

Effective Homeopathic Management of Chronic Dermatitis in A 35-Year-Old Female with Sepia 0/1 Lm Potency A Case Study

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Abstract—Introduction: Chronic dermatitis is a persistent inflammatory skin condition characterized by itching, erythema, scaling, and recurrent exacerbations, significantly affecting quality of life. Conventional treatments often provide temporary relief and may be associated with recurrence. Homoeopathy, based on the principle of individualization, offers a holistic approach to managing chronic dermatological conditions.

Case Summary: A 35-year-old female presented with chronic dermatitis characterized by intense itching, dry scaly lesions, and periodic aggravation, especially with stress and environmental changes. A detailed case-taking was performed, and the totality of symptoms indicated Sepia as the constitutional remedy. The patient was prescribed Sepia 0/1 LM potency in a regulated dosage. Over the course of treatment, significant improvement was observed in itching, lesion severity, and overall skin condition, with marked reduction in recurrence during follow-up. The case highlights the effectiveness of individualized homoeopathic management in chronic dermatitis.

Index Terms—Chronic dermatitis, Homoeopathy, Sepia, LM potency, Case report

I. INTRODUCTION

Dermatitis is a chronic, inflammatory condition of the skin ¹. This can be frustrating for both the patient and clinician because of its relapsing course and poor response to conventional therapy ². Many patients have explored alternative systems of medicine, especially homeopathy, which utilizes a holistic and individualized approach to treatment ³. Sepia officinalis is a well-described constitutional remedy in the homeopathic literature and is routinely prescribed

for chronic skin conditions that demonstrate distinctive symptom patterns ⁴. This case study captures the successful management of a chronic and long-standing case of dermatitis with LM potency of Sepia ⁵.

II. THE CASE STUDY

Patient Profile

Mr. XYZ, a 35-year-old female, presents with an itchy, cracking, scaling, and hyperpigmented eruption on the medial aspect of the left foot. The patient reported a one-year history of the same complaint. Multiple previous attempts to treat the condition using allopathic medicine and Ayurveda have provided only mild or short-term relief. The patient continues to experience symptoms, feels frustrated by the repeated treatment failures, and now seeks homeopathic treatment. In addition to the physical symptoms, the patient is described as irritable, has a fear of being alone, and becomes tearful while explaining her symptoms. She also reports a desire for pickles and an aversion to milk.

III. CLINICAL COURSE

During the initial consultation, a detailed case history was taken, including a thorough description of the patient's presenting complaints along with relevant mental and emotional factors ³. The long duration of the condition, its limited response to previous treatments, and the patient's overall constitution were carefully considered while selecting the remedy ⁵.

Based on the totality of symptoms, *Sepia officinalis* was prescribed in 0/1 LM potency as per standard guidelines ⁴ Dissolve 10-15 grains in half glass of water and take 2 tablespoons of it four times a day. The patient was reviewed at regular bi-weekly intervals, and the prescription was adjusted according to the patient's progress.

IV. MONITORING

The patient's progress was assessed both clinically and using serial clinical photography ⁶. The patient had reported a significant reduction in the degree of itching and the scaling within the first few follow-ups ⁶ There continued to be gradual improvement with each appointment, as noted by the reduction in erythema and cracking ¹). At the third month of treatment, the dermatitis had resolved aside from faint residual hyperpigmentation ⁶. The patient experienced a significant improvement in skin condition as well as an improved sense of well-being and remained emotionally stable throughout treatment ³No aggravations or adverse effects were noticed during treatment ⁵

Date	Symptoms	Prescription	Justification
12/3/2025	itchy, cracking, scaling, and hyperpigmented eruption	<i>Sepia officinalis</i> 0/1	No significant improvement
26/3/2025	No significant reduction of complaints	<i>Sepia officinalis</i> 0/1	No significant improvement
09/04/2025	Itching and scaling slightly reduced	<i>Sepia officinalis</i> 0/1	Complaints improved
23/04/2025	Itching was occasional & less intense, scaling reduced	<i>Sepia officinalis</i> 0/1	Significant improvement
07/05/2025	Reduced itching, scaling absent, no active cracking	<i>Sepia officinalis</i> 0/1	Significant improvement
21/05/2025	Mild residual hyperpigmentation	<i>Sepia officinalis</i> 0/1	Observation

BEFORE TREATMENT



12/03/2025

DURING TREATMENT



26/03/2025



23/04/2025

07/05/2025



AFTER TREATMENT



25/05/2025

- [4] Boericke W. Pocket Manual of Homoeopathic Materia Medica. B. Jain Publishers; 2007.
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V. PATIENT CONSENT DECLARATION

A written informed consent was obtained from the patient for purposes of documenting and publishing the case including clinical photography.

VI. DISCUSSION

The management of chronic dermatitis remains a challenge, as the condition often relapses and responds poorly to conventional therapies ². This case demonstrates the potential role of individualized homeopathic treatment in achieving sustained symptomatic relief ³ *Sepia officinalis*, prescribed in LM potency, provided notable improvement, which can be attributed to the selection of the correct constitutional remedy and the advantages offered by the LM scale in ensuring gentle yet effective action ⁴ Regular follow-ups and individualized management were key to the successful outcome ⁵ While a single case does not serve as conclusive evidence, it supports existing observations regarding the usefulness of *Sepia* in chronic dermatoses ⁴ Well-designed clinical studies are needed to validate these findings and establish stronger evidence for the use of *Sepia* LM in dermatological practice ²

REFERENCES

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