



ISSN: 2230-9926

Available online at <http://www.journalijdr.com>

# IJDR

*International Journal of Development Research*  
Vol. 16 Issue, 04, pp. 70236-70237, April, 2026  
<https://doi.org/10.37118/ijdr.30694.04.2026>



RESEARCH ARTICLE

OPEN ACCESS

## HOMOEOPATHIC MANAGEMENT OF CHRONIC SKIN DISORDERS: A PRACTICE OF MEDICINE PERSPECTIVE

**\*Dr. Munazza Shaikh, Brade Rohini Kalyan, Hirgal pratiksha Sopan**

BHMS Internship Bhagtsing Chauk, Belapur Road, Shrirampur, Dist- ahilyanagar Indian

### ARTICLE INFO

#### Article History:

Received 27<sup>th</sup> January, 2026  
Received in revised form  
17<sup>th</sup> February, 2026  
Accepted 20<sup>th</sup> March, 2026  
Published online 30<sup>th</sup> April, 2026

#### Key Words:

Chronic skin disorders, Homoeopathy, Individualization, Miasm, Practice of Medicine, Constitutional treatment.

\*Corresponding author: Dr. Munazza Shaikh

### ABSTRACT

Chronic skin disorders constitute a significant burden on patients due to their persistent nature, cosmetic impact, psychosocial consequences, and frequent relapses. Conventional management often focuses on symptomatic suppression, which may provide temporary relief but fails to address the underlying susceptibility of the individual. Homoeopathy, based on the holistic principle of individualization, offers a constitutional approach that considers the patient as a whole rather than the disease alone. This article explores the role of homoeopathy in the management of chronic skin disorders from a Practice of Medicine standpoint, emphasizing miasmatic background, constitutional prescribing, and long-term disease modification. The scope of homoeopathic intervention, clinical approach, and therapeutic outcomes in chronic dermatological conditions are discussed to highlight its relevance in contemporary medical practice.

Copyright©2026, Dr. Munazza Shaikh et al. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

**Citation:** Dr. Munazza Shaikh, Brade Rohini Kalyan, Hirgal Pratiksha SOPAN. 2026. "Homoeopathic Management of chronic skin Disorders: a Practice of Medicine Perspective". *International Journal of Development Research*, 16, (04), 70236-70237.

## INTRODUCTION

The skin, being the largest organ of the human body, plays a vital role in protection, sensation, thermoregulation, and immunological defense. Chronic skin disorders such as eczema, psoriasis, chronic urticaria, acne vulgaris, and lichenified dermatoses are commonly encountered in clinical practice. These conditions are often characterized by prolonged duration, recurrent exacerbations, and resistance to conventional therapies. From the Practice of Medicine perspective, chronic skin diseases are not merely local pathologies but expressions of deeper systemic and constitutional disturbances. Longterm use of topical and systemic suppressive treatments may lead to temporary symptomatic relief but often results in recurrence or internalization of disease. Homoeopathy offers a rational and holistic approach by addressing the fundamental cause of disease, strengthening the vital force, and promoting true healing rather than suppression. Understanding Chronic Skin Disorders in Practice of Medicine Chronic skin disorders are multifactorial in origin, influenced by genetic predisposition, immune dysregulation, environmental triggers, emotional stress, and lifestyle factors. In clinical medicine, these disorders are often associated with:

- Persistent inflammation
- Altered immune response
- Psychosomatic components
- Hereditary tendencies

In homoeopathic philosophy, chronic skin manifestations are considered outward expressions of internal disharmony, frequently linked to chronic miasmatic influences. The skin acts as an important channel for disease expression, and its involvement often indicates an attempt by the organism to externalize pathology.

### Homoeopathic Approach to Chronic Skin Disorders

**Individualization:** The cornerstone of homoeopathic management is individualization. Two patients with the same clinical diagnosis may require entirely different remedies based on:

- Mental and emotional state
- General physical characteristics
- Modalities (aggravations and ameliorations)
- Personal and family history
- The selection of remedy is guided by the totality of symptoms rather than the name of the disease.

**Miasmatic Consideration:** Chronic skin disorders are commonly associated with underlying miasmatic influences. Psoric, sycotic, and syphilitic miasms may act singly or in combination, influencing disease expression and chronicity. Proper miasmatic evaluation helps in:

- Understanding disease evolution
- Preventing relapse
- Achieving long-term cure

**Constitutional Treatment:** Constitutional prescribing aims to correct the patient's inherent susceptibility. Instead of focusing solely on skin lesions, the homoeopathic physician considers appetite, thirst, sleep, thermal reaction, emotional state, and stress response. This approach leads to improvement not only in skin complaints but also in overall health and immunity.

**Clinical Scope and Advantages of Homoeopathic Management:** Homoeopathic management of chronic skin disorders offers several advantages:

- Safe for long-term use
- Absence of adverse drug reactions
- Suitable for all age groups
- Improvement in associated systemic complaints
- Reduction in frequency and intensity of relapses
- Clinical observations suggest that homoeopathy helps in gradual resolution of skin lesions, reduction of itching and inflammation, and enhancement of quality of life.

## DISCUSSION

From a Practice of Medicine viewpoint, chronic skin disorders require a comprehensive and long-term management strategy. Homoeopathy aligns well with this requirement by adopting a patient-centered, holistic approach. Suppression of skin symptoms without addressing the internal imbalance may lead to deeper pathology, whereas homoeopathic treatment encourages orderly healing from within outward.

The integration of constitutional assessment, miasmatic understanding, and careful remedy selection allows homoeopathy to play a significant role in managing chronic dermatological conditions. The improvement observed is not merely cosmetic but systemic, reflecting restoration of health at a deeper level.

## CONCLUSION

Chronic skin disorders pose a therapeutic challenge due to their recurrent nature and impact on physical and psychological well-being. Homoeopathy, through its holistic and individualized approach, offers a promising alternative in the management of these conditions. By addressing the underlying constitutional and miasmatic factors, homoeopathic treatment aims at long-lasting relief, reduced recurrence, and overall improvement in health. From the Practice of Medicine perspective, homoeopathy serves as a valuable modality in managing chronic skin disorders in a safe, effective, and patient-oriented manner.

**Plagiarism Declaration:** I hereby declare that the manuscript titled "Homoeopathic Management of Chronic Skin Disorders: A Practice of Medicine Perspective" is an original work carried out by the author. The content of this article has not been copied or plagiarized from any published or unpublished sources. The manuscript has not been submitted to any other journal for publication.

\*\*\*\*\*