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RESEARCH ARTICLE

SUCCESSFUL HOMEOPATHIC MANAGEMENT OF BULLOUS PEMPHIGOID TREATED AT DR BATRA'S HOMEOPATHY CLINIC: A CLASSICAL CASE STUDY

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ABSTRACT

Bullous pemphigoid is a chronic autoimmune blistering disorder that significantly impairs quality of life. Conventional management often provides only temporary symptomatic relief with frequent relapses. This case report presents a 26-year-old female with recurrent vesiculo-bullous eruptions on both hands, associated with intense burning, itching, peeling of skin, and emotional distress, who had an inadequate response to prior conventional therapies. A classical homeopathic approach based on detailed case-taking, totality of symptoms, repertorization, and constitutional prescribing was adopted. Progressive clinical improvement with sustained remission and overall psychosomatic transformation was observed during follow-up. This case highlights a definitive transformation achieved through individualized homeopathic treatment at Dr Batra's Homeopathy Clinic.

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INTRODUCTION

Bullous pemphigoid is an autoimmune subepidermal blistering disorder characterized by tense bullae, erythema, and pruritus. Long-term corticosteroid therapy remains the mainstay in conventional medicine but is associated with adverse effects and relapses. Classical homeopathy offers an individualized, holistic approach aiming not only at disease resolution but also restoration of overall health. This paper documents a scientifically structured homeopathic case managed successfully at a specialized homeopathy clinic.

Case Profile

- **Age / Gender:** 26 years / Female
- **Occupation:** Customer service executive (night shift)
- **Duration of illness:** 11 months
- **Duration of remission achieved:** 6 months
- **Diagnosis:** Bullous pemphigoid
- **Differential diagnosis:** Contact dermatitis, eczema, psoriasis, hand dermatitis, urticaria, atopic dermatitis

Chief Complaints

Recurrent rashes on both hands with

- Burning and itching

- Peeling of skin
- Vesicles progressing to small blisters
- Occasional pus discharge
- Pain aggravated by exposure to water and air

History of Present Illness

The complaints began one month prior to consultation as a small blister on the right hand, which gradually increased in size and number, later involving both hands. Temporary relief was achieved with topical antifungal and steroid preparations; however, relapses occurred with increased intensity, associated with burning pain, erythema, peeling, and discharge. No similar episodes were reported in the past.

Past, Family & Gynecological History

- **Past history:** No significant medical illness
- **Family history:** Non-contributory
- **Associated illness:** PCOD for 1 year with irregular menses
- **Menstrual history:** Irregular after night-shift work; LMP 15 Nov 2024

Physical Generals

- **Appetite:** Normal
- **Craving:** Rice

- **Aversion:** Spicy food
- **Thirst:** 1 liter/day
- **Stool & urine:** Regular, normal
- **Sleep:** Disturbed due to night shift
- **Thermal reaction:** Hot patient
- **Perspiration:** Normal, non-offensive

Mental and Emotional Symptoms

Childhood: Since childhood, the patient exhibited a sensitive and mild temperament. She was emotionally reactive, easily hurt by criticism, and preferred remaining reserved rather than expressing her feelings openly. Fear of frightening visual stimuli, especially horror movies, was present early in life.

Adolescence: During adolescence, she developed increased emotional dependence and a tendency to overthink daily situations. She would suppress emotions rather than confront conflicts, leading to inner dissatisfaction. Mild discouragement after failures and fear of disapproval were prominent.

Adulthood (Current State): At present, she is introverted, emotionally sensitive, and easily irritable. Trivial matters provoke anger followed by weeping. She experiences constant day-to-day stress, particularly related to night-shift work, which she dislikes despite being satisfied with her job role. She tends to overanalyze situations, feels discouraged easily, and seeks emotional reassurance. Despite emotional turbulence, she remains mild, gentle, and non-aggressive by nature.

