total IgE

Diagnosis: Chronic Urticaria

Evaluation of case:

Mental general –

Mental generals	Physical generals	Characteristic particular
Loss of ambition Impatient	Desire for sweets Profuse perspiration all over the body	Redness itching followed by swelling Complain < night < fermented food

Reportorial totality :

Mind – ambition loss of

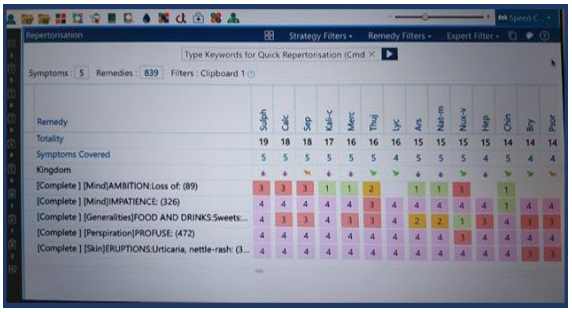
Mind – impatient

Generalities – food and drinks – sweet desire

Perspiration – profuse

Skin- eruption urticaria

Repertorial sheet :



Prescription

According to UAS7 TWICE DAILY ASSESMENT:[11]

UAS twice- daily version: scoring for itch and hives at each assessment point.			
Itch severity score	Itch severity at each assessment(am/pm)	Hives severity score	Number of hives at each assessment
0	None	0	None
1	Mild, minimal, awareness, easily tolerated.	1	1-6
2	Moderate, definite awareness, bothersome but tolerable	2	7-12
3	Sever difficult to tolerate	3	>12

Prescroe – 22

Prescription:

Sepia 1M 1 dose

Sac lac BD for 7 days

Reasoning Behind Remedy and Chosen Potency

In the repertorial analysis, Sulphur, Calcarea carb, and Sepia covered the most rubrics and got the highest marks. But based on the totality of symptoms and after referring to the Materia Medica, Sepia was found to be the most suitable remedy for this case. So, Sepia 1M was given in a one dose. The selection of potency and repetition was done by following homoeopathic principles, considering the patient's susceptibility and basic homoeopathic philosophy.

Follow up

Date of visit	Change of symptom	Prescription
16/09/2024	Frequency of itching reduced, frequency of episodes of urticaria also reduced, no of hives and intensity of itching reduced. According to UAS Score – 1st week - 16	Sac lac BD for 7 days
23/09/2024	No significant changes as compared to last follow up , intensity frequency of itching and number of hives is same as last week. Anger aggravates According to UAS score – 2nd week - 16	Sepia 1M one dose Sac lac BD for 7 dose
30/09/2024	Frequency of episode of urticaria reduced to only once a week, intensity of itching bearable, number of hives during episode also reduced Not much aggravates after fermented food, reduced irritation. According to UAS score – 3rd week - 8	Rubrum BD for 7 days
07/10/2024	Frequency of episode of urticaria reduced to only once a	Sepia 1M 1 dose Rubrum BD for 7 days

	week, intensity of itching bearable, number of hives during episode also reduced even during this time stress come but not that much aggravates the symptom its bearable. According to UAS score – 4th week - 4	
14/10/2024	No single episode of urticaria , no itching No frustration feels good and relaxed According to UAS score – 5th week - 0	Rubrum BD for 7 days
21/10/2024	No any complain started to eat fermented food According to UAS score – 6th week - 0	Rubrum BD for 7 days
04/11/2024	better in all things According to UAS score – 7th week - 0	Rubrum BD for 7 days
11/11/2024	No single episode of urticaria till now According to UAS score – 8th week - 0	Rubrum BD for 7 days

Symptom	Intensity of symptoms	
	Pre score (first visit)	Post score (last visit)
Itch severity	12	0
Number of hives	10	0

III. CONCLUSION

This case illustrates the effectiveness of individualized homoeopathic treatment in chronic urticaria, using a holistic approach that addresses both physical and emotional aspects. The patient responded positively to Sepia 0/1, with progressive reduction in symptom severity and recurrence, as recorded through the UAS7 assessment scale. The homoeopathic method not only alleviated the skin symptoms but also improved the patient's mental well-being and quality of life. This case reinforces the significance of the totality of symptoms and individualization in chronic conditions, as emphasized in the Organon of Medicine.

REFERENCES

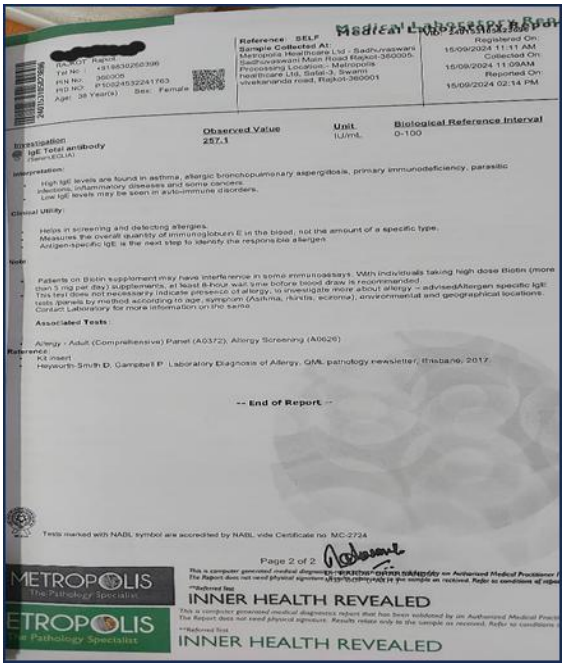
[1] Britton R, Hobson R, Penman ID, Ralston S, Strachan MWJ. Davidson's Principles and Practice of Medicine. 23rd ed. Edinburgh: Elsevier; 2018.

