

## Systematic review of homoeopathic treatment of dermatitis.

### Revisión sistemática del tratamiento homeopático de la dermatitis.

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#### RESUMEN

Dermatitis refers to a wide range of skin irritations and rashes produced by a variety of causes such as heredity, an overactive immune system, infections, allergies, irritating substances, and more. The symptoms of dry skin, redness, and itching are all frequent.<sup>1,3</sup> When compared to conventional medication, the treatment of skin disorders with homoeopathic remedies appears to be safer and more satisfactory to the patient, with an improvement in quality of life and general health.<sup>2</sup> This review article is written after studying many homoeopathic and dermatitis papers which shows some very positive results of homoeopathic medicine done on dermatitis and in skin disease. Articles published between 2005 to 2021 were included in review. MEDLINE, PubMed, Google Scholar, reference lists, and expert textbooks were used to gather information. Although we are supposing to do more research in field of homoeopathy as well as dermatology for some better results and proof. The goal of this systematic review is to summaries and critically evaluate the evidence from clinical trials and other study, as well as to assess the efficacy of homoeopathy as a dermatitis treatment.

Keywords: Dermatitis, homoeopathy, individualization.

#### RESUMEN

La dermatitis se refiere a una amplia gama de irritaciones y erupciones cutáneas producidas por una variedad de causas, como la herencia, un sistema inmunitario hiperactivo, infecciones, alergias, sustancias irritantes y más. Los síntomas de piel seca, enrojecimiento y picor son frecuentes<sup>1,3</sup>. En comparación con la medicación convencional, el tratamiento de las alteraciones de la piel con remedios homeopáticos parece ser más seguro y satisfactorio para el paciente, con una mejora en la calidad de vida y salud general.<sup>2</sup> Este artículo de revisión está escrito después de estudiar muchos artículos homeopáticos y de dermatitis que muestran algunos resultados muy positivos de la medicina homeopática realizada en dermatitis y enfermedades de la piel. Se incluyeron en la revisión artículos publicados entre 2005 y 2021. Se utilizaron MEDLINE, PubMed, Google Scholar, listas de referencias y libros de texto de expertos para recopilar información. Aunque se supone que debemos investigar más en el campo de la homeopatía y la dermatología para obtener mejores resultados y pruebas. El objetivo de esta revisión sistemática es resumir y evaluar críticamente la evidencia de los ensayos clínicos y otros estudios, así como evaluar la eficacia de la homeopatía como tratamiento de la dermatitis.

Palabras clave: Dermatitis, homeopatía, individualización.

## INTRODUCTION

Dermatitis refers to a wide range of skin irritations and rashes produced by a variety of causes such as heredity, an overactive immune system, infections, allergies, irritating substances, and more. The symptoms of dry skin, redness, and itching are all frequent.<sup>1,3</sup>

The word "infection of the skin" means "infection of the skin." The rashes can be minor to severe in severity, and depending on the source, they can cause a number of problems. Dermatitis is a non-communicable skin irritation that causes erythema, scaling, oedema, vesiculation, and leaking.<sup>2,3,4</sup> It is founded on a complex interaction between genes and their surroundings. Despite the fact that genetic studies have established a correlation in this case, the early life environment has a substantial impact on the immunological hyperactivity that develops in this sickness. A fundamental phase in the development of this sickness condition appears to be an immune system imbalance with favored lymphocyte activation.<sup>4,3</sup>

Dermatitis is caused by a mix of immune system activity, genetics, and environmental factors. If you have dermatitis, you may also have the following ailment, which does not cause it but is frequently observed in conjunction with it.<sup>4</sup>

- Sleep loss, Depression, Anxiety, Asthma, Allergies

The types of dermatitis

- Atopic dermatitis (eczema).
- Contact dermatitis.
- Neurodermatitis.
- Nummular dermatitis.
- Seborrheic dermatitis (dandruff, cradle cap).
- Stasis dermatitis.

