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CASE-REPORT

Title: Acute exaggeration of chronic urticaria treated with homoeopathic constitutional medicine - An evidence based case report

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ABSTRACT

Chronic Urticaria is a disturbing allergic condition of the skin. Although frequently benign, it may sometimes interfere with an individual's daily routine life. A multitude of etiologies have been responsible for the causation of chronic urticaria, including physical, infective, vasculitis, psychological, and idiopathic. Constitutional homeopathic treatments have been effective in managing and curing such dermatological conditions. Individuals can expect a complete cure as well. This article mentioned the case of chronic urticaria got cured and its acute exaggeration was significantly managed by constitutional homeopathic medicine *Lycopodium* with minimum repetition. The uniqueness in this case was that individualized homoeopathic remedy was prescribed in acute exaggerated state & the same remedy was proved to be the constitutional remedy of the patient. This case is one of those many examples of the fast and furious responses that we are getting with this modern science.

Keywords: Case report, Chronic Urticaria, Exaggeration, Histamine, Homeopathy, Lycopodium

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INTRODUCTION

Urticaria, commonly referred to as hives or nettle rash, is a skin condition characterized by a raised, itchy rash. It can be localized to a specific area or spread across larger portions of the body. The size of the rash varies, ranging from a few millimeters to as large as a hand.^[1] It is estimated that about 1 in 5 people will have urticaria once in their lifetime, seen in all age groups.

TYPES OF URTICARIA^[1]

1. **Acute Urticaria:** If the rash clears completely within 6 weeks.
2. **Chronic Urticaria:** In rarer cases, the rash persists or comes and goes for more than 6 weeks, often over many years.
3. **Urticaria Vasculitis:** A much rarer type of urticaria. In this type the blood vessels inside the skin gets inflamed. In these cases, the wheal lasts longer than 24 hours, is more painful, and can leave a bruise.

ICD-11 code for Acute Urticaria is EB00.0, that is "spontaneous urticaria lasting less than six weeks", whereas for Chronic Urticaria is EB00.1, that is "spontaneous urticaria lasting six weeks or more".^[2-3]

Urticaria develops when a trigger prompts the release of histamine and other chemical messengers in the skin at elevated levels. These substances are responsible for blood vessels in the affected area of skin opening up and becoming leaky resulting in redness.

This extra fluid in the tissues causes swelling and itchiness. These histamines are released in the blood due to many reasons including an allergic reaction like - a food allergy, or reaction to an insect bite; cold and heat exposure; certain medications like NSAIDs or Antibiotics; emotional stress; physical triggers like post-injury, exposure to sunlight, etc. However, in many cases of urticaria, no obvious cause can be found. In some cases, long-term urticaria may result from the immune system mistakenly attacking healthy tissue, a condition known as an autoimmune reaction. Approximately one in three chronic urticaria cases is believed to be autoimmune in nature. However, diagnosing this condition remains challenging.^[1]

The homeopathic science has the answer for this multi-causal and stubborn skin eruptions. In homoeopathic literature, Kent repertory has 102 drugs under rubric - Skin, eruptions, urticaria,^[4] Boger-Boeninghausen repertory has 75 drugs under rubric - Skin, eruptions, urticarious (nettle rash),^[5] Boger's Synoptic Key presented 11 drugs under - Skin, eruptions, urticarious, hives, wheals, etc.,^[6] Boericke's Repertory under urticaria (hives, nettle rash) has 54 drugs,^[7] Knerr Repertory of Hering Guiding Symptoms has 61 drugs under - Skin eruptions, urticaria (nettle rash, hives),^[8] Clarke in 'The Prescriber' under nettle rash (urticaria) has given 10 drugs.^[9] Phatak repertory has 22 drugs under rubric - Urticaria, hives, wheals.^[10] Highlighting, "SKIN- Eruptions, Urticaria" is a general rubric, which should not be considered casually for any urticarial eruption. This rubric has many specific

remedies those have the affinity for skin complaints. Amongst all, highly marked homoeopathic remedies for urticaria are Apis mellifica, Arsenic album, Calcarea carb, Causticum, Dulcamara, Graphitis, Hepar sulph, Lycopodium, Natrum mur, Rhus tox, Sulphur, Urtica urens etc. Few research studies have also shown the impact of constitutional homoeopathic remedies in treating the chronic urticaria. The mentioned case report is one of the attempt to prove the efficacy of constitutional homeopathic treatment for initiating the rapid, gentle and permanent cure.

