

Healing the Skin from Within: Homeopathic Approach in Skin Disorders – Eczema and Psoriasis

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ABSTRACT

Skin disorders such as eczema and psoriasis are chronic inflammatory conditions that significantly affect physical comfort, appearance, emotional health, and quality of life. Eczema is characterized by itching, redness, dryness, oozing, or lichenification, while psoriasis commonly presents with erythematous plaques covered by silvery scales. Conventional management includes emollients, topical corticosteroids, immunomodulators, antihistamines, phototherapy, and systemic agents in severe cases. However, recurrence, long-term treatment dependency, adverse effects, and psychosocial distress lead many patients to seek complementary options. Homeopathy offers an individualized therapeutic approach based on totality of symptoms, constitutional tendencies, trigger factors, mental-emotional state, and chronic susceptibility. This paper reviews the potential role of homeopathy in eczema and psoriasis, discusses commonly indicated remedies, case-taking methods, supportive lifestyle measures, and current evidence. Homeopathy may assist selected patients in reducing recurrence, improving comfort, and enhancing overall well-being when used responsibly alongside dermatological supervision. More rigorous clinical research is needed.

KEYWORDS: *Homeopathy, Eczema, Psoriasis, Chronic Skin Disease, Complementary Medicine, Dermatology*

INTRODUCTION

The skin is the largest organ of the body and serves as a barrier against infection, allergens, dehydration, and environmental injury. Chronic skin diseases not only produce itching, pain,

fissuring, scaling, and sleep disturbance, but also affect confidence, social interaction, and mental health.

Eczema (especially atopic dermatitis) and psoriasis are among the most common chronic dermatological disorders. Eczema often involves barrier dysfunction, immune hypersensitivity, and recurrent itching. Psoriasis is an immune-mediated inflammatory condition characterized by accelerated skin cell turnover.

Because both disorders tend to relapse and remit, many patients seek holistic systems such as homeopathy for long-term supportive management.

UNDERSTANDING ECZEMA AND PSORIASIS

Eczema Symptoms

- Itching (often intense)
- Dryness
- Redness
- Oozing in acute phase
- Thickened skin in chronic phase
- Cracks or fissures
- Sleep disturbance due to itching

Psoriasis Symptoms

- Thick red plaques
- Silvery scales
- Elbow/knee/scalp lesions
- Itching or burning
- Nail pitting
- Joint symptoms in some cases

Common Triggers

- Stress
- Weather changes
- Dry skin
- Soaps and detergents
- Dust/allergens
- Infection
- Alcohol/smoking (psoriasis)
- Family history

Table 1: Difference Between Eczema and Psoriasis

Feature	Eczema	Psoriasis
Main Complaint	Itching	Scaling plaques
Skin Surface	Dry / oozing / cracked	Thick silvery scales
Common Sites	Flexures, hands, face	Elbows, knees, scalp
Family Allergy Link	Common	Less common
Bleeding on scratching	Less typical	May occur
Joint Involvement	Rare	Possible (psoriatic arthritis)

HOMEOPATHIC PERSPECTIVE

Homeopathy considers skin eruptions as expressions of internal imbalance rather than merely local pathology. Remedy selection depends on:

- Type of lesion
- Nature of itching (burning, crawling, worse warmth, worse night)
- Oozing or dryness
- Cracks and bleeding
- Weather aggravation
- Emotional state
- Food triggers

- Thermal preference
- Sleep pattern
- Family history

Thus, two eczema patients may need entirely different remedies.

CASE-TAKING PRINCIPLES

Important Questions

- When did eruption begin?
- Is itching worse at night or warmth of bed?
- Dry scales or moist oozing lesions?
- Any stress-related aggravation?
- Family history of allergy or psoriasis?
- Trigger from soaps, foods, climate?
- Sleep disturbance due to itching?
- Joint pains present?
- Seasonal variation?
- Previous steroid dependence?



Figure 1: Homeopathic Dermatology Assessment

IMPORTANT HOMEOPATHIC REMEDIES

Sulphur

Classic remedy for itching worse warmth of bed, scratching followed by burning, dry unhealthy skin, recurrent eruptions.

Graphites

Thick rough skin with cracks and sticky oozing discharge, especially folds, ears, hands.

Petroleum

Deep cracks, dry rough winter eczema, bleeding fissures.

Mezereum

Thick crusts with pus beneath, intense itching, scalp eruptions.

Arsenicum Album

Burning itching, dryness, anxiety, worse after midnight.

Rhus Toxicodendron

Vesicular eruptions with restlessness and itching, often worse damp weather.

Kali Arsenicosum

Dry scaly chronic eruptions, psoriasis-like lesions.