The skin, which is made up of water, protein, lipids, and minerals, is the body's largest organ. By protecting you from pathogens and regulating your body temperature skin keeps you healthy. Heat and cold feelings are felt by skin nerves. The integumentary system includes your skin, hair, nails, oil glands, and sweat glands, among other things.<sup>5,20</sup>

Thanks to recent research, the underlying causes of this complex disease are beginning to emerge. Because inflammation is essentially a defense mechanism mediated by both the innate and adaptive immune systems, the disease now has an immunological basis. Thanks to a group of pioneering dermatological experts, we are now beginning to understand how inflammation is induced by a basic defect in the epidermal skin barrier.<sup>6,7,8</sup>

The pathogenesis of dermatitis is multifaceted and multifactorial, with factors such as barrier dysfunction, alterations in molecular mediated immune responses, IgE mediated hypersensitivity, and environmental factors all contributing to the disease.<sup>7</sup>

Dermatitis has a complex etiology, and genetic variables have been shown to differ amongst racial groups<sup>9-11</sup>. Because environmental factors have a role in the a etiology of dermatitis, epidemiology differs widely from country to country<sup>11,12</sup>. The incidence appears to be increasing in impoverished countries.<sup>13</sup> owing to increased urbanization, pollution, and Western diet consumption, as well as obesity<sup>12</sup>. Dermatitis prevalence

was high in Africa and Latin America, at 12–14 percent and 6–10 percent, respectively, in the International Study of Asthma and Allergies in Childhood (ISAAC) Phase 3, whereas values were lower in Asian-Pacific countries, the Eastern Mediterranean region, and the Indian subcontinent, at 3–6 percent; among 6- to 7-year-old children, AD prevalence was high in Asian-Pacific countries, Africa, and Latin America<sup>(14)</sup>

During inflammatory responses, the body, particularly the skin, communicates with the brain through a variety of sensations such as pain, heat, itch, and discomfort. Anxiety and sadness, as well as fatigue and hazy thinking, can result from these feelings. Controlling dermatitis flare-ups brought on by psychological stress may aid in the reduction of anxiety and depression symptoms<sup>17,18,19</sup>The healing procedures of homeopathy are based on well-established rules and concepts. Homeopathy is a disease treatment that takes a holistic approach.

The objective of this article is to evaluate the evidence supporting the efficacy of homeopathic medicines in dermatitis.

### MATERIAL AND METHODS

Articles published between 2005 to 2021 were included in review. MEDLINE, PubMed, Google Scholar, reference lists, and expert textbooks were used to gather information. Subsets were created based on the skin illness or condition that has been treated i.e., dermatitis and its types. The information on study quality, kind of cure, demographic, and outcomes were extracted from the articles. All clinical trials were considered, if they tested homeopathic remedies for dermatitis in human patients regardless of control intervention or randomization. Ayurvedic trials, cohort studies and trials with conventional medicines were excluded.