PATIENT INFORMATION

A 45 years old female, came up with the complaint of severe skin eruptions all over the body, since morning. She had mild grade fever since last night. It was a telephonic conversation with her, around 6:30 pm on 18th January, 2022.

History of Presenting Complaint

She had been suffering from these types of eruptions since 2009, when she went to a local stall in her area to apply mehndi on her hand, on the occasion of Karwa Chauth, on the very next day the rash appeared on her whole body. On asking about the character of eruptions that appeared for the very first time, she replied “the whole body was looking like a hen without feather”. The eruption always came along with severe itching and swelling, more precisely she experienced itching that was always followed with a dry rash and within a few hours the affected part swelled up. Once the itching was relieved, she started experiencing pain in the affected area. Whenever she had a fever, the eruptions flared up. And even whenever she took anything or ate anything hot like walnuts or almonds etc. or even hot food or drink, the eruptions started appearing all over again. Only pouring water over the rashes made her feel a little relieved. Her eruptions got aggravated whenever she was exposed to the sun, while cleaning the house, or doing the dusting work (dust). She had taken allopathy as well as homeopathy for the last 12-13 years without getting any relief, so she had stopped all her medications for the last 2 months.

Past History

In the past, she was diagnosed with hypothyroidism, for which she had taken homeopathy for almost 2 years, got treated and since then her Thyroid Profile has been normal.

Family History

1. Father – Dermatitis
2. Mother – Died due to Chronic Kidney Failure, Diabetes, Hypertension, Asthma, Hypothyroid, PCOD, Gall stone
3. Younger Sister - PCOD

Personal History/ Physical Generals

Her appetite was good. She cannot tolerate hunger for a long duration. She was a thirsty individual, drinking now and then, more than 5-6L in a day. She was allergic to dairy products, specifically cheese+1 and paneer+1. She perspired a lot, and it was non-offensive. Her sleep was refreshing. She didn't remember dreams at all. Thermally she was very hot+3, and can't tolerate heat in any form.

Life Space/ Mental Generals

In her childhood, she was very timid and introvert. Before 5th standard, she used to get bullied by a girl in her school. That girl gang used to eat her lunch daily. She couldn't fight for herself. She had a habit of telling everything to her parents and they used to come to school with her complaints, to defend her, and to resolve her problems. She was always a dull child, and not very active. As per her parents, she was always a docile kid, who always followed the instructions of her parents blindly as she didn't have courage since her childhood. In the 12th class, she topped in her school. She was very fond of studies, but could not get proper guidance. Till college, her English speaking was not at all good. She wanted to talk with so many people, but due to her lack of conversant especially in English, she could not. It had affected her confidence a lot. She never wanted to work but as in her life, she never took any decision for herself. Her father forced her to apply for the government job. She always wanted to be a housewife. But now she was working as a Gazetted Officer in the Central Government. Here, her colleagues were not so fond of speaking English, hence she was a little bit comfortable to interact with them. Even now, she took a back-

seat whenever there was any event to host. She had the fear that she might not perform up to the expectations, and that everyone would criticize her. She was still not happy with her job, as it was draining her throughout and she wanted to quit her job but she couldn't as she was the only earning individual in the family. Her husband was also not working for the last 5 years. Even in her kid's school, she always forced her husband ahead of her in the participation as well as to interact with their teachers. She was not at all good at decision-making, she got scared of taking responsibility for her own decisions, because she had the fear that she might not perform well. For

this reason she was very much dependent on others.