Sepia

Hormonal aggravation, dry eruptions, irritability, fatigue.

Table 2: Common Remedies and Indications

Remedy	Key Picture	Better/Worse
Sulphur	Itching heat of bed	Worse warmth
Graphites	Cracked oozing skin	Worse damp
Petroleum	Winter fissures	Worse cold season

Mezereum	Crusty scalp lesions	Worse night
Arsenicum Alb	Burning dry eczema	Worse midnight
Rhus Tox	Vesicular itching rash	Worse damp
Kali Ars	Dry scaly plaques	Chronic cases
Sepia	Hormonal skin flare	Worse fatigue

HOMEOPATHY IN ECZEMA

Eczema management may focus on:

- Itching reduction
- Better sleep
- Less recurrence
- Reduced skin dryness
- Trigger identification

Emotional balance

Constitutional remedies are often considered in recurrent childhood eczema or adult chronic hand eczema.

HOMEOPATHY IN PSORIASIS

Psoriasis requires proper dermatological diagnosis. Homeopathy may be used as complementary support for:

- Scaling discomfort
- Itching
- Stress-related flares
- Sleep disturbance
- Emotional distress

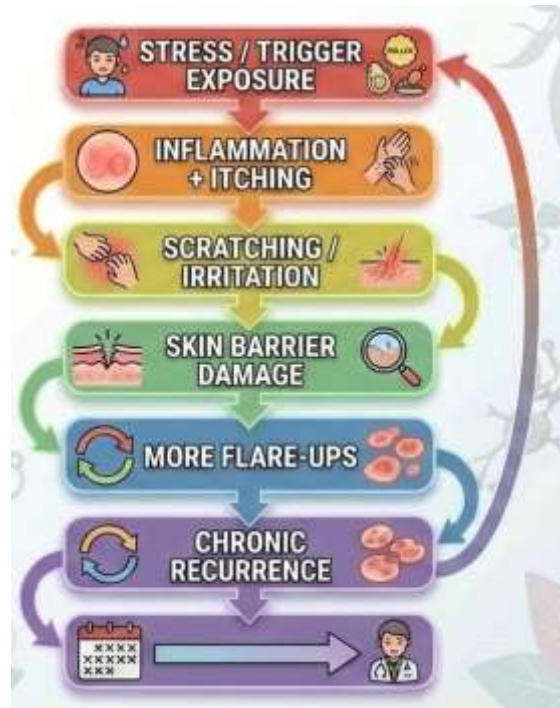


Figure 2: Chronic Skin Flare Cycle

LIFESTYLE AND PREVENTIVE MEASURES

Supportive care includes:

- Regular moisturization
- Mild fragrance-free cleansers
- Avoid scratching
- Cotton clothing
- Stress management
- Adequate hydration
- Balanced diet
- Sun exposure guidance when medically appropriate
- Trigger diary

BENEFITS REPORTED BY PATIENTS

Some patients report:

- Less itching
- Better sleep
- Reduced recurrence

- Improved confidence
- Less dryness and fissuring
- Better coping with chronic disease

SAFETY AND REFERRAL NEEDS

Immediate dermatological review needed if:

- Extensive infection
- Fever with skin lesions
- Rapid widespread rash
- Severe cracking with bleeding
- Joint swelling in psoriasis
- Eye symptoms
- Sudden pustular eruptions

ILLUSTRATIVE CLINICAL CASE

A 34-year-old woman presented with chronic hand eczema for three years. She reported intense itching, cracking of fingertips, rough skin, and sticky oozing from lesions during flare-ups. Symptoms worsened in winter and after detergent exposure. Repeated topical creams gave temporary relief, but relapse occurred frequently. Sleep was disturbed due to itching.

CHARACTERISTIC FEATURES

- Thick rough skin
- Cracks on fingers
- Sticky oozing discharge
- Worse winter season
- Worse detergents
- Chronic relapsing course

Based on symptom totality, **Graphites** was considered prominently indicated.

PRESCRIPTION

- *Graphites 200C* single dose
- Placebo for follow-up
- Regular bland moisturizer advised
- Gloves recommended while washing utensils
- Trigger avoidance discussed

Table 3: Follow-Up Record

Follow-up Time	Observation
1 Month	Itching reduced
3 Months	Fewer cracks, better sleep
6 Months	Less frequent flare-ups
9 Months	Skin texture improved

This hypothetical case demonstrates individualized complementary management.

RESEARCH EVIDENCE AND LITERATURE REVIEW

Chronic skin diseases are common reasons for seeking complementary medicine because they often recur and significantly affect quality of life. Various observational reports and smaller studies have explored homeopathy in eczema and psoriasis.

