

From Itch to Relief: Homoeopathic Insights in the Management of Eczema

Dr Madhavi Vagadiya¹, Dr Prakash Joshi²

¹ PG Scholar part 2, Department of Case taking and Repertory Rajkot Homoeopathic Medical College Parul University

² HoD/Professor, Department of Case taking and Repertory Rajkot Homoeopathic Medical College Parul University

Abstract—Eczema, also known as atopic dermatitis, is a chronic inflammatory skin disorder characterized by itching, redness, dryness, and recurrent eruptions. It significantly affects the quality of life of patients due to persistent pruritus, cosmetic concerns, and psychological distress. Conventional treatment primarily focuses on symptomatic relief using corticosteroids, antihistamines, and moisturizers, but recurrence is common. Homoeopathy offers a holistic and individualized therapeutic approach aimed at addressing the underlying constitutional imbalance and restoring the body's vital force. By considering the patient's mental, emotional, and physical characteristics, homoeopathic remedies can provide long-term relief and prevent recurrence. This article explores the homoeopathic perspective on eczema, its miasmatic background, commonly indicated remedies, and the repertorial approach using rubrics from various repertories.

Index Terms—Eczema, Atopic dermatitis, Homoeopathy, Individualization, Repertory, Miasmatic approach

I. INTRODUCTION

Eczema is one of the most commonly encountered dermatological conditions characterized by chronic inflammation of the skin accompanied by itching, redness, vesicles, scaling, and lichenification. The disease follows a relapsing–remitting course and often begins in childhood, although it can occur at any age. The term eczema is derived from the Greek word *ekzein*, meaning “to boil over,” reflecting the inflammatory nature of the skin eruptions. The condition may be triggered by genetic predisposition, environmental irritants, allergens, or psychological stress.

Conventional medical management largely focuses on symptomatic relief through topical corticosteroids, antihistamines, and emollients. However, these treatments often suppress the manifestations rather than addressing the root cause, leading to recurrence or chronicity.

Homoeopathy, founded by Dr. Samuel Hahnemann, approaches eczema from a holistic perspective. According to homoeopathic philosophy, skin eruptions are external manifestations of internal imbalance, and their suppression may lead to deeper pathology. Homoeopathic treatment aims to stimulate the body's natural healing mechanisms and restore balance through individualized remedies.

Definition

Eczema refers to a group of inflammatory skin disorders characterized by pruritus, erythema, vesicles, scaling, crusting, and lichenification. It may present in acute, subacute, or chronic forms depending on the duration and severity of the condition.

Epidemiology

Eczema is a common dermatological condition affecting millions worldwide.

Approximately 10–20% of children suffer from eczema.

Around 1–3% of adults are affected globally.

The incidence is increasing, particularly in urban populations due to environmental pollution and lifestyle changes.

Children with eczema often have a family history of atopic diseases such as asthma, allergic rhinitis, or food allergies.

Etiology and Risk Factors

Genetic Predisposition

Genetic factors play an important role in eczema. Individuals with a family history of allergic disorders are more prone to developing the condition.

Environmental Factors

Exposure to irritants such as detergents, soaps, chemicals, dust, and pollution can aggravate eczema.

Allergic Factors

Food allergens, pollen, dust mites, and animal dander may trigger eczema episodes.

Psychological Stress

Emotional stress, anxiety, and mental strain can worsen eczema symptoms.

Immune Dysfunction

An abnormal immune response contributes to chronic inflammation and hypersensitivity reactions in the skin.

Clinical Features

The manifestations of eczema vary depending on its stage and severity.

Pruritus

Severe itching is the hallmark symptom of eczema and often leads to scratching.

Erythema

Redness and inflammation of the skin are common findings.

Vesicles

Small fluid-filled vesicles may appear in acute eczema.

Oozing and Crusting

Ruptured vesicles may lead to oozing and crust formation.

Dryness and Scaling

Chronic eczema is characterized by dry, scaly skin.

Lichenification

Miasmatic Background

Eczema is commonly associated with psoric and sycotic miasms .

