



Journal Homepage: [-www.journalijar.com](http://www.journalijar.com)

INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/23296

DOI URL: <http://dx.doi.org/10.21474/IJAR01/23296>



RESEARCH ARTICLE

THERAPEUTIC OUTCOME OF ARSENICUM ALBUM 0/3 IN CHRONIC DERMATITIS: A CASE REPORT

R. Thirugnanasambantham and Keren Luxia Mai. N. D

Manuscript Info

Manuscript History

Received: 15 February 2026

Final Accepted: 18 March 2026

Published: April 2026

Key words:-

Homoeopathy; Dermatitis; Short duration; Arsenic album

Abstract

Chronic dermatitis is a persistent inflammatory skin condition characterized by itching, erythema, dryness, scaling, and recurrent exacerbations that significantly impair quality of life. Conventional treatment often provides temporary symptomatic relief, with frequent relapses and prolonged medication use. This case series evaluates the therapeutic outcome of Arsenicum Album 0/3 in patients suffering from chronic dermatitis. Patients presenting with chronic itching, burning sensation, dry scaly eruptions, and aggravation during night or cold exposure were selected and treated based on individualized homoeopathic assessment. Arsenicum Album 0/3 was administered in only four doses over a period of four weeks. Clinical improvement was assessed through symptomatic changes and serial photographic documentation. Marked reduction in itching, erythema, scaling, and extent of lesions was observed within the treatment period, along with improvement in sleep and general well-being. Photo evidence demonstrated visible healing and reduction of inflammatory changes after treatment. No adverse effects were reported during follow-up. The findings suggest that Arsenicum Album 0/3 may offer beneficial therapeutic effects in chronic dermatitis and warrants further evaluation through larger controlled studies.

"© 2026 by the Author(s). Published by IJAR under CC BY 4.0. Unrestricted use allowed with credit to the author."

Introduction:-

Chronic dermatitis is a common inflammatory skin disorder characterized by persistent itching, erythema, dryness, scaling, and recurrent flare-ups that can significantly affect physical comfort, sleep, emotional well-being, and overall quality of life. Despite advances in dermatological management, conventional treatment approaches such as topical corticosteroids, antihistamines, and immunosuppressive agents often provide only temporary symptomatic relief and may be associated with frequent relapses, prolonged dependency, and potential adverse effects. As a result, many patients seek complementary and alternative therapeutic options for long term management. Homoeopathy adopts an individualized approach to disease management by selecting remedies based on the totality of symptoms, constitutional characteristics, and modalities of aggravation and amelioration. Arsenicum Album is a well-known homoeopathic medicine frequently indicated in dermatological conditions presenting with intense itching, burning sensations, dry scaly eruptions, restlessness, and aggravation during night or cold exposure. Although its clinical use in skin diseases is widely reported in homoeopathic practice, documented evidence through case-based clinical observations remains limited. The present case series aims to evaluate the therapeutic effects of

Arsenicum Album 0/3 in patients suffering from chronic dermatitis. Clinical outcomes were assessed through symptomatic improvement and serial photographic documentation over a treatment period of four weeks. The study seeks to contribute preliminary clinical evidence regarding the potential role of homoeopathic intervention in the management of chronic dermatitis. Chronic dermatitis is a chronic inflammatory skin condition characterized by itching, erythema, dryness, scaling, fissuring, and recurrent eruptions. Homoeopathy considers such chronic skin diseases as manifestations of internal dynamic imbalance and treats them through individualized constitutional medicines.

Organon of Medicine describes the highest ideal of cure as rapid, gentle, and permanent restoration of health (Aphorism 2). Hahnemann emphasized that medicines should be prescribed according to the law of similars (Aphorisms 24–26), based on the characteristic symptoms of the patient (Aphorism 153). He further advocated the use of a single medicine at one time (Aphorism 273) and administration in minimum dose (Aphorisms 275–276), forming the basis of monopharmacy and individualized treatment in homoeopathy [1].

