
**AN EVIDENCE BASED CASE OF VARICOSE ULCER TREATED
WITH HOMOEOPATHIC MANAGEMENT BASED ON
BOENNINGHAUSEN'S PHILOSOPHY: A CASE REPORT**

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ABSTRACT

A venous ulcer also referred to as a varicose ulcer, is a disruption in the continuity of the skin, specifically the epithelial layer along the pathway of veins in the limb, which tends to appear on the medial aspect of the lowest section of the leg. The primary manifestation of venous ulcer is abnormal venous hypertension in the lower third of the leg, which is triggered by a weakening in the vein on the medial side of the inferior section of the lower limb. A 51-year-old male patient came with complaints of a varicose ulcer of the left foot, pain and burning sensation around the affected area, and the presence of pus oozing out and swelling in the affected area. The patient was diagnosed with a varicose ulcer by physical examination, and this was confirmed by MRI scanning, which showed the engorgement of the veins and potential evidence of the blood reflux within the veins of the left foot. The patient was prescribed Arsenicum album 30 /1 dose in 10 ml aqua in 10 gtt x TDS internally, based on Boenninghausen's totality of symptoms and glycerine lotion and a dilution of Arsenicum album was applied externally for dressing based on aphorism 196. The patient showed notable improvement in every 2-week follow-ups, as demonstrated by the MODIFIED Naranjo Criteria Score of 9, which indicated relevance in treatment outcome.

KEYWORDS: Venous ulcer, Arsenicum album, Boenninghausen's totality of symptoms, MONARCH Scale.

INTRODUCTION

A venous ulcer, additionally referred to as a varicose ulcer, is a disruption in the continuity of the skin, specifically the epithelial layer along the pathway of veins in the limb, which tends to appear on the medial aspect of the lowest section of the leg.¹ The primary manifestation of venous ulcer is abnormal venous hypertension in the lower third of the leg, which is triggered by a weakening in the vein medial side of the inferior section of the lower limb.²

AIMS AND OBJECTIVES AIM:

- To understand the efficacy of Homoeopathic medicines in the treatment of varicose ulcer based on Boeninghausen's totality of symptoms.

OBJECTIVE:

- To understand the efficacy of Homoeopathic medicine in management of varicose ulcer based on Boeninghausen's totality of symptoms.
- To understand the concept of Boeninghausen's totality of symptoms.

CASE OPERATIVE PROCEDURE

A case of varicose ulcer treated based on Boenninghausen's totality of symptoms taken from opd of Sarada Krishna Homoeo Medical College and Hospital. **CASE REPORT:** A 51-year-old male patient came to Sarada Krishna Homoeo Medical College and Hospital OPD with complaints of a varicose ulcer on his left foot. He was presented with the complaints of varicose ulcer of the left foot, pain and burning sensation around the affected area, the presence of pus oozing out, swelling in the affected area, and recurrent attacks of vertigo. There was no previous history of the presenting illness. All his physical generals were normal, and mentally the patient is very irritable, easily gets angry, fear of death, is anxious, and he is a chilly patient.

TOTALITY OF SYMPTOMS BASED ON BOENNINGHAUSEN'S PHILOSOPHY

1. **QUIS: BODILY CONSTITUTION - DARK FLABBY COMPLEXION**

TEMPERAMENT-SANGUINE TEMPERAMENT.

2. **QUID: TRUE NATURAL CHRONIC DISEASE - LOCAL DISEASE INTERNAL IN ORIGIN.**

3. UBI- LOWER EXTREMITY-LEFT SIDE OF FOOT
4. QUIBUS AUXILIS- VERTIGO
5. CUR- ABNORMAL VENOUS HYPERTENSION, VENOUS INSUFFICIENCY
6. QUOMODO- < PROLONGED STANDING, < PHYSICAL EXERTION, < WALKING, > REST
7. QUANDO- < 4 PM

RESULT AND OBSERVATION

The Homoeopathic medicines are effective in treating varicose ulcer based on Boenninghausen's totality of symptoms.

COURSE OF TREATMENT AND FOLLOWUP

The patient has been monitored for the past 3 months, and follow-up was done every 2 weeks with Arsenicum album 30/1 dose in 10 ml aqua in 10 gtt x TDS. Dressing was done daily with glycerine and a dilution of Arsenicum album for the first month (January) 2025, and later every 3-days interval in the second month and 1-week interval for March 2025 based on aphorism 196.

PRESCRIPTION

ARSENICUM ALBUM 30 /1 DOSE IN 10 ML AQUA IN 10 GTT X TDS was given internally and glycerine lotion was applied externally with dilution of Arsenicum album was used for dressing.

BEFORE TREATMENT AND AFTER TREATMENT



Figure 1. 4/12/2025 - BEFORE TREATMENT.



Figure 2. 15/1/2025 - DURING TREATMENT.



Figure 3. 22/2/2025 - AFTER TREATMENT.

DISCUSSION

Based on the 6th edition of Organon of Medicine by Dr. Samuel Hahnemann in Aphorism 196. “It might, indeed, seem as though the cure of such diseases would be hastened by employing the medicinal substance which is known to be truly Homoeopathic to the totality of the symptoms, not only internally, but also externally, because the action of a medicine applied to the seat of the local affection might effect a more rapid change in it. Boenninghausen’s totality of symptoms are effective in the treatment of varicose ulcer by analysing the totality by considering the seat of the disease ubi as the lower extremity, left side of the foot and the cause of the disease local disease internal in origin. Arsenicum album was selected and administered both internally and externally. The potency 30 was selected according to Dr. Stuart Clause Homoeopathic posology.

CONCLUSION

The Homoeopathic medicines prescribed based on the Boenninghausen's totality of symptoms are effective in the treatment of varicose ulcer.

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