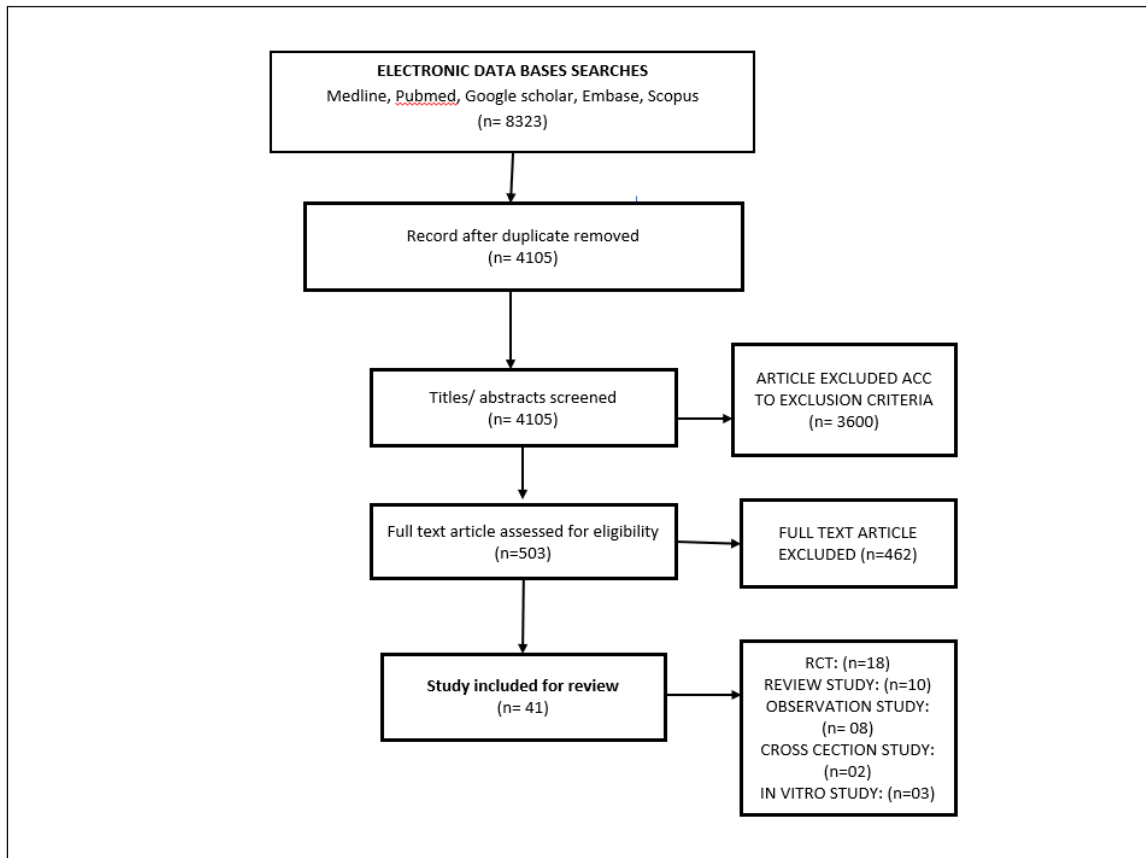


Figure 1: Identification of studies via databases.

## RESULTS

Following a thorough search, I discovered a small number of trials looking into homoeopathic treatments for dermatitis. Overall, 21 of the 41 experiments with interpretable results showed that homoeopathy has beneficial effects. The others were either of poor methodological quality or did not adequately demonstrate results.

S.NO	AUTHOR	STUDY TYPE	ARTICLE NAME	INTERVENTION	POPULATION	CONTROL	RESULTS
1)	BHASKAR SHARMA Sustainability, Agri, Food and Environmental Research, (ISSN: 0719-3726), Vol 13, special issue. 2025 <a href="http://dx.doi.org/">http://dx.doi.org/</a>	CLINICAL RANDOMISED SINGLE BLIND STUDY	management of atopic dermatitis with homoeopathy a clinical study	GRAPHITIS (30,200,1M) FOLLOWED BY CAUSTICUM randomly few selected subjects were given placebo and rest were continued on graphite for next 3 months	TOTAL 40 MALE 22 FEMALE 18		A constant relief in symptoms was seen within 6 weeks amongst 75% of the patients. AFTER THE STUDY 32 out of the 40 patients had no symptoms what so ever.
2)	Arun S. Raj and M. Muruga	CASE REPORT	EFFICACY OF INDIVIDUALISED HOMOEOPATHIC TREATMENT FOR RESOLVING ATOPIC DERMATITIS: A CASE REPORT	Sepia 0/3 in weekly three doses administered in alternate morning.	38 YEARS OLD FEMALE PATIENT		The patient got result while continuing the medicine for 2 months.
3	N. BAGADI H. RAM	CASE REPORT	A case report for successful treatment of atopic dermatitis (AD) with a Constitutional homoeopathic medicine Natrum muriaticum	NAT MUR	28 YEARS OLD FEMALE PATIENT		SCORAD FROM 44.5 WENT TO 4.3 CONSTITUTIONAL REMEDY HELPS BODY TO HEAL ITSELF.
4	R. SUBHRAMANIAM	CLINICAL RANDOMISED	A Clinical study on the Anti-Miasmatic Treatment of Patients with Atopic Dermatitis	ANTI MIASMATIC REMEDY	30 PATIENTS		29 WERE IMPROVED 1 SHOWED MODERATE SYMPTOMS
5	Suraia Parveen	CASE STUDY	Homoeopathic treatment in a case of co-morbid atopic	CAUSTICUM GRAPHITIS	38-YEAR-OLD MALE PATIENT		he gradually showed stable improvement on both the domain of symptoms and