Clinical Examination

- Erythematous patches with vesicles and peeling on both hands
- Signs of inflammation and tenderness
- No systemic involvement

Totality of Symptoms

- Vesicular eruptions on hands with burning and itching
- Pain aggravated by water and air exposure
- Peeling of skin with discharge
- Hot patient
- Desire for rice
- Emotionally sensitive, mild, introverted
- Anger with weeping from trifles
- Discouragement and overthinking
- Fear of horror scenes
- Aggravation from stress and night-shift work

Repertorial Analysis

Prominent rubrics considered:

- Mind – Mildness
- Mind – Reserved
- Mind – Discouraged easily
- Mind – Anger with weeping
- Mind – Fear, horror
- Skin – Eruptions, vesicular
- Skin – Burning, itching
- Generalities – Desire for rice

Remedies	Aphos.	Calc.	Asaph.	Allum.	Nat.m.	Puls.	Arg.	Coac.	Ign.	Sil.	Verat.	Accon.	Arn.	Lyc.	Nux-m.	Rhus.	Sep.	Stann.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Symptoms Covered	4	4	4	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Intensity	8	7	6	4	7	7	6	6	6	6	6	5	5	5	5	5	5	5
Result	4/8	4/7	4/6	4/4	3/7	3/7	3/6	3/6	3/6	3/6	3/6	3/5	3/5	3/5	3/5	3/5	3/5	3/5
Clipboard 5																		
MIND - FEAR - horror movies, of			1															
MIND - RESERVED	3	2	2	1	3	2	1	1	2	1	1	1	1	1	1	1	1	2
MIND - MILDNESS	2	2	1	1	3	3	3	3	2	3	2	2	3	2	2		2	1
GENERALS - FOOD and DRINKS - rice - desire	2		2	1													1	
MIND - DISCOURAGED	1	2	1	1	1	2	2	2	2	2	3	2	1	2	2	3	2	2

LSMC (Location, Sensation, Modality, Concomitant)

- **Location:** Both hands
- **Sensation:** Burning, itching, pain
- **Modalities:** < water, < air exposure
- **Concomitants:** Emotional irritability, weeping, stress

Miasmatic Analysis

The case showed a **predominantly psoric background** with **sycotic tendencies**, reflected in recurrent eruptions, emotional suppression, hormonal imbalance, and chronicity.

Remedy Selection & Prescription

- **Main constitutional remedy:** *Rhustoxicodendron*
 - **Reason:** Vesicular eruptions with burning, aggravation from water and air, restlessness, emotional sensitivity, and stress-related aggravation
- **Supportive remedies:** Ferrumphosphoricum, Pulsatilla, Wiesbaden, Thuja
 - **Reason:** To support inflammation control, hormonal balance, and constitutional harmony
- **Potency selection:** Higher potency chosen based on constitutional depth and mental-emotional involvement
- **Placebo:** Sac-lac as required



Follow-Up and Prescription Table

Follow-up	Clinical Status	Mental State	Prescription
1st Month	Burning & itching reduced, no new blisters	Less anxious, improved sleep	Rhustox (single dose), Sac-lac
2nd Month	Peeling reduced, discharge stopped	Anger episodes reduced	Sac-lac
3rd Month	No fresh eruptions	Emotionally stable	Constitutional remedy repeated
4th Month	Skin healing evident	Improved confidence	Supportive remedy
6th Month	Complete remission	Calm, positive outlook	Placebo

Transformation Table

Parameter	Before Treatment	After Treatment
Skin condition	Recurrent blisters, peeling	Clear skin
Burning & itching	Severe	Absent
Emotional state	Irritable, weepy	Emotionally balanced
Stress tolerance	Poor	Improved
Quality of life	Disturbed	Restored

DISCUSSION

This case exemplifies the strength of classical homeopathy in managing autoimmune dermatological disorders. Individualized remedy selection based on totality, mental generals, and constitutional traits resulted in sustained improvement. The gradual resolution of skin pathology along with emotional stabilization confirms true curative action rather than symptomatic suppression. Addressing mental causative factors such as stress, emotional sensitivity, and suppressed emotions was crucial. The miasmatic approach helped prevent relapse. The follow-up demonstrates progressive healing in accordance with Hering's law. Such outcomes reinforce the scientific relevance of classical homeopathy in chronic skin diseases.

CONCLUSION

This case demonstrates that classical homeopathy, when practiced with scientific rigor, detailed case-taking, and constitutional prescribing, can bring lasting remission in bullous pemphigoid.

The holistic improvement in physical, emotional, and mental planes validates true healing. The successful outcome underscores the effectiveness of individualized homeopathic treatment delivered at Dr Batra's Homeopathy Clinic, offering hope in chronic autoimmune skin conditions where conventional therapies often fall short. Prognosis Curable, with sustained remission achieved.

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