

Efficacy of Naturopathy and Yoga Interventions in a Patient with Eczema: A Single Case Report

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ABSTRACT:

Eczema is a chronic inflammatory skin condition characterised by itching, erythema, dryness, and disrupted sleep. Integrative naturopathy and yoga interventions are increasingly used to manage chronic dermatological conditions due to their combined effects on detoxification, stress regulation, and immune balance. This case report describes the clinical outcome of a 67-year-old female with chronic eczema who underwent 15-days inpatient naturopathy and yoga programme. The patient presented with persistent itching, burning sensation, and scaly erythematous lesions over both lower legs for one year. The treatment protocol included mud therapy, rice-water turmeric wash, *Aloe vera* application, ice application, massage, colon hydrotherapy, acupuncture, therapeutic diet, *Yogasanas*, *Pranayama*, and relaxation techniques. Symptom severity was assessed using the Eczema Area and Severity Index (EASI) and Scoring Atopic Dermatitis (SCORAD). After 15 days, itching reduced from 8/10 to 3/10 and burning from 7/10 to 2/10. EASI decreased from 29.20 to 12.20 and SCORAD from 73.05 to 31.05. Sleep quality improved significantly, and no adverse effects were observed during treatment. At a 4-week follow-up, symptom relief was maintained. This case highlights the potential role of integrative naturopathy and yoga in reducing eczema severity and improving overall well-being.

KEYWORDS: Acupuncture, Diet therapy, Eczema, Hydrotherapy, Mud therapy, Yoga therapy.

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INTRODUCTION:

Eczema or atopic dermatitis is a chronic inflammatory skin disease affecting 15–20% of children and 1–3% of adults worldwide.^[1] It is characterized by recurrent episodes of pruritus, erythema, scaling and sleep disturbances, which significantly affect quality of life.^[2] Its etiology is multifactorial, involving genetic predisposition, immune dysregulation, environmental triggers and psychological stress. Conventional management relies on corticosteroids, antihistamines and immune modulators, which provide only temporary relief and carry the risk of side effects with long-term use.^[2] In recent years, there has been growing interest in complementary and integrative therapies, including naturopathy and yoga, for managing chronic dermatological conditions.^[3]

Naturopathy emphasizes detoxification through mud therapy, hydrotherapy, dietary modifications, and massage^[4,5]. Mud therapy has been reported to exert cooling, anti-inflammatory, and detoxifying effects on inflamed skin.^[4] Hydrotherapy using rice water, Aloe vera, and turmeric supports skin hydration and reduces inflammation.^[6,7] Yoga practices, especially *pranayama* and relaxation, are known to regulate stress responses and improve immunological balance^[8]. Diets rich in fruits, millets, and vegetables provide phytochemicals and antioxidants that restore systemic immunity^[9]. Acupuncture has shown benefits in alleviating pruritus, regulating immune responses, and improving quality of life in chronic dermatological disorders^[10]. This case report presents the outcome of 15-days inpatient naturopathy and yoga intervention

in a 67-year-old female patient with chronic eczema.

CASE REPORT:

A 67-year-old female patient, a known case of chronic eczema was admitted to our inpatient ward at Kongu Naturopathy and Yoga Medical College Hospital. She presented with the chief complaints of burning sensation and pain over both legs and ankles, along with persistent itching and erythematous scaly lesions for the past one year. The symptoms had gradually worsened, causing difficulty in walking, sleep disturbance and discomfort in daily activities. The patient had previously received conventional treatment which provided only temporary relief. There was no history of diabetes, hypertension or other systemic illnesses. She was a homemaker with no significant family history of atopic disorders.

Assessment:

On general examination, her vital parameters BP - 128/70mmhg; Pulse rate – 68bpm were within normal limits. On local examinations, erythematous, scaly, and excoriated patches were observed on the anterior and posterior aspects of both lower legs and ankles, associated with dryness and oozing. Tongue diagnosis revealed yellowish-white coating at the centre of the tongue with fissures, suggesting impaired digestive fire and toxin accumulation. Pulse examination indicated *Vata dosha* predominance. The baseline Eczema Area and Severity Index (EASI) score was 29.20 and Scoring Atopic Dermatitis (SCORAD) was 73.05. Sleep was disturbed almost every night due to pruritus and discomfort.