			dermatitis and depressive disorder				reached remission by 3 months. Remission maintained without any recurrence over the next 3½ years
6	Dr. Seetha Devi and Dr. V. Shreeshananda Sharma	CASE STUDY	MANAGEMENT OF SEBORRHOEIC DERMATITIS-AN AYURVEDIC APPROACH - A CASE REPORT	Amapachana done with Jeerakadi churna 3gms tid before food for 4days. 2. Snehapana in arohana karma with guggulu tikta ghrita for 5 days, started with 30ml on 1st day, 50ml on 2nd day, 70ml on 3rd day, 90ml on 4th day and 110ml on 5th day. 3. 3days vishrama kala- Abhyanga with yashtimadhu taila and bashpa sweda done for 3 days. 4. Virechanartha trivruth lehya 30gms given and patient had 12 vegas. 5. Patient is advised to wash the head with triphala Kashaya daily. 6. Samsarjana karma is advised for 5 days	20 YEARS OLD MALE PATIENT		At the end of 3 months patient is completely cured of the complaints and there is no occurrence of pidakas which are completely disappeared after virechana.

8	Akanksha Chauhan* and Ruby Rani Agarwal	CASE STUDY	Management of allergic contact dermatitis with Ayurvedic intervention Akanksha Chauhan* and Ruby Rani Agarwal	Panchatikta ghrut,	18 YEARS OLD FEMALE PATIENT		After treatment, the patient got significant relief in the symptoms. T, the symptoms, i.e. itching, redness, burning skin and irregular bowel habit have been improved.
9	Kumari Archana D.B. Vaghela	CASE STUDY	An Ayurvedic Approach in the Management of Darunaka (Seborrhoeic Dermatitis): A Case Study	ArogyaVardhiniVati TriphalaChurna ManjishthadiKwath TriphalaYavkut +ShuddhaTankana Hair wash Thrice weekly for 45 days 5. YashtiChurna	56 YEARS OLD MALE PATIENT		After 15th, 30th and 45th day assessment, variations in results were found on each symptom associated with Darunaka
10	Dr. Priyanka Nagar	Article	Stress does hurt skin: Stress and atopic dermatitis				The remedy selected on the basis of totality of characteristic symptoms and through individualization which covers the patient's mental, physical and particular symptoms, has the capability to cure the patient at the deeper level which leads to permanent restoration of health.

11	B. J. L. SUDAN	IN VITRO STUDY	Total abrogation of facial seborrhoeic dermatitis with extremely low-frequency (1-1.1 Hz) 'imprinted' water is not allergen or hapten dependent: a new visible model for homoeopathy			The empirical use of homoeopathic high dilutions, which is probably dependent on the variability of extremely low frequencies and the corresponding frequencies of each individual (1 to 1.1 Hz) could be rapidly replaced by a specific therapy.
12	Elio Rossi1, *	observational study	Homeopathy in paediatric atopic diseases: long-term results in children with atopic dermatitis		213 CHILDREN	results seem to confirm a positive therapeutic effect of homeopathy in atopic children.



13	Author: -Dr. Atul Kumar Singh, Dr. Anita Alaria	A CASE SERIES	A case series on homoeopathic management of palmoplantar dermatitis	LACHESIS ARSENIC Ibum Lycopodium Sulphur Psorinum Cal carb Nuxvomica Sepia Nat mur Staphysagria	A 36 YEARS OLD FEMALE PATIENT 1) A 41-year-old male patient 3)32-year-old male 4)A 45-year-old male 5)42-year-old male 6)35-year-old female 7)30-year-old male 8)28-year-old female 9)38 YEARS FEMALE PATIENT 10)28-YEAR-OLD FEMALE	. In the case reports described above clinical improvement was sustained in Palmoplantar dermatitis following homeopathic treatment and significant positive result were observed on assessment by VAS (itching and distress) and DLQI scores
14	Jose Enrique eziaga	OBSERVATIONAL STUDY	Prospective observational study of 42 patients with atopic dermatitis treated with homoeopathy medicine.	Twelve individualized homeopathic medicines were prescribed; <i>Sulphur</i> accounted for 60% of cases	42 PATIENTS	study suggests that in a general medical practice setting, homeopathic treatment could be regarded as an

