

# A STUDY TO ASSESS THE EFFECTIVENESS OF HOMOEOPATHIC REMEDIES IN THE TREATMENT OF ALLERGIC CONTACT DERMATITIS

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## ABSTRACT

Contact dermatitis is an inflammatory skin disease caused by irritants such as alkalis and acids, or allergens such as metals (nickel), leather (chrome), industrial chemicals, and plastics (formaldehyde). Symptoms include itching, dry skin, erythematous rashes, blisters, papules, and swelling. Although contact dermatitis is neither contagious nor life-threatening, it can significantly affect quality of life. The disease occurs due to direct irritant effects on the skin, resulting in Irritant Contact Dermatitis (ICD), or due to a delayed Type IV hypersensitivity reaction, resulting in Allergic Contact Dermatitis (ACD). Most cases are self-limiting and can be managed with supportive measures; however, chronic cases may require long-term management. This case report highlights the role of individualized homoeopathic treatment in a patient diagnosed with allergic contact dermatitis

**KEY WORDS :** Dermatitis, Contact, Irritant , allergens , management, Homoeopathy

## INTRODUCTION :

Contact dermatitis is the most common occupational disease in many countries. more than 35% of all occupationally related disorder are skin diseases. Contact dermatitis is defined as a reactive eczematous inflammation of the skin which occurs after the direct contact with a chemical but occasionally by biologic or physical agents. Contact dermatitis is divided into two major categories irritant contact dermatitis and allergic contact of contact irritant dermatitis. Causes dermatitis may be irritation from direct exposure to a substance, and an exposure to allergic substance may be allergic contact dermatitis (ACD).

**ICD CODE :** EKZ00.Z

## CASE REPORT

Name: XX

Age: 45 Years

Sex: Female

Religion: Hindu

Occupation: Housewife

### PRESENTING COMPLAINTS:

Location	Sensation	Modalities	Concomitants
Upper and lower extremities since 3 years	Itching eruptions with watery discharge Redness and swelling Dry skin Burning sensation	Aggravation (<): Night, morning, scratching, rainy weather, cold weather Amelioration (>): Dry weather, warm applications	Generalized weakness Body ache

A 45-year-old female patient presented with the chief complaint of itching, especially over both legs, on and off for the past 3 years. The itching is intense and persists despite scratching, which provides no relief. The complaints are associated with burning sensation, redness, swelling, ulceration, and oozing of watery discharge, sometimes mixed with blood after excessive scratching.

### PAST HISTORY

She consulted a dermatologist and was administered allopathic medications for her presenting complaints, but obtained no relief.

No other major illness was reported in the past history.

### FAMILY HISTORY

Father died due to a heart attack.

Mother is diabetic for the past one year and is on medication.

Husband is healthy.

Two children, one son and one daughter, are healthy.

### PERSONAL HISTORY

Diet: Vegetarian.

Appetite: Decreased (appetite diminishes whenever the complaints appear).

Thirst: Increased (takes small quantities of water at short intervals).

Desires: Milk ++.

Sleep: Disturbed due to itching.

## **MENSTRUAL HISTORY**

G<sub>2</sub>P<sub>2</sub>L<sub>2</sub>A<sub>0</sub>

Cycle Length: 30 days

Duration of Flow: 3–4 days

Character of Flow: Normal flow; no clots and no white discharge.

LMP: 10/12/2025

## **THERMAL STATE**

Fanning: Required only during summer.

Covering: Required in every season up to the neck.

Season Preference: Summer.

Bathing: Lukewarm water.

Food: No specific desires or aversions.

Thermal Reaction: Chilly patient.

## **MIND**

Anxious and worried about her health.

Restless due to itching.

Weak memory.

## **EXAMINATION**

Skin

Skin is dry in nature.

Red, swollen eruptions present.

No keloid formation.

No scar marks.

## ANALYSIS OF SYMPTOMS

Common Symptoms	Uncommon Symptoms
<p>Itching with eruptions. Itching associated with burning sensation. Red, swollen eruptions. Aggravation from scratching (&lt; Scratching).</p>	<p>Anxiety about health. Desire for milk. Eruptions with watery discharge. Dryness of skin. Aggravation in the morning (&lt; Morning). Aggravation at night (&lt; Night). Aggravation in damp weather (&lt; Damp weather). Aggravation during the rainy season (&lt; Rainy season). Amelioration in dry weather (&gt; Dry weather). Amelioration from warm applications (&gt; Warm applications).</p>

## EVALUATION OF SYMPTOMS

- Mental Generals
- Anxiety about health.
- Weak memory.

### Physical Generals

- Desire for milk ++.
- Appetite diminished.
- Thirst increased (small quantities at short intervals).
- Thermal state: Chilly patient.

### Particulars

- Eruptions with itching.
- Red, swollen eruptions with watery discharge.
- Dryness of skin.
- Eruptions associated with burning sensation.
- < Scratching.
- < Night.
- < Rainy weather.
- < Morning.
  - Dry weather.
  - Warm applications.

