



A JOURNEY FROM WHEELS TO WELLNESS: HOMOEOPATHIC MANAGEMENT OF CHRONIC SPONTANEOUS URTICARIA ASSESSED BY UAS7

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ABSTRACT

Urticaria is an acute or chronic hypersensitivity reaction of the skin marked, by sudden, itchy wheals that often arise from allergens, stress, temperature changes, or idiopathic causes. Basic management includes identifying triggers, avoiding irritants, maintaining hydration, and preventing scratching to reduce flare-ups. Homeopathy offers a significant therapeutic role by individualizing remedies according to the patient's triggers, modalities, emotional state, and constitutional tendencies. Clinical practice indicates that appropriate homeopathic treatment not only relieves acute itching and swelling but also helps minimize recurrences by improving immune balance and reducing hypersensitivity.

KEYWORDS : Chronic Urticaria, Individualized homeopathy, Uas7 score, Nux vomica

INTRODUCTION

Urticaria(hives) are transient lesions that are composed of a central wheal surrounded by an erythematous halo or flare. Individual lesions are round, oval, or figurate and are often pruritic. Acute and chronic urticarias have a wide variety of allergic aetiologies and reflect oedema in the dermis. It is common disorder, affecting 5% of population. The lesions vary in size from 1 to several centimetres. Almost always pruritic and usually last for a few to 24 hours. When individual lesions last more than 36-48 hours and leave post-inflammatory hyperpigmentation or palpable purpura, diagnosis of urticarial vasculitis is more likely. Some lesions may last for several weeks. Those lasting up to 6 weeks are classified as acute urticaria while those persisting beyond 6 weeks are classified as chronic urticaria.

Chronic urticaria is heavily influenced by neurological and psychological factors. The interaction between the immune system, nervous system, and psychological states form a complex network of neuroimmune interactions. About 25% of people with skin disease also exhibit depression, anxiety, or somatoform reactions. psychological stress is known to exacerbate chronic urticaria symptoms, creating a vicious cycle where itching leads to increased stress, which, in turn, worsens the itching. This cycle significantly lowers the quality of life. The Urticaria Activity Score summed over 7 days (UAS7) assesses the itch severity and have count in chronic spontaneous urticaria (CSU) using once- or twice-daily diary-based documentation.

PATIENT INFORMATION

A 57 years male patient came to the OPD of PIHR hospital, Vadodara, India on 2st may 2025 with c/o bumpy eruption on both hand, leg and back also on lower lip with sever itching+++ since 6 months on & off. Itching and eruption were ameliorated by cold bathing. No any clear aggravating factor.

The patient was a previously diagnosed case of chronic spontaneous urticaria (CSU), as evidenced by medical records produced at the first consultation. Before opting for homoeopathic treatment, he had received conventional therapy, including anti-allergic medications, for approximately six months. This approach resulted in only short-term relief lasting one to two days, with no sustained remission of symptoms.

MENTALS

The patient comes from a middle-class family with 3 members – patient, his wife and one son.

He is a strict and irritable person. He gets angry easily when he sees something wrong and may behave aggressively if he feels it is justified. He has a strong sense of justice and always supports what he believes is right. Even though he is strict, he is also cheerful by nature. During childhood, the patient was described as stubborn and mischievous. His parents frequently scolded him because of his naughty behaviour. He had a strong desire to join the police force; however, his father did not permit him to pursue this career. Consequently, he began working in farming. At present, he expresses regret regarding this decision and often states that if he had joined the police, he might have become a Police Sub-Inspector (PSI) by now. He also had an aspiration to join the army, but due to certain circumstances, he was unable to pursue it.

He is responsible and always ready to help others as much as he can. At present, he feels stressed about money and believes that if he had good financial stability, he could achieve his goals. He was once active in politics but later left it. However, he still wants to serve society and help people.

He likes to finish his work quickly and feels peaceful only after completing his tasks. Even though he is a farmer, he does not keep proper records of profit and loss. He is independent and believes he can face life's problems alone if needed. He is punctual, hardworking, and prefers not to depend on others.

PHYSICAL

Built – Average
Appetite – Satisfactory
Desire – Sweet ++
Aversion – Paneer
Thirst – 2-3 lit / day
Perspiration – More on neck
Bowel – 2 times/day
Urine – 5-6 times/day
Sleep – Sound
Habit – Alcohol – 2-3 times/week
Thermal – Towards hot

SYSTEMIC EXAMINATION

RS: AE-BLE clear
CVS: S1S2+
CNS: conscious and oriented
P/A: Soft and non-tender
Skin – Urticarial eruption

