

Role of Lachesis 200C as a Constitutional Remedy in the Management of Chronic Eczema: A Case Report

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Abstract- Eczema is a chronic inflammatory skin condition characterized by itchy and inflamed skin. A 47-year-old male complains of skin eruptions on both legs for the past 7 years. The eruptions first appeared on the left foot on the ventral aspect and gradually increased in size, later appearing on the right leg. Symptoms included itching, bleeding, and burning after scratching, worse in warm weather and at night, associated with acidity—burning in the epigastric region with sour eructations aggravated after eating spicy food.

After individualized case-taking and repertorization, Lachesis 200C (every 15 days) one dose was prescribed, followed by placebo. Within 15 days, significant improvement was noted—burning and itching reduced, eruptions diminished, epigastric burning decreased, and sour eructations reduced. No recurrence was observed over a period of 4 months.

This case reflects the effectiveness of homeopathic treatment in managing chronic skin conditions like eczema without dependence on corticosteroids or immunosuppressants.

Keywords: Homeopathy, Eczema, Lachesis 200C, Psora, Case Report, Chronic Skin Disease, Repertorization, Individualized Prescription

I. INTRODUCTION

Eczema is a Greek word meaning 'to boil', it is a clinical and histological pattern of skin inflammation seen in a number of dermatoses with aetiologies that differ widely. Clinically, eczematous dermatoses are characterized by high severity of itching, soreness and a number of signs in varying degrees, including dryness, erythema, excoriation, fissuring, hyperkeratosis, lichenification, papulation, scaling, and vesiculation. According to a survey in the USA on a group of over 20000 people who were representative of the entire population about one third had some

significant skin pathology. All types of eczema were 18 per 1000, with atopic eczema in seven of them. Hand eczema, dyshidrotic eczema and nummular eczema accounted for approximately two per 1000 each. Atopic eczema is more common in infants and young children. In the US epidemiological survey of National Health and Nutrition Examination Survey (NHANES), atopic eczema was by far the most common up to the age of 11; discoid (nummular) and 'dyshidrotic' eczema were much less frequent.

Pruritus, erythema and vesiculation are characteristic of acute eczema. It is presented as a typically oedematous, vesicular eruption and may be exudative. Chronic eczema has pruritus, xerosis, lichenification, hyperkeratosis / scaling and fissuring characteristics. More stable picture of erythema, scaling, excoriation and lichenification in this type. Most subtypes of eczema are not thought to be primarily due to infection although secondary bacterial or viral infection may complicate them.

The etiology of eczema is multifactorial, involving genetic predisposition, immune dysregulation, environmental triggers, and skin-barrier dysfunction. Conventional treatment includes topical corticosteroids, antihistamines, immunosuppressants, and emollients. Though effective for symptomatic relief, these treatments may cause side effects, dependence, and recurrence upon withdrawal. These limitations encourage the exploration of alternative therapies, including homeopathy.

From a homeopathic viewpoint, eczema is considered an external manifestation of internal systemic imbalance, often miasmatic. Treatment is individualized based on the totality of symptoms, constitutional type, and underlying miasm.

This article presents a clinical case report of eczema successfully treated with Lachesis 200C, highlighting the potential role of individualized homeopathic intervention.

Case Report

A 47 year-old male presented with itchy, dry eruptions on both legs for 7 years. The complaint began on the left foot and later appeared on the right. Symptoms included itching, bleeding, and burning after scratching, worse in warm weather and at night. He also had acidity with burning in the epigastric region and sour eructations aggravated after eating spicy food.

Past History

- Bleeding and burning piles 3 years ago

Family History

- No major illnesses in family members

Personal History

- Appetite: 2 meals per day, satisfactory

Follow-Up

Date	Complaints	Prescription
23/04/2025	Itchy eruptions over both feet with bleeding and burning after itching, worse in warm weather and at night. Burning in epigastric region. Sour eructations aggravated after spicy food.	Lachesis 200C (single dose), Rubrum Alb TDS × 15 days
08/05/2025	Itching same; eruptions resolved; no new lesions. Burning in epigastric region reduced; sour eructations reduced.	Lachesis 200C (single dose) Rubrum Alb TDS × 15 days
21/05/2025	Slight reduction in itching; eruptions resolved; no new lesions. Better in epigastric burning or sour eructations.	Rubrum Alb TDS × 15 days
06/06/2025	Stable condition.	Rubrum Alb TDS × 30 days
09/07/2025	Itching increase, and no any new com, better in epigastier burning or sour eructations	Lachesis 200C (single dose) Rubrum Alb TDS × 30 days
07/08/25	erupations dissolved no other complaint	Rubrum Alb TDS × 30 days

- Thirst: 2–3 liters/day, prefers cold water
- Urine: 6–7 times/day
- Stool: Once daily
- Desire: Spicy food, tea
- Perspiration: Profuse
- Sleep: Right-sided
- Dreams: Snakes
- Thermal: Hot

Diagnosis

Eczema

Intervention

Based on the totality of symptoms, repertorization was done, and Lachesis 200C (15days / one dose) was prescribed on 01/08/2025 with Rubrum Alb for 15 days. Lachesis was chosen after consulting materia medica, and 200C potency was selected according to constitution and susceptibility. The patient was advised to follow up after 15 days.

II. CONCLUSION

A well-selected individualized homeopathic medicine effectively managed the patient's eczema without the need for corticosteroids, antihistamines, or topical ointments. This case demonstrates the potential of constitutional homeopathic treatment in chronic skin conditions.

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**1 SLEEP - POSITION - side; on -
right side; on**



DREAMS

2 DREAMS - SNAKES



Remedies	ΣSym	ΣDeg	Symptoms
arg-n.	2	3	1, 2
kali-s.	2	3	1, 2
arg-met.	2	2	1, 2
carc.	2	2	1, 2
kali-c.	2	2	1, 2
lach.	2	2	1, 2
pert-vc.	2	2	1, 2
sep.	2	2	1, 2
vero-o.	2	2	1, 2