Table-1: Integrated Yoga and Naturopathy protocol:

Interventions	Treatments	Frequency / Duration
Mud Therapy	Mud pack applied to legs, abdomen, and eyes	Daily, 20–30 min
Massage Therapy	Gentle oil massage	Alternate days, 15 min
Hydrotherapy	Rice water turmeric bath	Once daily
	Turmeric + Aloe vera paste application	Paste: Once daily
	Ice application	Ice: 5–10 min daily
	Colon hydrotherapy	Colon: Once weekly
Yogasanas	<i>Tadasana, Bhujangasana, Chakki Chalanasana, Naukasana</i>	Daily
Pranayama	<i>Anuloma Viloma, Bhramari, mild Kapalabhati</i>	Daily, 15–20 min
Relaxation techniques	<i>Shavasana, Yoga Nidra</i>	Daily, 20 min
Acupuncture	LI 4; LI 11; LV 3; SP 6; ST 36	Daily 20 min

Table-2: Diet Chart

Time	Diet Items
6:00 am	Aloe vera juice / Bermuda grass juice / Ash gourd juice (alternated on different days)
7:30 am	Seasonal fruit salad (papaya, apple, pomegranate, guava, muskmelon, banana) OR millet porridge (thin ragi/keppai kanji)
11:00 am	Fresh fruit snack (orange, watermelon, guava) + herbal juice (amla, tulsi, ginger-lemon)
12:30 pm	Lunch: Millet-based meal (varagu/kambu/ragi) with light poriyals (keerai, beans, pumpkin, carrot, beetroot) + green gram dal + clear vegetable soup (drumstick, bottle gourd, cabbage, carrot)
3:00 pm	Tender coconut water OR fruit plate (watermelon, papaya, apple, pineapple)
7:30 pm	Dinner: Light millet chapati (non-oily) OR vegetable upma with fresh fruit salad (papaya, apple, pomegranate, muskmelon)
Restrictions	No white rice, dairy, fried foods, refined sugar, bakery items, spicy/oily gravies

Table-3: Results:

Parameters	Baseline	After 15 Days
Burning sensation (VAS)	7/10	2/10
Itching (VAS)	8/10	3/10
Sleep disturbance	Frequent night waking	Sound sleep
EASI score	29.20	12.20
SCORAD Score	73.05	31.05

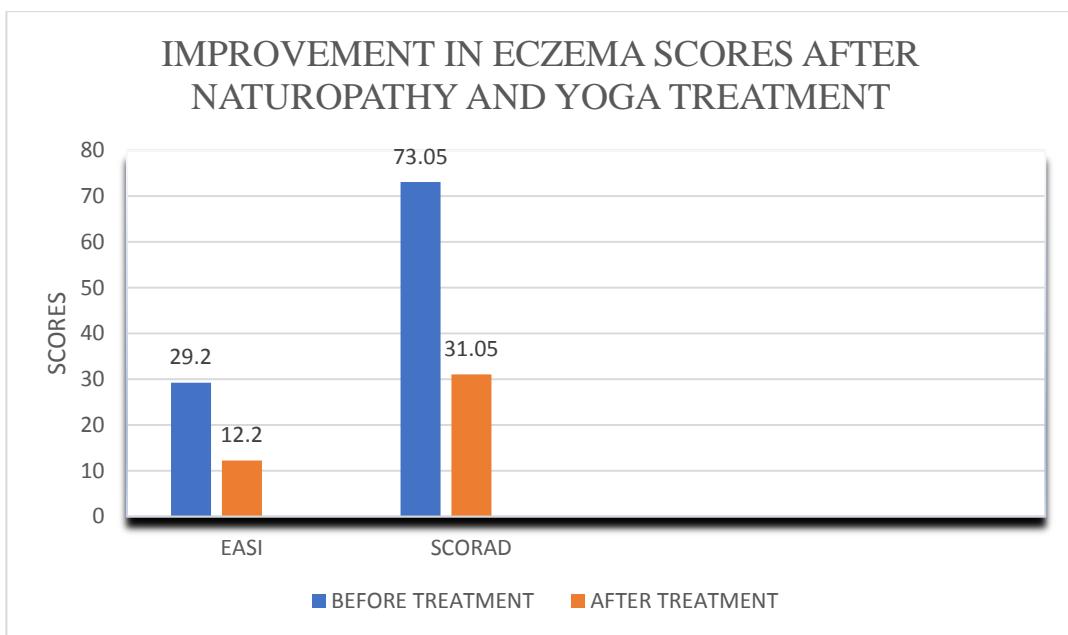


Figure-1: Clinical improvement in EASI and SCORAD scores after 15 days of integrated naturopathy and yoga treatment



Figure 2 (A): Day 1: Eczematous lesions showing erythema, scaling, and excoriations.