DIAGNOSTIC ASSESSMENT

However, the case had already been pre-diagnosed as

Anger easily ++ = mental, general, characteristic
Violent ++ = mental, general, characteristic
Irritable ++ = mental, general, characteristic
Injustice intolerance ++ = mental, general, characteristic
Courageous ++ = mental, general, characteristic
Desire for sweet food ++ = physical, general, characteristic
Desire for alcohol ++ = physical, general, characteristic
Eruption on B/L hand +++ = physical, general, characteristic
Eruption on B/L leg +++ = physical, general, characteristic
Eruption on back +++ = physical, general, characteristic
Itching on affected part +++ = physical, general, characteristic
Swelling on lower lip with itching +++ = physical, general, characteristic
Itching and eruption > by cold bath ++ = physical, general, characteristic

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Scene, Time	Act	Pub	Subj	Calc	Staph	Gr	Imp	Sns	Carb-o
Labels	1	2	3	4	5	6	7	8	9
Scenium Count	11	12	11	12	10	10	9	9	8
Kingdom									
[Complete] [Mind]anger:Anger (133)	4	1	3	3	3	4	4	3	3
[Complete] [Mind]irritability (825)	4	4	4	4	4	4	4	4	4
[Complete] [Mind]society: cannot support (19)	3	2	1	1	1			2	
[Complete] [Mind]society: robust (235)	4	4	4	4	4	3	4	3	4
[Complete] [Mind]curvature (34)	3	3	1	1	1				
[Complete] [Generative] food and drinks:Desires (300)	1	3	4	3	3	4	4	3	3
[Complete] [Generative] food and drinks:Alcohol, alcoholic drinks...	4	4	4	3	3	3	4	3	4
[Complete] [Mind]society (113)	4	4	4	4	4	4	4	4	4
[Complete] [Mind]society:Urbans, settle-race (3)	4	4	4	4	3	4	4	4	4
[Complete] [Mind]society:mating (49)	3	4	4	4	4	3	3	4	4
[Complete] [Mind]society: Cold:Amel. (12)	3	3	1	3		3	3	1	

- NUXVOMICA 1M SINGLE DOSE
- SL30 BD 7 DAYS

REMEDY JUSTIFICATION: Nux vomica was selected based on totality of symptoms. The patient showed marked irritability, anger from injustice, ambition with disappointment, independence, and a strong sense of responsibility—key mental traits of Nux vomica. Physical generals such as desire for sweets and alcohol, hot thermal state, and hypersensitive itching eruptions further supported the choice. According to the Organon of Medicine, characteristic mental and general symptoms guided the prescription. A single dose of 1M produced sustained remission, confirming remedy selection.

DATE	SYMPTOMS	PRESCRIPTION
19/05/25	No any single episode of urticaria, no eruption, no itching	SL 30 BD 7 days
26/05/25	No any single episode of urticaria, also mentally feel better	SL 30 BD 7 days
02/06/25	No any single episode of urticaria, no eruption, no itching, now better mentally as well as physically	SL BD 7 days

09/06/25	No any single episode of urticaria, now patient's irritability improved	SL 30 BD 7 days
07/07/25	No any single episode of urticaria, no eruption, no itching	SL 30 BD 7 days
04/08/25	No any single episode of urticaria, now patient feel that his anger issue is improved	SL 30 BD 7 days
06/10/25	No any single episode of urticaria	SL 30 BD 7 days
09/02/25	No any single episode of urticaria	SL 30 BD 7 days

Wheals (hives) score	Itching score
0 = No wheals	0 = none
1 = Mild (> 20 wheals)	1 = Mild (present but not annoying or troublesome)
2 = Moderate (20-50 wheals)	2 = Moderate (troublesome but dose not interfere with normal daily activity or sleep)
3 = Intense (> 50 wheals)	3 = Intense (severe itch, which is sufficiently troublesome to interfere with normal daily activity or sleep)



	Wheals score /24h				Itching score /24h				Total
Before	0	1	2	3	0	1	2	3	5



	Wheals score /24h				Itching score /24h				Total
After	0	1	2	3	0	1	2	3	0

Chronic spontaneous urticaria is a mast cell-mediated inflammatory disorder characterized by recurrent wheals and angioedema resulting from histamine release. Emerging evidence implicates autoimmune mechanisms, neurogenic inflammation, and stress-induced dysregulation of the hypothalamic-pituitary-adrenal axis in its pathogenesis. The patient exhibited marked emotional reactivity, irritability, and chronic stress—factors known to influence immune hypersensitivity and perpetuate urticarial activity.

Homoeopathic treatment in this case was guided by the Law of Similar and strict individualization. Nux vomica was selected based on the totality of characteristic mental and physical symptoms.

According to the Organon of Medicine (Aphorisms 3, 6, 153, and 246), chronic diseases require constitutional treatment with a single, simple remedy in minimum dose. A single dose of Nux vomica 1M was administered.

Improvement occurred first at the mental level, with reduction in irritability and emotional stress, followed by gradual disappearance of itching and eruptions without recurrence. This sequence aligns with James Tyler Kent's observation that true cure proceeds from the centre (mind) to the periphery (skin), confirming restoration of dynamic balance rather than symptomatic suppression.

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