

Homeopathic Management of Chronic Urticaria with *Lycopodium*: A Case Report

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Abstract:

This case report highlights the homeopathic treatment of chronic urticaria in a 28-year-old male. The case emphasizes the importance of understanding the psychosomatic relationship between stress and skin manifestations. *Lycopodium clavatum* was selected as the simillimum based on the totality of symptoms including deep-seated anxiety, performance pressure, suppressed anger, and specific modalities. A significant improvement in both physical and emotional symptoms was observed following individualized homeopathic treatment.

PATIENT INFORMATION

- **Name:** XYZ
- **Age:** 28
- **Sex:** Male
- **Date of Case Initiation:** 30.01.2025
- **Location:** Singanpor, Surat
- **Occupation:** Diamond industry worker
- **Marital Status:** Married (since 2 years)
- **Family History:**
 - Father: Hypertension (deceased, myocardial infarction, 2 years ago)
 - Mother: Diabetes Mellitus
 - Younger brother: Works in diamond industry
- **Past Medical History:** Tinea corporis (2 years ago)
- **Chief Complaint:** Chronic urticaria for the past 5 months
- **Symptom Description:**
 - Severe itching, predominantly on extremities
 - Post-itching burning sensation
 - Aggravated during periods of emotional stress

PSYCHOLOGICAL PROFILE & LIFE CIRCUMSTANCES

The patient reported significant stress due to financial constraints, recession in the diamond industry, and familial responsibilities. After his father's death, he assumed a more responsible role in the household, leading to increased psychological burden.

- **Key Stressors:**
 - Loan repayment pressure
 - Job instability and dissatisfaction
 - Communication issues in workplace

- Fear of developing a serious illness (e.g., skin cancer)
- Intrusive suicidal ideation due to overwhelming responsibilities
- **Mental Symptoms:**
 - Anxiety about future and income
 - Death wishes and fear of insanity under pressure
 - Suppressed anger at workplace, expressed only at home
 - Talks to self; continuous thoughts about family welfare

PHYSICAL GENERALS




- **Thermal Reaction:** Hot
- **Thirst:** Thirstless
- **Food Preferences:** Desire for sweets, warm food
- **Aversion:** None noted
- **Sleep:** Not described
- **Perspiration:** Not excessive
- **Other Observations:**
 - Shame regarding previous hotel job
 - Appears responsible, serious, and introspective
 - Childhood: Sincere and studious

REPERTORIAL TOTALITY AND REMEDY SELECTION

Based on the totality of symptoms—chronic urticaria, stress from responsibility, fear of poverty, suicidal thoughts, suppressed anger, and desire for sweets—the remedy **Lycopodium clavatum** was chosen.

RUBRICS CONSIDERED (SELECTED FROM KENT'S REPERTORY):

- Mind, anxiety, future about
- Mind, death, thoughts,
- Skin, eruptions, urticaria
- Mind, ailments from anger suppressed
- Generalities, food, sweet, desires

	Lyc	Ars	Aur	Cham	Hep	Nat-m
Weighted	6	4	3	3	2	3
Rubrics covered	3	2	2	2	2	2
Rubric grades	6	4	3	3	2	3
DEATH thoughts of						
AILMENTS from anger, vexation sup						
ERUPTIONS urticaria chronic						
 Mentals	1	2	1	2		
 Mentals	3		2	1	1	2
 Skin	2	2			1	1

PRESCRIPTION & FOLLOW-UP

- **17.02.2025:**
 - *Lycopodium clavatum* 1M, 1 dose + placebo
 - Result:** Partial improvement, itching persists
- **08.03.2025:**
 - *Lycopodium clavatum* 10M, 1 dose + placebo
 - Result:** Marked improvement in urticaria; rare itching episodes

- **27.03.2025:** Placebo continued
 - Result: Stable improvement, mental state also balanced



DISCUSSION

This case demonstrates the effectiveness of individualized homeopathic treatment in managing a chronic skin condition rooted in emotional and psychological stress. *Lycopodium* helped address the patient's underlying anxiety, performance pressure, and fear of failure. The patient responded well both at the physical and emotional levels, affirming the holistic nature of homeopathy.

CONCLUSION

Homeopathy, when applied according to classical principles, can offer safe and effective relief in cases of psychosomatically induced urticaria. This case underscores the need for deeper individualization and psychological understanding in skin conditions.

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