



**Comprehensive Advanced Specific Summarised Studies
-For Homoeopathy Science (CASS Studies)
An Official Publication of Bureau for Health & Education Status Upliftment
(Constitutionally Entitled as Health-Education, Bureau)**

Integrated Homeopathic Management of a Pilonidal Abscess: A Case Study with Psychosomatic Correlation

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ABSTRACT:

This case study discusses the integrated homeopathic management of a patient with a sacrococcygeal (pilonidal) abscess associated with psychosomatic nature. The patient experience emotional conflicts and distress always followed by physical ailment - pilonidal abscess. During the acute phase, Hepar sulphuris 3X was administered to promote suppuration and minimize symptom intensity, alongside a dry Echinacea dressing to support local tissue healing. Following the resolution of the acute condition, a constitutional assessment was conducted utilizing the modified MONARCH scoring tool, resulting in a score of 10/13, which pointed towards the remedy correspondence Natrum muriaticum 200 as constitutional remedy to prevent recurrence and aids permanent cure.¹

The integrated acute and constitutional strategy led to the total resolution of the abscess and the prevention of recurrences. This case underscores the significance of acknowledging mind-body interactions in homeopathic case management and illustrates how individualised treatment can lead to enduring healing results.

Access this Article Online	Quick Response Code: 
Website: https://heb-nic.in/cass-hom/	
Received on 24/01/2026	
Accepted on 18/02/2026 © HEB All rights reserved	