Figure 2 (B): Day 15: Significant reduction in erythema and scaling with improved skin texture. These findings suggest that integrated naturopathy and yoga interventions were effective in reducing eczema symptoms and improving overall wellbeing

RESULT:

Clinical outcome measures before and after 15 days of integrated naturopathy and yoga interventions. Although the Visual Analogue Scale (VAS) was originally developed for pain assessment, it has also been validated and widely used to measure subjective symptoms such as itching and burning sensation in dermatology research.

DISCUSSION:

The present case demonstrates the efficacy of naturopathy and yoga interventions in the management of chronic eczema. After 15 days of inpatient care, the patient showed significant improvement in clinical symptoms, EASI and SCORAD scores, as well as visible changes in skin condition.

Mud reduces cutaneous vasodilation, thereby alleviating erythema and burning sensation. The fine granular texture of mud improves local circulation, draws out toxins and enhances peripheral blood flow and provides symptomatic relief in eczema patients. Clinical studies have documented mud packs as effective in dermatological disorders by restoring skin barrier function and reducing pruritus^[11].

Rice water contains starch, amino acids, and phenolic compounds that soothe irritated skin, enhance hydration, and support barrier repair. Turmeric contains curcumin, a bioactive compound with anti-inflammatory, antimicrobial, and antioxidant properties that downregulate pro-inflammatory cytokines in eczema.^[16] *Aloe vera* gel is rich in polysaccharides and vitamins, which promote epithelial regeneration and reduce oxidative stress.^[13] Localized ice packs reduced neurogenic inflammation and desensitized cutaneous nerve endings, resulting in rapid relief from itching. Colon hydrotherapy contributed to

detoxification by facilitating elimination of morbid matter, a key naturopathic principle in chronic skin disorders.^[12]

Massage therapy improved microcirculation, reduced stiffness, and promoted lymphatic drainage, thereby enhancing tissue healing and systemic detoxification.

Asanas improve circulation and flexibility, while pranayama practices such as *Anuloma Viloma* and *Bhramari* regulated autonomic balance, reduced sympathetic overactivity, and enhanced parasympathetic tone.^[14] *Yoga Nidra* promoted deep relaxation and improved sleep quality, both of which are vital for skin repair and immune homeostasis.^[15] Acupuncture can reduce pruritus by modulating histamine release, improving microcirculation, and balancing the autonomic nervous system. Specific points such as LI11 (Quchi), SP10 (Xuehai), ST36 (Zusanli), and SP6 (Sanyinjiao) are traditionally indicated for inflammatory skin conditions and were applied in this case.^[10]

Diet formed the foundation of this integrative approach. The regimen included eliminative juices (*Aloe vera*, *Bermuda grass*, *Ash gourd*), fruits, millets, vegetables and soups, all rich in phytochemicals and antioxidants. *Aloe vera* supported gut and skin healing, while fruits like *papaya*, *pomegranate*, and *guava* supplied vitamin C and polyphenols for reducing oxidative stress^[13]. Millets (ragi, bajra) offered fibers and polyphenols to lower inflammation. Integrated naturopathy and yoga interventions effectively reduced eczema symptoms through detoxification, stress reduction, and immune regulation. Therapies like *mud*, *Aloe vera*, *turmeric*, *yoga*, and *acupuncture* acted synergistically to relieve inflammation, itching, and improve skin healing and sleep quality.

CONCLUSION

Integrative naturopathy and yoga interventions significantly improved clinical symptoms and quality of life in a chronic eczema patient within 15 days. This supported their role as safe, non-pharmacological therapies for dermatological conditions.

Limitation: Single case report; long-term effects beyond 4 weeks were not studied.

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Ethical statement:

Written informed consent was obtained from the patient for participation and publication of clinical details and images. The case report was conducted in accordance with institutional ethics guidelines.

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