## Totality of Symptoms

- Anxiety about health.
- Desire for milk.
- Eruptions with watery discharge.
- Dryness of skin.
- Aggravation in the morning (< Morning).
- Aggravation at night (< Night).
- Aggravation in damp weather (< Damp weather).
- Aggravation during the rainy season (< Rainy season).
- Amelioration in dry weather (> Dry weather).
- Itching with eruptions.
- Itching associated with burning sensation.
- Red, swollen eruptions.
- Aggravation from scratching (< Scratching).

## RUBRICS SELECTED

1. Skin – Eruptions – Itching.
2. Skin – Ulcers – Scratching; after.
3. Skin – Eruptions – Burning.
4. Skin – Eruptions – Itching – Night.
5. Generals – Food and Drinks – Desire – Milk.
6. Generals – Weather – Rainy – Aggravation.

## REPERTORIAL ANALYSIS :

Remedy	Rhus-t	Sulph	Ars	Staph	Lach	Lyc	Sil	Graph	Mez	Bry	Calc	Mang	Sep	Verat
<b>Totally</b>	22	22	21	19	17	17	17	16	16	15	15	14	14	14
<b>Symptoms Covered</b>	6	6	6	6	5	5	5	6	5	5	5	5	5	5
[Complete ] [Skin]Eruptions:Itching:	4	4	4	4	3	3	4	4	4	4	4	3	4	3
[Complete ] [Skin]Ulcers:Scratching, after:	3	4	3	2	4	3	3	1	2	1	1	1	1	0
[Complete ] [Skin]Eruptions:Burning:	4	4	4	4	3	4	3	4	4	3	3	3	4	3
[Complete ] [Skin]Eruptions:Itching:Night:	3	3	3	3	0	3	0	3	3	0	0	0	0	1
[Complete ] [Generalities]Food and drinks:Milk, milk products:Desires:	4	3	3	3	3	0	3	1	0	3	3	3	1	3
[Complete ] [Generalities]Weather:Damp, rainy, wet:Agg.:	4	4	4	3	4	4	4	3	3	4	4	4	4	4

## RESULTS

Remedies obtained through repertorization:

Rhus Toxicodendron, Arsenicum album, Mercurius Mezeureum, Graphites

For confirmation of the remedy, the Materia Medica was referred to, and it was found that Rhus toxicodendron covered the case as a whole.

Rhus toxicodendron chiefly acts on the skin and joints.

It is an irritant to the skin and is indicated in ulcerations of the legs, intolerable itching aggravated at night, and rheumatic tendencies.

## DIAGNOSIS

Allergic Contact Dermatitis

## MIASMATIC DIAGNOSIS

Psora is the predominant miasm in this case.

**These are the photographs of the patient before homoeopathic treatment.**

## UPPER EXTREMITIES



## LOWER EXTREMITIES



First Prescription (02/01/2026)

Rx

Rhus toxicodendron 200C – One packet, single dose.

No. II pills – Three times daily (3-3-3) for 15 days.

First Follow-Up (20/01/2026)



### **First Follow-Up (20/01/2026)**

Patient's Response:

Itching was better.

Redness and swelling of the eruptions were reduced.

Burning sensation was reduced.

General condition was good.

#### **Assessment:**

The patient showed improvement in both local symptoms and general well-being.

#### **Prescription**

Rx

No. II pills – Three times daily (TID) for 15 days.

## SECOND FOLLOW-UP (05/02/2026)



## Second Follow-Up (05/02/2026)

### Patient's Response:

Complained of itching at night.

General condition was good.

### Assessment:

Although the general condition remained good, itching at night persisted. Based on the symptom picture, the indicated remedy was repeated.

## Prescription

### Rx

Rhus toxicodendron 200C – Single dose (repeated).

No. II pills – Three times daily (TID) for 15 days.

### Third Follow-Up (15/02/2026)

#### LOWER EXTREMITIES:



## UPPER EXTREMITIES:



### Third Follow-Up (15/02/2026)

Patient's Response:

No itching.

Red, swollen eruptions had completely disappeared.

General condition was good.

### Assessment:

The patient showed marked improvement, with complete relief from itching and resolution of the skin eruptions. General health remained satisfactory.

### Prescription

Rx

No. II pills – Three times daily (TID) for 15 days.

**Advice:** Maintenance of personal hygiene.

### Prognosis

The patient was better, with well-marked improvement in the skin condition.

Significant reduction in itching, redness, swelling, and discharge was observed.

The skin lesions resolved progressively, and the patient's general condition remained good throughout the course of treatment.

The prognosis was favorable, with marked clinical improvement following homoeopathic treatment.

### Before Homoeopathic Treatment



### After Homoeopathic Treatment



### Before Homoeopathic Treatment



### After Homoeopathic Treatment



#### **DISCUSSION and CONCLUSION :**

Hahnemann emphasized that skin diseases are not merely local affections but external manifestations of internal systemic disorder. Irritant Contact Dermatitis is successfully treated with Homoeopathic treatment based on case taking and individualizing the patient Homoeopathic treatment has shown ability to improve Irritant Contact Dermatitis internally and helped to remove the predisposition state of the Irritant Contact Dermatitis

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9 Hompath Zomeo software repertory



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