Physical Examination / Clinical Findings

As she had sent the images of her eruptions on my Whats App. That's why it was not possible for me to examine her in person. However after looking at the photographs, I found some marked observations. Primarily, the eruptions were spread all over the body and were raised and had a rosy appearance. The predominant part involved were the forehead, face, dorsal aspect of the hand, thighs, and legs. There was mild edema present over the upper and lower extremities.

IMAGES TAKEN ON 18/01/2022 [BEFORE TREATMENT]



Image: 1. Active, raised, erythematous eruptions on left forearm & wrist, dorso-medially.



Image: 2. Post-inflammatory hyper-pigmentation after scratching, few raised erythematous eruptions on right forearm, dorso-laterally.



Image: 3. There are marked, raised, pinkish, wheal-like eruptions, on forehead region above eye-brows, bilaterally.

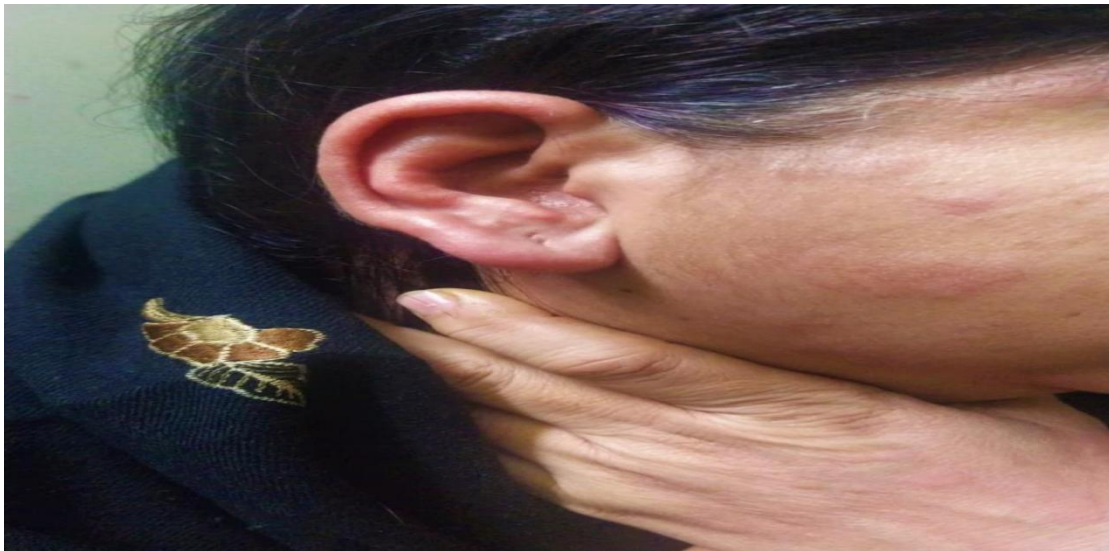


Image: 4. Marked, raised, erythematous eruptions with active inflammatory signs on right side of cheeks and right ear

Probable Diagnosis

Chronic Urticaria

ANALYSIS AND EVALUATION OF SYMPTOMS: [TABLE 1]

S. No.	SYMPTOMS	INTENSITY	TYPE	GRADATION	MIASM
1.	Very low in confidence	+3	MENTAL-GENERAL	1 ST GRADE	SYCOSIS
2.	Fear of talking in public	+3	MENTAL-GENERAL	1 ST GRADE	SYCOSIS
3.	Fear of taking responsibilities	+3	MENTAL-GENERAL	1 ST GRADE	SYCOSIS

4.	Extreme thirsty, drink too often	+3	PHYSICAL-GENERAL	2 ND GRADE	SYCOSIS
5.	Perspiration, profuse, all over body, non-offensive	+1	PHYSICAL-GENERAL	2 ND GRADE	SYCOSIS
6.	Skin eruptions, all over body < sun exposure, dust, during fever, taking or eating anything warm	+3	PHYSICAL-PARTICULAR	3 RD GRADE	PSORA

MIASMATIC ANALYSIS:

Predominantly the disease was of Psoro-Sycotic miasm ^[11-12]

TOTALITY OF SYMPTOMS:

1. Very low in confidence.
2. Fear of talking in public.
3. Fear of taking responsibility.
4. Extremely thirsty, drink too often.
5. Perspiration, profuse, all over the body, non-offensive.
6. Skin eruptions, all over the body < sun exposure, dust, during fever, taking or eating anything warm.

