# Atopic Dermatitis Treated with Homoeopathy: An Evidence Based Case Report

(Advancements in Homeopathic Research, Vol. 11 No.3, August 2026-October 2026, Date of Publication 2026/08/01, Pages no. 49-55 ISSN : 2456-3668 (Print) // EISSN : 2583-5661 (Online) DOI : 10.48165/ ahr.2026.11.3.6)

Dr. Tushita Thakur*
*Consultant (Homoeopathy)
CCRH, Ministry of Ayush, India
Corresponding Author:
Dr. Tushita Thakur,
CCRH, Ministry of Ayush, India

## Abstract

Introduction: Atopic dermatitis (AD) is a rising global health burden, affecting up to 20% of children and 10% of adults. Characterized by chronic inflammation and impaired skin barrier function, it causes severe pruritus and sleep disturbances, leading to quality-of-life impact comparable to major systemic diseases. Conventional management relies on emollients and topical steroids, moderate-to-severe cases now utilize systemic biologics and JAK inhibitors that often do not fully relieve associated pruritus. High costs and demanding skincare regimens further lead to low patient adherence.

Case Summary: This is a case of a child aged 8 years who presented with symptoms dryness of skin, reddish eruptions on face, chest, abdomen and back with intense pruritus disturbing sleep since 4 weeks. The case was clinically diagnosed as Atopic Dermatitis as per Hanifin and Rajka criteria. After individualizing the case, homoeopathic medicine Calcarea carbonicum 30 was prescribed, and within 3 months, there was complete resolution of symptoms as shown by photographic evidence. This case report highlights the potential of homeopathy, documenting a successful instance of complete clinical resolution of AD.

Keywords- Atopic dermatitis, Calcarea carbonicum, Homoeopathy, Individualized treatment