Reported outcomes in selected literature include:

- Reduced itching intensity
- Better sleep quality
- Improved patient satisfaction
- Lower recurrence frequency in some cases
- Enhanced emotional well-being
- However, limitations remain:
- Small sample sizes
- Heterogeneous diagnoses
- Variable remedy selection methods

- Difficulty standardizing individualized care

Need for robust randomized controlled trials

Thus, while encouraging patient experiences exist, stronger evidence is still required.

Table 4: Conventional vs Homeopathic Approach in Chronic Skin Disease

Parameter	Conventional Care	Homeopathic Care
Main Aim	Reduce inflammation / suppress flare	Individualized constitutional regulation
Common Methods	Steroids, emollients, biologics, phototherapy	Similimum-based remedies
Prescription Basis	Diagnosis and severity	Totality of symptoms
Long-Term Focus	Control relapses	Reduce susceptibility tendency
Side Effects	Possible with prolonged use	Usually minimal when prescribed properly
Lifestyle Role	Important	Essential

PEDIATRIC ECZEMA AND HOMEOPATHY

Children commonly suffer from atopic eczema with itching, scratching, sleep disturbance, and allergy history. Parents often seek complementary care due to recurrent flare-ups.

Commonly considered remedies (case dependent):

- **Sulphur** – heat aggravation, itching in bed
- **Calcarea Carbonica** – sweaty scalp, recurrent allergy tendency
- **Graphites** – moist cracked eruptions
- **Petroleum** – severe winter dryness
- Coordination with pediatric and dermatological care remains important.



Figure 3: Functional Impact of Chronic Skin Disease

PRACTICAL INTEGRATIVE MANAGEMENT STRATEGY

Acute Flare

- Dermatology evaluation if severe
- Moisturization
- Trigger withdrawal
- Infection check
- Homeopathic acute prescribing where appropriate

Chronic Phase

- Constitutional homeopathic care
- Skin barrier maintenance
- Stress management
- Diet review
- Regular sleep routine
- Follow-up documentation

Monitoring Parameters

- Itching severity
- Sleep quality
- Frequency of flares
- Area of involvement
- Cracking / bleeding episodes
- Emotional well-being

Table 5: Trigger Factors and Prevention

Trigger	Preventive Measure
Harsh soaps	Mild cleansers
Dry weather	Frequent moisturization
Stress	Relaxation practices
Dust/allergens	Clean environment
Scratching habit	Nail trimming, behavior control
Detergents	Protective gloves
Smoking/alcohol	Avoidance
Poor sleep	Sleep hygiene

LIMITATIONS AND CAUTIONS

Homeopathy should not delay biopsy, dermatology consultation, or systemic treatment when needed.

Urgent Referral Required If:

- Rapidly spreading rash
- Fever with lesions
- Painful infected eczema
- Extensive erythroderma
- Pustular psoriasis flare
- Joint pain/swelling

- Significant nail destruction
- Severe depression due to skin disease

FUTURE SCOPE

Future integrative skin care may include:

- Personalized trigger mapping
- Barrier repair science
- Stress-immune management
- Tele-dermatology follow-up
- Combined dermatology + complementary clinics
- Large outcome-based studies on individualized homeopathy

These models may improve long-term patient-centered care.

CONCLUSION

Eczema and psoriasis are chronic inflammatory skin disorders that can impair comfort, sleep, appearance, and emotional health. Conventional dermatological treatment remains essential for diagnosis, flare control, infection management, and prevention of complications. Yet many patients continue to seek supportive long-term options.

Homeopathy offers an individualized therapeutic framework that considers lesion type, modalities, constitutional tendencies, emotional state, and trigger factors. Remedies such as Sulphur, Graphites, Petroleum, Mezereum, Arsenicum Album, Kali Arsenicosum, Sepia, and others are selected according to totality rather than diagnosis alone.

Clinical experience suggests that responsibly prescribed homeopathic treatment may help reduce itching, improve comfort, lessen recurrence tendency, and enhance quality of life when combined with moisturization, trigger avoidance, and dermatological supervision. More rigorous scientific studies are needed. Used judiciously, homeopathy may serve as a complementary option in chronic skin disorder management.

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Received Date: May 27, 2026

Accepted Date: June 15, 2026

Published Date: June 30, 2026

Citation Dr. K. Naveen Kumar, Dr. Ipsita Banerjee. Healing the Skin from Within: Homeopathic Approach in Skin Disorders – Eczema and Psoriasis. *Journal of Homeopathic Therapeutics*. 2026; 3(1): 50-63p.