SYMPTOMS CONVERSION INTO RUBRIC: [Table 2]

S. No.	SYMPTOMS	RUBRICS
1.	Very low in confidence.	MIND: Confidence, want of self
2.	Fear of talking in public.	MIND: Timidity, Public about appearing in, Talk to
3.	Fear of taking responsibilities.	MIND: Fear, undertaking anything
4.	Extreme thirsty, drink too often.	STOMACH: Thirst, Unquenchable, constant
5.	Skin eruptions, all over body < sun exposure, dust, during fever, taking or eating anything warm.	SKIN: Eruptions: Urticaria, Nettle rash, warmth, aggravation

Rubric “Perspiration, profuse, all over body, non-offensive” is not considered for repertorization as the intensity of this symptom is less.

REPERTORIZATION: ^{[5][13]}

After analysis of the case, Repertorization was done.

- Working method: Computer method

- Software used: HOMPAT ZOMEIO
- Repertory used: Complete Repertory

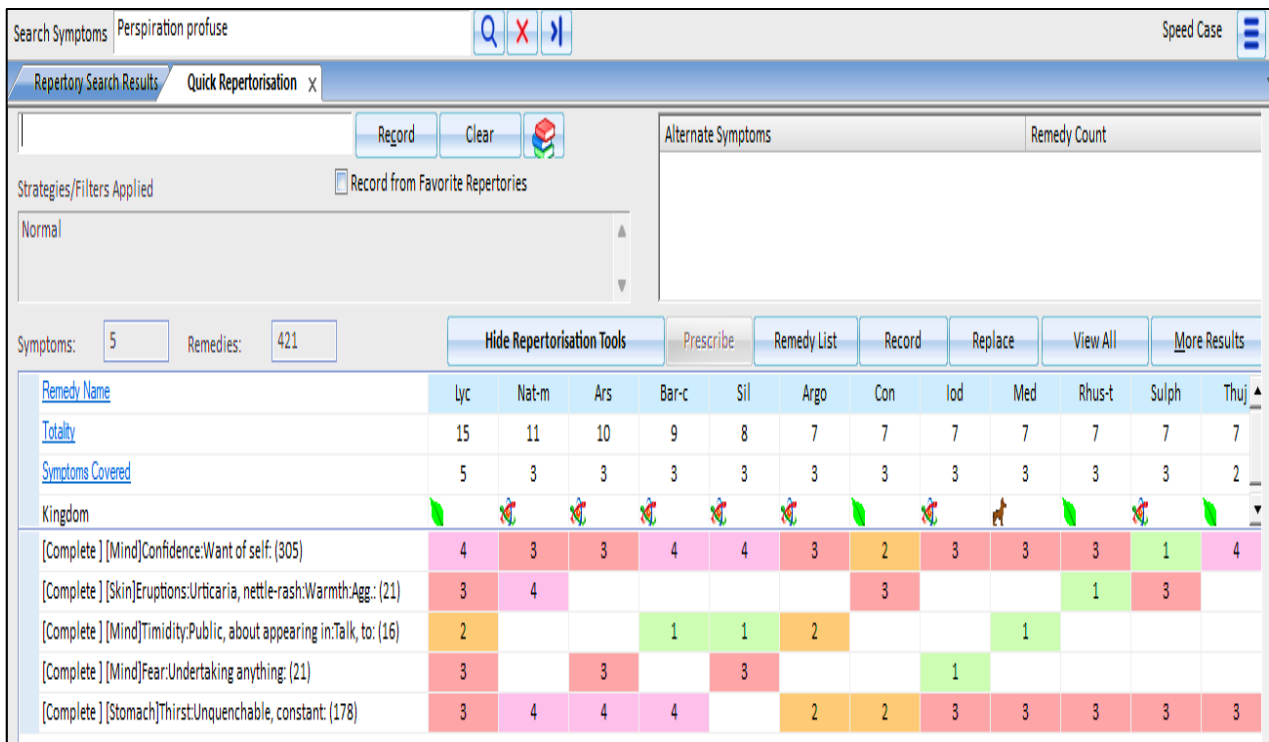


Image: 5 = Repertorization with complete repertory

THERAPEUTIC INTERVENTION WITH FOLLOW UPS AND OUTCOME: [Table 3]

First prescription was given on (18/01/2022): *Lycopodium* 1M STAT + Placebo 30, 5pills BD for 1 week.

Follow-up date	Symptoms	Medicine prescribed
18/01/2022	Severe skin eruptions were present all over the body with mild grade fever since last night. Eruptions were raised, reddish in color with a lot of burning as well. Sleepless throughout the night.	<i>Lycopodium</i> 1M STAT + Placebo 30 5 pills BD for 1 week.
19/01/2022	Eruptions all over body had reduced up to 80%, no fever, no itching, no redness, slept for 7 hrs, refreshing sleep, motion cleared once in the morning, very few scratches were visible.	Placebo 30, 5 pills, BD for 1 week
25/01/2022	No eruptions, only itching was present with mild intensity, a febrile. Appetite has improved with craving of sour. Overall generals improved.	Placebo 30, 5 pills, BD for 1 month
26/02/2022	She feels much better now. No new symptoms.	Placebo 30, 5 pills, BD for 1 month

30/03/2022	Mentally she was much confident now. Her thought of quitting her job had completely gone. She was now started driving her car as well. No episode of skin eruptions since she had started taking homoeopathy.	<i>Sulphur 1M</i> Stat was given (as an anti-psoric) + Placebo 30, 5 pills, BD for 2 month
