

# Role Of Nux Vomica 200 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 54-year-old female presented with itchy, sometime watery discharge eruptions on left hand of fingers since 3 yrs. Symptoms included itching, watery discharge of skin eruption, cracks also present. sometime she also had acidity with burning in the epigastric region and sour eructation aggravated after eating spicy food. She also complaint of left side knee pain since 9 months which are agg during walking.

After individualized case-taking and repertorization, Nux vomica 200C (every 7 days) one dose was prescribed, followed by placebo. Within 15 days, significant improvement was noted itching reduced, no watery discharge in eruptions, epigastric burning decreased, and sour eructations reduced. Ans also improvement in complain of knee joint pain. This case reflects the effectiveness of homeopathic treatment in managing chronic skin conditions like eczema without dependence on corticosteroids or immunosuppressants.

**Index Terms**—Homeopathy, Eczema, Nux vomica 200c, Psora, Case Report, Chronic Skin Disease, Repertorization, Individualized Prescription

## I. INTRODUCTION

"Atopic dermatitis, commonly referred to as eczema, is a chronic, relapsing inflammatory skin disease characterized by intense pruritus (itching) and localized skin barrier dysfunction. Affecting approximately 10% to 20% of children and 3% to 10% of adults worldwide, its pathogenesis involves a complex interplay between genetic susceptibility, environmental triggers, and immune system dysregulation. Specifically, mutations in the filaggrin (FLG) gene often lead to a compromised epidermal barrier, allowing allergens and pathogens to penetrate the skin and trigger a Th2-mediated inflammatory

response. Understanding the multifaceted nature of this condition is essential for moving beyond symptomatic relief toward long-term management."

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.

For millions of people, eczema is more than just 'dry skin'. It is an exhausting cycle of itching, inflammation, and sleepless nights. Often called 'the itch that rashes,' eczema is a condition where the skin's natural protective barrier weakens, leaving it vulnerable to irritants and allergens. While the physical symptoms like redness and scaling are visible, the emotional toll ranging from social anxiety to chronic fatigue is often hidden.

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 Nux vomica 200C,

highlighting the potential role of individualized homeopathic intervention.

Nervous++  
Diagnosis  
Eczema

II. CASE REPORT

III. INTERVENTION

A 54-year-old female presented with itchy, sometime watery discharge eruptions on left hand of fingers since 3 yrs. Symptoms included itching, watery discharge of skin eruption, cracks also present. sometime she also had acidity with burning in the epigastric region and sour eructation aggravated after eating spicy food. She also complaint of left side knee pain since 9 months which are agg during walking.

Based on the totality of symptoms, repertorization was done, and Nux vomica 200C (7 days / one dose) was prescribed on 18/09/2025 with Rubrum Alb for 15 days. Nux vomica 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.

Past History

- gall bladder stone – operated – cholecystectomy – 8yrs before

Family History

- No major illnesses in family members

Personal History

- Appetite:3 meals per day, satisfactory
- Thirst: 1-2 liters/day, prefers pot water
- Urine: 6–7 times/day
- Stool: unsatisfactory, 2-3 times /day
- Desire: Spicy food++
- Perspiration: scanty
- Sleep: left-sided
- Thermal: chilly

Mental general: -

Angry at trifles matter

Repertory sheet: -

1 MIND - ANGER - trifles; at	8 GENERALS - FOOD and DRINKS
2 MIND - EXCITEMENT -	desire
nervous	Remedies ΣSym ΣDeg Symptoms
STOMACH	sulph. 8 12 1, 2, 3, 4, 5, 6, 7, 8
3 STOMACH - PAIN - Epigastrium	nux-v. 7 14 1, 2, 3, 4, 6, 7, 8
burning	sep. 7 12 1, 2, 3, 4, 6, 7, 8
RECTUM	bry. 7 10 1, 2, 3, 4, 6, 7, 8
4 RECTUM - CONSTIPATION -	nat-m. 7 10 1, 2, 3, 4, 5, 6, 8
insufficient	tritic-vg. 7 8 1, 2, 3, 4, 5, 6, 8
EXTREMITIES	ars. 6 10 1, 2, 3, 4, 5, 8
5 EXTREMITIES - PAIN - Knees -	lach. 6 10 2, 3, 4, 5, 7, 8
left	acon. 6 9 1, 2, 3, 4, 6, 8
SLEEP	chin. 6 9 1, 2, 4, 5, 6,
6 SLEEP - POSITION - side; on -	
left side; on	
SKIN	
7 SKIN - ITCHING - morning	

IV. FOLLOW-UP

Date	Complaints	Prescription
18/09/2025	Itchy, watery eruptions which are agg. at morning, left side knee joint pain, Burning in epigastric region. Sour eructation aggravated after spicy food.	Lachesis 200C (weekly 1 dose), Rubrum Alb TDS × 15 days
06/10/2025	Itching same; eruptions resolved; no new lesions. Slight improvement in knee joint pain, burning in epigastric region reduced; sour eructation reduced.	Nux vomica 200 (weekly one dose) Rubrum Alb TDS × 15 days
18/10/2025	Slight reduction in itching; eruptions resolved; no new lesions. Better knee joint pain Better in epigastric burning or sour eructation.	Nux vomica 200 (weekly one dose) Rubrum Alb TDS × 15 days
3/11/2025	Stable condition.	Rubrum Alb TDS × 30 days
19/11/2025	Itching increase, and no any new com, sometime knee joint pain better in epigastric burning or sour eructation	Nux vomica 200C (single dose) Rubrum Alb TDS × 30 days

16/12/25 eruptions dissolved, Rubrum Alb TDS × 30 days

Sometime acidity, patient on treatment

And also, Knee Joint pain



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#### V. 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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