



Urticaria — a Homoeopathic Perspective

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Abstract

Urticaria, commonly referred to as hives, is a frequently encountered dermatological disorder characterized by the sudden onset of transient wheals accompanied by intense itching, erythema, and localized swelling of the skin. These eruptions may vary in size and distribution, often appearing and disappearing within hours, yet recurring unpredictably. While many cases are acute and self-limiting, chronic or recurrent urticaria poses a therapeutic challenge and can markedly affect a patient's physical comfort, sleep quality, emotional stability, and overall quality of life. The underlying mechanism involves mast cell degranulation and the release of mediators such as histamine, leading to increased vascular permeability and dermal edema. A wide range of precipitating factors—including infections, dietary triggers, drugs, climatic variations, stress, and autoimmune processes—may contribute to the onset or persistence of symptoms. Proper evaluation requires careful clinical assessment and differentiation from other dermatological and allergic conditions. Homoeopathy approaches urticaria through an individualized framework that considers the totality of symptoms, constitutional tendencies, and miasmatic background. Instead of merely suppressing cutaneous manifestations, it seeks to address the deeper susceptibility that predisposes the individual to recurrent episodes. Remedy selection is guided by characteristic modalities, concomitant symptoms, mental and emotional traits, and causative factors. This article explores the clinical presentation, pathophysiological aspects, differential diagnosis, and homoeopathic management of urticaria, blending classical principles with practical case-based insights to provide a comprehensive understanding of the condition.

Keywords: Urticaria, Chronic Urticaria, Acute Urticaria, Homeopathy, Homoeopathic Therapeutics, Individualized Treatment, Constitutional Remedy, Miasmatic Theory, Pruritus, Angioedema, Holistic Medicine, Complementary and Alternative Medicine

1. Introduction

Urticaria is a common skin disorder characterized by the rapid appearance of wheals—transient, pruritic, erythematous, and edematous papules or plaques that typically blanch on pressure and resolve within 24 hours without residual marks. It is often associated with angioedema, which involves deeper swelling of the skin and mucous membranes, particularly affecting the eyelids, lips, and throat.

Based on duration, urticaria is classified as acute when it lasts less than six weeks and chronic when symptoms recur for more than six weeks. Chronic urticaria (CU) may occur spontaneously without a clear trigger or may be induced by physical factors such as cold, heat, pressure, or sunlight. According to guidelines from the European Academy of Allergy and Clinical Immunology, chronic urticaria significantly impacts patients' quality of life due to persistent itching, sleep disturbance, and psychological stress.

The condition primarily results from mast cell activation and the release of histamine and other inflammatory mediators. Conventional treatment mainly includes antihistamines, corticosteroids, and immunomodulatory agents aimed at controlling symptoms.

In contrast, homoeopathy adopts a holistic and individualized approach. It emphasizes the totality of symptoms and the concept of disturbance of the vital force. Rather than focusing solely on suppressing skin manifestations, homoeopathy aims to stimulate the body's self-healing mechanism by selecting remedies based on individual symptom patterns and constitutional characteristics.

2. Etiology and Pathogenesis

2.1 Conventional Understanding

From a conventional medical perspective, urticaria arises primarily due to the activation and degranulation of mast cells in the superficial dermis. This process leads to the release of histamine and other inflammatory mediators such as leukotrienes, prostaglandins, and cytokines. The action of these substances increases vascular permeability, resulting in localized edema, erythema, and the characteristic wheal-and-flare reaction. The associated itching is largely attributed to histamine acting on cutaneous nerve endings. Urticaria may be triggered by a variety of internal and external factors. Common precipitating causes include:

Allergens such as certain foods (e.g., nuts, shellfish, eggs), medications (antibiotics, NSAIDs), and insect stings or bites. Infections, including viral, bacterial, or parasitic conditions, which may either directly provoke symptoms or act as underlying aggravating factors.

Physical stimuli, as observed in inducible urticarias, where exposure to cold, heat, pressure, sunlight, vibration, or exercise precipitates wheal formation.

Autoimmune mechanisms, particularly in chronic spontaneous urticaria, where autoantibodies may target IgE or its high-affinity receptors on mast cells, leading to persistent activation.

In many chronic cases, however, no single definitive cause is identified, and the condition is considered multifactorial.