1/06/2022	Much better now, physically as well as mentally. Had 1 episode of mild eruption a week ago due to over exertion after attending her cousin's marriage. But was relieved within a day only.	Placebo 30, 7 pills in 1/3 rd of lukewarm water was advised in that acute phase + continued with Placebo 30, 5 pills, BD for 1 month
25/08/2022	Completely well. No episode of eruption for last 1 and half month. She was looking more confident now. She was taking cheese in small quantities to check her tolerance.	Placebo 30, 5 pills, BD for 1 month

IMAGES TAKEN ON 19/01/2022 [DURING TREATMENT]



Image: 6. Hand and fingers of left side, dorsal aspect, clear skin is visible here without any eruptions



Image: 7. Left forearm, dorso-medially, clear skin visible here, without any inflammatory mark of urticarial eruptions



Image: 8. Forehead and both sides of cheeks, a clear, healed & healthy skin

MONARCH NARANJIO CRITERIA FOR ASSESSMENT OF FOLLOW UPS: [Table 4]

Domains	Yes	No	Not sure or N/A
1. There was improvement in the main symptom or condition for which the homoeopathic medicine was prescribed?	+2	-1	0
2. Did the clinical improvement occur within a plausible time-frame relative to the drug intake?	-1	-2	0
3. Was there as initial aggravations of the symptoms?	+1	0	0
4. Did the effect encompass more than the main symptom or condition (i.e. where other symptoms ultimately improved or changed)?	+1	0	0
5. Did overall well-being improved? (suggest using validated scale)	+1	0	0
6A. Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of disease?	+1	0	0
6B. Direction of cure: did at least two of the following aspects apply to the order of improvements of symptoms: - From organ of more importance to less importance? - From deeper to more superficial aspect of the individual? - From the top downwards?	+1	0	0
7. Did "old symptoms" (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?	+1	0	0
8. Are there alternate causes (other than the medicine) that - with the high probability - could have caused the improvement? (consider known course of disease, other forms of treatment, and other clinically relevant interventions)	-3	+1	0
9. Was the health improvement confirmed by any objective evidence? (e.g., laboratory test, clinical observation, etc.)	+2	0	0
10. Did repeat dosing, if conducted, create similar clinical improvement?	+1	0	0