[2] Loscalzo J, Fauci AS, Kasper DL, Hauser SL, Longo DL, Jameson JL. Harrison's principles of internal medicine. 21st ed. New York: McGraw Hill; 2022.

[3] Goldsmith L, Katz S, Gilchrest B, Paller A, Leffell D, Wolff K. Fitzpatrick's Dermatology in General Medicine, Eighth Edition, 2 Volume set. McGraw Hill Professional; 2012

[4] Aslan Kayıran M. Diagnosis and treatment of urticaria in primary care. Northern Clinics of Istanbul. 2018;6(1). https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6526977/

[5] Hahnemann S, Sarkar BK, Dudgeon RE. Organon of medicine. Delhi: Birla Publications; 2006.



Reference: SELF
Sample Collected At:
Metropolis Healthcare Ltd - Sadhuvaswani Sadhuvaswani Main Road Rajkot-360005.
Processing Location:- Metropolis healthcare Ltd, Safal-3, Swami vivekananda road, Rajkot-360001

Registered On: 15/09/2024 11:11 AM
Collected On: 15/09/2024 11:09AM
Reported On: 15/09/2024 02:14 PM

Investigation	Observed Value	Unit	Biological Reference Interval
IgE Total antibody (Serum,ECLIA)	257.1	IU/mL	0-100

Interpretation:

- High IgE levels are found in asthma, allergic bronchopulmonary aspergillosis, primary immunodeficiency, parasitic infections, inflammatory diseases and some cancers.
- Low IgE levels may be seen in auto-immune disorders.

Clinical Utility:

- Helps in screening and detecting allergies.
- Measures the overall quantity of immunoglobulin E in the blood, not the amount of a specific type.
- Antigen-specific IgE is the next step to identify the responsible allergen.

Note:

- Patients on Biotin supplement may have interference in some immunoassays. With individuals taking high dose Biotin (more than 5 mg per day) supplements, at least 8-hour wait time before blood draw is recommended.
- This test does not necessarily indicate presence of allergy, to investigate more about allergy – advisedAllergen specific IgE tests,panels by method according to age, symptom (Asthma, rhinitis, eczema), environmental and geographical locations. Contact Laboratory for more information on the same.

Associated Tests :

- Allergy - Adult (Comprehensive) Panel (A0372), Allergy Screening (A0626)

Reference:

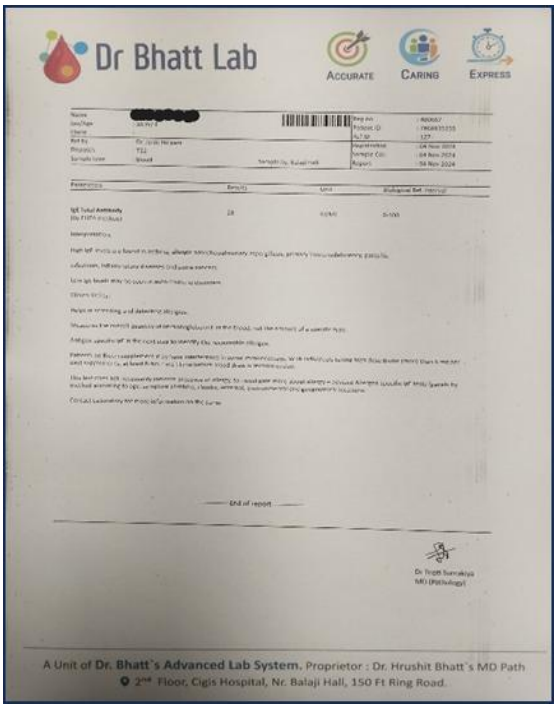
- Kit insert
- Heyworth-Smith D, Campbell P. Laboratory Diagnosis of Allergy. QML pathology newsletter, Brisbane; 2017.

-- End of Report --

Tests marked with NABL symbol are accredited by NABL vide Certificate no. MC-2724

Page 2 of 2

METROPOLIS The Pathology Specialist
INNER HEALTH REVEALED



Dr Bhatt Lab
ACCURATE CARING EXPRESS

End of report

Dr Trupti Surrakiya
MD (Pathology)

A Unit of Dr. Bhatt's Advanced Lab System. Proprietor : Dr. Hrushit Bhatt's MD Path
2nd Floor, Cigis Hospital, Nr. Balaji Hall, 150 Ft Ring Road.