2.2 Homoeopathic Paradigm

From a homoeopathic viewpoint, urticaria is understood through a holistic and individualized framework. The condition is interpreted as an external manifestation of internal imbalance rather than a purely local skin disorder. Key concepts include:

Disturbance of Vital Force:

Urticaria is considered an expression of a dysregulated vital force reacting to internal susceptibility or external irritants. The skin eruption represents the body's attempt to externalize internal disharmony.

Miasmatic Influence:

Chronic and recurrent cases are often linked to underlying miasmatic tendencies:

Psora – associated with hypersensitivity, itching, and functional disturbances.

Sycosis – linked to recurrent, persistent, or infiltrative eruptions.

Syphilis – related to deeper, destructive, or obstinate pathological changes. Understanding the dominant miasm aids in constitutional remedy selection.

Role of Emotional Factors:

Mental and emotional states such as stress, anxiety, grief, anger, or suppressed emotions may act as exciting or maintaining causes for outbreaks.

Constitutional Susceptibility:

Individual traits including temperament, thermal modalities, food cravings or aversions, sleep patterns, and general sensitivities are carefully evaluated to determine the most appropriate remedy.

Individualization and Totality:

Treatment is based on the totality of symptoms rather than the diagnosis alone, ensuring a personalized therapeutic approach.

Thus, homoeopathy views urticaria as a systemic imbalance requiring comprehensive case analysis and constitutional management.

3. Clinical Features

Common symptoms include:

- Intense itching
- Raised wheals with central pallor and red borders
- Wheals changing shape or migrating within 24 hours

- Angioedema (swelling of lips, eyelids)

Symptoms may be aggravated by heat, acids, stress, and relieved by cold applications.

4 .Differential Diagnosis

- Dermatitis
- Eczema
- Angioedema without wheals
- Autoimmune blistering disorders

5.Homoeopathic Approach

5.1 Principles of Prescription

- Totality of Symptoms: Physical + mental generals
- Individualization: Each case is unique
- Miasmatic Assessment: Chronicity and recurrence patterns
- Potency Selection: Based on susceptibility and dynamic disturbance

5.2 Commonly Used Homoeopathic Remedies in Urticaria

Remedy	Indication
Apis mellifica	Swelling, burning, stinging pains, worse heat, better cold applications
Urtica urens	Intense itching, nettle-like eruptions, burning pains
Natrum muriaticum	Chronic cases, worse salty food, grief, suppressed eruptions
Rhus toxicodendron	Itching worse at night, restlessness, worse initial motion
Arsenicum album	Burning remedies, anxiety, restlessness, worse cold, better warmth
Carcinosin	Psoric predisposition, family history, recurrent symptoms
Sulphur	Intense itching, burning, heat aggravation, chronicity

Remedy choice should always be based on the totality and modality.

6.Case Management

Case Taking

A thorough case should include:

- Onset and duration
- Aggravating and relieving factors
- Modalities (heat, cold, pressure)
- Past medical and family history
- Emotional stressors

Follow-Up

Monitor:

- Intensity and frequency of wheals
- Quality of sleep
- Triggers
- Response to potency adjustment

7. Holistic Care

- Dietary Advice: Avoid known allergens, sour or spicy foods
- Lifestyle: Stress management techniques
- Avoid Suppression: Suppressing skin eruptions may lead to deeper pathology according to miasmatic theory (Kent).

8. Conclusion

Urticaria reflects the close relationship between an individual's internal predisposition and external precipitating factors. Although conventional therapy primarily aims at controlling symptoms, chronic and recurrent cases often reveal the limitations of purely suppressive treatment. The repeated appearance of wheals, persistent itching, and associated psychological discomfort indicate the need for a more comprehensive and patient-centered approach. Classical homoeopathy addresses this need through thorough case taking and individualized remedy selection. By focusing on the complete symptom picture—covering physical signs, triggering and relieving factors, as well as mental and emotional characteristics—it aims to treat the person as a whole rather than the skin eruption alone. Consideration of the miasmatic background further helps in understanding the chronic tendency and depth of the disorder. With constitutional prescribing and systematic follow-up, homoeopathy seeks to reduce the frequency and intensity of episodes while enhancing the patient's overall vitality. In this way, it offers a holistic therapeutic perspective that supports long-term balance and well-being in individuals suffering from urticaria.

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