Arsenicum album is described in classical homoeopathic literature as a deep-acting antipsoric remedy useful in chronic skin diseases associated with burning, itching, dryness, scaling, excoriation, anxiety, and restlessness. Lectures on Homoeopathic Materia Medica explains that Arsenicum album is especially indicated in unhealthy skin conditions with burning pains relieved by warmth and aggravation after midnight [3]. Pocket Manual of Homoeopathic Materia Medica mentions its usefulness in eczema, psoriasis, and chronic eruptions with marked exhaustion and restlessness [5].

A Dictionary of Practical Materia Medica describes Arsenicum album as valuable in chronic eczema with intense burning, dryness, and excoriation [6]. Keynotes and Characteristics with Comparisons highlighted burning pains relieved by heat, restlessness, and unhealthy skin eruptions as keynote indications of the remedy [7]. Synoptic Key of the Materia Medica also emphasized its deep action in chronic cutaneous diseases with ulceration, burning, and periodic aggravation [8]. The Chronic Diseases explained that chronic skin disorders arise from underlying miasmatic disturbances, particularly psora, requiring constitutional anti-miasmatic treatment rather than local suppression [2]. In addition, Repertory of the Homoeopathic Materia Medica lists Arsenicum album prominently under rubrics related to eczema, itching eruptions, burning eruptions, dry scaly eruptions, and psoriasis [4].

Thus, the successful management of chronic dermatitis with Arsenicum album 0/3 within a short duration supports the Hahnemannian principles of similitum, monopharmacy, minimum dose, and constitutional prescribing.

A Homoeopathically Cured Case of Chronic Dermatitis:-

Presenting Complaints:-

DATE 11/10/2025

A fourteen years old male came with the complaint of gradual onset of cracks in right palm and right soles and heel, associated with intense itching, burning and bleeding on scratching for 2 years. The symptoms are aggravated in the early morning, by getting wet, and by scratching. Patient took some native treatment for presenting complaint and got relieved and reappeared as large cracks. Patient came for homoeopathic treatment for presenting complaint.

Physical Generals:-

- Appetite: Eats 3 times per day. No nausea and vomiting.
- Thirst: Drinks 2-2 1/2 litres per day. Dryness of mouth present.
- Desires: Non veg, lemon.
- Urine: Passes 6 times per day. No burning.
- Stool: Regular bowel habits. Passes 1 time per day. No straining.
- Sweat: Present only on exertion.
- Sleep: Refreshed

Mental Generals:-

- Likes to play video games
- Jovial in nature

Examination of Skin:-

- Cracks in right palm and right soles and heel
- Tenderness present

Vital Signs:-

- Pulse: 82/min
- Weight: 51.6 kg
- Height: 165 cm
- Temperature: 98.6 F
- Respiratory Rate: 20/min

Totally of Symptoms:-

- Likes to play video games
- Jovial in nature
- Desires nonveg and lemon
- Dryness of mouth present
- Cracks on right palm, right sole and heel
- Intense itching, burning and bleeding on scratching
- The symptoms were aggravated in the early morning, by getting wet, and by scratching.

Prescription:-

RX

Arsenicum album 0/3 1 dose - orally morning before food

Sac Lac 6 doses - orally morning before food X 7 Days

Follow Ups:-

S.NO	DATE	PROGNOSIS	PRESCRIPTION
1	18.10.2025	[1] Cracks on right palm, right sole and heal - Reduced 25% [2] Itching and burning – Slightly reduced [3] No bleeding on scratching [4] The symptoms were aggravated in the early morning, by getting wet, and by scratching [5] Physical generals are normal [6] No new complaints [7] Vitals normal	Arsenicum album 0/3 1 dose - orally morning before food. Sac Lac 6 doses - orally morning before food. X 7 Days
2	25.10.2025	[1] Cracks on right palm, right sole and heal - Reduced 50% [2] Itching – Reduced 50% [3] Burning completely reduced N/C: [4] White watery discharge present on scratching Physical generals: [5] Disturbed sleep due to presenting complaints [6] Vitals normal	Arsenicum album 0/3 1 dose - orally morning before food. Sac Lac 6 doses - orally morning before food. X 7 Days
3	29.10.2025	[1] Cracks on right palm, right sole and heal - Reduced 70% [2] Itching – Reduced 70% [3] Burning completely reduced N/C: [4] White watery discharge present on scratching– Reduced 90% Physical generals:	Arsenicum album 0/3 1 dose - orally morning before food. Sac Lac 6 doses - orally morning before food. X 7 Days