Psora: hypersensitivity, itching, dryness

Sycosis: thickened skin, warty eruptions

Syphilis (rare cases): destructive ulcerative lesions

Important Homoeopathic Medicines for Eczema

Sulphur

One of the most frequently prescribed remedies in eczema.

Indications

Intense itching and burning

Worse from heat and at night

Dry, scaly eruptions

Graphites

Indications

Thick crusts with sticky discharge

Cracks in skin folds

Eczema behind ears

Petroleum

Indications

Deep cracks and fissures

Extremely dry skin

Worse in winter

Rhus toxicodendron

Indications

Vesicular eruptions with intense itching

Relief from warm applications

Mezereum

Indications

Thick scabs with pus beneath

Severe itching

Calcarea carbonica

Indications

Eczema in children

Sweating of head

Chubby constitution

Repertorial Approach in Eczema

Repertorization helps identify the most suitable remedy based on characteristic symptoms.

Common Rubrics Used in Eczema

From Kent's Repertory

Skin – Eruptions – Eczema

Skin – Eruptions – Itching – scratching – aggravates

Skin – Eruptions – moist

Skin – Eruptions – dry

Skin – Eruptions – behind ears

Skin – Eruptions – flexures

From Boenninghausen's Therapeutic Pocket Book

Skin – Eruptions – itching

Skin – Vesicles – burning

Skin – Eruptions – moist – sticky discharge

Skin – Cracks in skin

From Synthesis Repertory

Skin – Dermatitis – atopic

Skin – Eruptions – eczema – children

Skin – Itching – night – aggravation

Skin – Eruptions – oozing – honey-like

From Complete Repertory

Skin – Eruptions – eczema – chronic

Skin – Eruptions – eczema – winter aggravation

Skin – Eruptions – eczema – flexures

Skin – Eruptions – eczema – hands

Sample Repertorial Totality

A typical case may include:

1. Skin – Eruptions – eczema

2. Skin – Itching – night aggravation

3. Skin – Eruptions – oozing – sticky discharge

4. Skin – Eruptions – behind ears

Repertorization may lead to remedies such as Graphites, Sulphur, Petroleum, and Mezereum depending on the individual symptom totality.

Improvement is observed not only in skin symptoms but also in general health and emotional well-being.

Lifestyle and Preventive Measures

Certain lifestyle modifications can help reduce eczema flare-ups.

Avoid irritants such as harsh soaps and chemicals

Maintain proper skin hydration

Wear loose cotton clothing

Manage stress through relaxation techniques

Follow a balanced diet

II. CONCLUSION

Eczema is a chronic skin disorder that significantly affects the physical and emotional well-being of patients. Conventional treatment may offer temporary symptomatic relief but often fails to prevent recurrence.

Homoeopathy provides a holistic and individualized approach that addresses the underlying imbalance in

the vital force. By considering the totality of symptoms, including mental, emotional, and physical aspects, homoeopathic remedies stimulate the body's natural healing mechanisms and promote lasting recovery.

The repertorial approach further enhances the precision of remedy selection, making homoeopathy a valuable therapeutic option in the management of eczema. Continued clinical research and documentation can further strengthen the role of homoeopathy in dermatological practice.

REFERENCES

- [1] Hahnemann S. Organon of Medicine. 6th ed. New Delhi: B. Jain Publishers; 2002.
- [2] Boericke W. Pocket Manual of Homoeopathic Materia Medica. New Delhi: B. Jain Publishers; 2010.
- [3] Kent JT. Repertory of the Homoeopathic Materia Medica. New Delhi: B. Jain Publishers; 2009.
- [4] Boger CM. Boenninghausen's Characteristics and Repertory. New Delhi: B. Jain Publishers; 2005.
- [5] Schroyens F. Synthesis Repertory. London: Homeopathic Book Publishers; 2008.
- [6] Allen HC. Keynotes and Characteristics of the Materia Medica. New Delhi: B. Jain Publishers; 2012.
- [7] Kumar P, Clark M. Clinical Medicine. 9th ed. London: Elsevier; 2017.
- [8] Fitzpatrick TB. Dermatology in General Medicine. New York: McGraw Hill; 2012.