Total score = 06 [circled]

DISCUSSION:

There were so many relevant evidences that proved the importance of homoeopathic

treatment in the management of chronic urticaria. One such case report was published in homoeopathic links, demonstrated the improvement of symptoms as well as reduction in

the recurrence of symptoms of chronic spontaneous urticaria by using Hepar sulph 6C & 30C.^[14] Another research study demonstrated the effectiveness of constitutional homoeopathic medicine produced significant effect in reduction of the frequency & intensity of eruption & itching in chronic urticaria in the age group of 18 to 60 years. Phosphorus, Pulsatilla & Natrum mur were considered as most commonly prescribed remedies in that research.^[15]

In the mentioned case, after repertorization, which was done from Complete Repertory on considering the totality of symptoms, many remedies were competing with each other, namely, Lycopodium, Natrum mur, Arsenic, Baryta carb, Silicea, etc. By referring to various texts of Materia Medica, Lycopodium was prescribed in 1M potency, as it was covering both the physical and mental symptoms. The theme of Lycopodium was also matched which was considered as the key differentiating point. Lycopodium theme explains the state of "Impotence", which means 'Lacking power', and 'Inability to perform' leads to performance anxiety.^[16] Lycopodium has the feeling of 'lack of power', hence they have a great desire to achieve big and want to dictate as well.^[17] But they have a 'fear of undertaking new challenges, facing new situations, and meeting with new people', which leads to 'low self-confidence', a 'growing sense of failure inside', and 'fear that they will make mistakes'. In adults: Lycopodium cowardice may be hidden by an outward show of bravado.^[16-17] Along with this, they are intellectually keen, extremely diligent, and conscientious as well.

Lycopodium 1M STAT was prescribed at the beginning, followed by 5 pills of placebo for next 2 months. After 2 and half months, Sulphur 1M was prescribed as an intercurrent in this case. The recovery was gradual and promising, hence no repetition was required afterwards for next 7 months. Monarch Naranjo criteria, was used to evaluate the curative response of the given remedy. The final score was 6 indicating the likely or positive correlation between remedy & the recovery.

the journal. The patient understands that her name

The uniqueness in this case was that individualized homoeopathic remedy was prescribed in acute exaggerated state & the same remedy was proved to be the constitutional remedy of the patient. Law of minimum was verified in this report as well, as the indicated remedy was prescribed only once & thereafter was not repeated as the recovery was progressive throughout. Along with particulars, general state of the individual was also taken into consideration in this case, before coming to the conclusion of the selection of the perfect similimum.

CONCLUSION

Homeopathic treatment is based on individualization as well as covering the physical, mental, and pathological state of the individuals. At present, homoeopathy is the fastest growing pathy to be considered first in various dermatological disorders. Despite the promising outcomes associated with homeopathy, there is limited scientific evidence to support its effectiveness.^[18] This study has put forth one such attempt to overcome the scarcity of evidence.

In this case, the physician has shown the clinical evidence of the acute exaggerated state of Chronic Urticaria and its homeopathic management with photographs. The case has shown the impact of constitutional homeopathic prescription even in an acute state and has the potential to change the perspective of people who are having second thoughts while opting for homoeopathy as the primary mode of treatment for their acute as well as chronic illnesses. This report has also shown that we can also consider the constitutional chronic remedy for acute exaggeration as the first choice, considering that it should follow the acute totality of the individual as well. Last but not the least, it has re-proved the effectiveness of homeopathic constitutional treatment for rapid, gentle, and permanent cure.

DECLARATION OF PATIENT CONSENT

The patient has given consent for the use of her images and other clinical information reported in and initials will not be published and due efforts

will be made to keep her identity confidential.

SPONSORSHIP: Nil

CONFLICT OF INTEREST

None declared

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