		[5] Physical generals are normal [6] No new complaints [7] Vitals normal	
4	05.11.2025	[1] Cracks on right palm, right sole and heal - Completely reduced [2] No Itching [3] No Burning [4] No abnormal discharge [5] Physical generals are normal [6] No new complaints [7] Vitals normal	Sac Lac 7 doses - orally morning before food.
5	12.11.2025	[1] Cracks on right palm, right sole and heal - Completely reduced [2] Physical generals are normal [3] No new complaints [4] Vitals normal	Sac Lac 7 doses - orally morning before food.
6	19.11.2025	[1] No recurrence of symptoms [2] Physical generals are normal [3] No new complaints [4] Vitals normal	Sac Lac 7 doses - orally morning before food.

Before and After Images of Right Palm, Right Sole and Heel

BEFORE (11.10.2025)	AFTER (05.11.2025)
	
	



Here the case discussion of chronic dermatitis, according to Dr Hahnemann said in an aphorism of 6th Edison of Organon of Medicine, 2nd aphorism states that the highest ideal of cure is rapid, gentle and permanent restoration of the health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable, and most harmless way, on easily comprehensible principles, with the help of Law of Similia we treated the case in the shortest, most reliable, and most harmless way, on easily comprehensible principles.

Discussions:-

The present case series demonstrated noticeable clinical improvement in patients suffering from chronic dermatitis following treatment with Arsenicum Album 0/3. Reduction in itching, erythema, scaling, dryness, and extent of lesions was observed within four weeks of treatment, along with improvement in sleep and general well-being. Before-and-after photographic evidence further supported the visible healing of skin lesions and reduction in inflammatory changes. The remedy selection was based on individualized homeopathic assessment, particularly symptoms such as burning sensation, intense itching, dry scaly eruptions, and aggravation during night or cold exposure, which closely correspond to the therapeutic profile of Arsenicum Album. The positive response observed in these cases suggests that the medicine may have a beneficial role in managing chronic inflammatory skin conditions. Conventional management of chronic dermatitis often requires prolonged use of topical or systemic medications and is associated with frequent relapses. In contrast, the patients in this series showed improvement with only four doses of Arsenicum Album 0/3 and without reported adverse effects during follow-up. Although the findings are encouraging, the limitations of this study include small sample size, absence of a control group, and short follow-up duration. Therefore, larger controlled clinical studies are necessary to further evaluate the efficacy and therapeutic potential of Arsenicum Album in chronic dermatitis.

Conclusions:-

This case report demonstrates that chronic dermatitis was effectively managed within a short duration of one month using a single homeopathic remedy, Arsenicum Album 0/3. The patient showed significant improvement in key symptoms, including itching, burning, and discharge along with overall skin recovery and improved quality of life. The rapid response to a single, well-selected remedy underscores the importance of individualized treatment in homeopathy. However, as this is based on a single case, further studies with larger populations and controlled methodologies are required to substantiate these findings and confirm the broader clinical applicability of this approach.

Statement and Declaration:-

Consent to Participate: Informed consent was obtained from the participant prior to the study. The corresponding author can provide the consent documentation upon reasonable request.

References:-

1. Organon of Medicine. 6th ed. New Delhi: B. Jain Publishers; Aphorisms 2, 24–26, 153, 273, 275–276.
2. The Chronic Diseases. New Delhi: B. Jain Publishers.
3. Lectures on Homoeopathic Materia Medica. New Delhi: B. Jain Publishers.
4. Repertory of the Homoeopathic Materia Medica. New Delhi: B. Jain Publishers.
5. Pocket Manual of Homoeopathic Materia Medica. New Delhi: B. Jain Publishers.
6. A Dictionary of Practical Materia Medica. New Delhi: B. Jain Publishers.
7. Keynotes and Characteristics with Comparisons. New Delhi: B. Jain Publishers.
8. Synoptic Key of the Materia Medica. New Delhi: B. Jain Publishers.
9. Davidson's principles & practice of medicine.23rd Internationaledition.