						effective choice for patients with AD.
15	Lawrence Chukwudi Nwabudike	Case study	SEBORRHEIC DERMATITIS AND HOMEOPATHY	Ignatia Mag carb	25 years old female 42 years old female	Homeopathy may provide a cheap and effective means of treating this disorder.
16	T.keil cm witt	Cohort study	Homoeopathic vs conventional treatment of children with eczema: - a comparative cohort disease	Homoeopathic medicine and conventional medicine	118 children were included: 54 from homoeopathic and 64 from conventional medicine	Eczema symptoms (assessed by patients or their parents) improved from 0 to 12 months for both treatment options, Disease-related quality of life improved in both groups similarly. In the subgroup of children aged 8–16 years the general quality of life showed a better trend for conventional

						treatment compared with homoeopathic treatment
17	Jeena K. Sandhu,	Review study	Association Between Atopic Dermatitis and Suicidality. A Systematic Review and Meta-analysis	Methodology We performed a systematic review and meta-analysis in accord with the Preferred Reporting Items for Systematic Reviews and Meta-analyses (PRISMA) reporting guideline to investigate the association between AD and suicidality. The protocol for this study was registered in the PROSPERO database (CRD42018105291)	4 770 767 participants, of whom 310 681 were patients with AD (52.7% female) and 4 460 086 served as controls (50.9% female)	Results of this study suggest that patients with AD are at significantly increased risk of suicidal ideation and suicide attempts
18	JaniceChungBS*Eric L.Simpson	Review study	The socioeconomics of atopic dermatitis	Studies were included if they		Many studies have reported that higher

				provided information pertaining to socioeconomics.		SES is associated with increased AD prevalence, whereas lower SES is associated with increased AD severity.
19	P. YAGHMAE CAROLINE Eric L. Simpson	cross-sectional study design	Mental health comorbidity in patients with atopic dermatitis		92,642 noninstitutionalized children aged 0 to 17 years	The odds of having attention deficit hyperactivity disorder was significantly increased in children with AD compared with the odds in control subjects without AD
20	Qian-Wen Xie	Systematic review	Risk of Mental Disorders in Children and Adolescents with Atopic Dermatitis: A Systematic Review and Meta-Analysis		Data from 1,935,147 children and adolescents (521,976 identified as having AD) were included in this systematic review.	Children and adolescents with AD had an overall statistically significant increased risk of total mental disorders compared

						with those without AD
21	<u>Christie L. Carroll.</u>	Observational	The Burden of Atopic Dermatitis: Impact on the Patient, Family, and Society			The impact of this condition is extremely onerous for the family, and the societal economic burden is high. There is a need for cost-effectiveness studies of newer treatments that take into account the possibility of long-term remission.

## DISCUSSION

This review article is written after studying many homoeopathic and dermatitis papers which shows some very positive results of homoeopathic medicine done on dermatitis and in skin disease. Although we are supposing to do more research in field of homoeopathy as well as dermatology for some better results and proof. The goal of this systematic review is to summarize and critically evaluate the evidence from clinical trials and other study, as well as to assess the efficacy of homoeopathy as a dermatitis treatment.

As conclusion, after reviewing many trials and articles I came to the conclusion that Homoeopathy could be a promising new treatment option for dermatitis, but further work and clinical studies which will be completely dedicated to our condition i.e dermatitis and its types are needed to see if it is beneficial in treating the condition.

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Author's contribution

SS has contributed in writing the draft of manuscript, SAP and SS have designed the concept and study. Both authors have reviewed and approved the manuscript.

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