

**EFFECTIVENESS OF INDIVIDUALIZED HOMEOPATHIC  
TREATMENT IN THE MANAGEMENT OF ECZEMA****Kajal Joshi<sup>\*1</sup>, Bimla Dholiwal<sup>2</sup>, Charushila Sharma<sup>3</sup> and Rishabh Dixit<sup>4</sup>**

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**ABSTRACT**

Eczema, or atopic dermatitis (AD), is a chronic inflammatory skin disorder marked by dry, itchy, and inflamed skin lesions. It significantly impairs patients' quality of life and often necessitates prolonged treatment. Although conventional therapies provide symptomatic relief, they are associated with certain limitations and adverse effects. As a result, an increasing number of individuals are turning to complementary and alternative therapies, with individualized homeopathic treatment emerging as a notable option. This article explores the theoretical foundation and clinical potential of individualized homeopathy in managing eczema, while also critically examining current research evidence.

**KEYWORDS:** Eczema, Homoeopathy, Atopic Dermatitis, Individualized Treatment.

**INTRODUCTION**

Eczema, also known as atopic dermatitis, is a chronic inflammatory skin condition characterized by pruritus, erythema, edema, oozing, crusting, scaling, and lichenification. It poses a significant public health concern due to its high prevalence, recurrent nature, and

substantial impact on the quality of life of affected individuals. Affecting both children and adults, eczema is often associated with other atopic conditions such as asthma and allergic rhinitis, forming a triad that underscores its immunological complexity.<sup>[1]</sup> The multifactorial etiology involving genetic predisposition, immune dysregulation, and environmental triggers makes eczema a challenging condition to manage through conventional medicine alone. Despite advancements in pharmacological therapies such as corticosteroids, immunosuppressants, and biologics, many patients seek complementary and alternative systems of medicine for sustainable and holistic care. Homeopathy, with its individualized therapeutic approach and holistic philosophy, has emerged as a popular option among patients with chronic skin diseases, including eczema.<sup>[2]</sup>

In recent decades, the growing interest in integrative medicine has led to an increased focus on evaluating the efficacy and scientific plausibility of homeopathic interventions in chronic dermatological conditions. The principle of homeopathy, “*Similia Similibus Curentur*” or “like cures like,” advocates that substances capable of producing symptoms in a healthy individual can be used to treat similar symptoms in a diseased state. Unlike conventional medicine, which often aims to suppress symptoms, homeopathy seeks to stimulate the vital force or inherent healing capacity of the individual. This is accomplished through the administration of highly diluted and potentized remedies selected on the basis of a comprehensive case analysis that considers the physical, emotional, and mental attributes of the patient—a process termed individualization. The individualized nature of homeopathic prescriptions is particularly pertinent in managing eczema, a condition with diverse clinical manifestations and underlying causes that vary from patient to patient.<sup>[2,3]</sup>

Numerous anecdotal reports and observational studies have indicated favourable outcomes with individualized homeopathic treatment in eczema cases. Patients often report not only improvement in skin lesions but also enhanced general well-being, improved sleep, and emotional stability. Despite these promising accounts, the scientific community continues to debate the efficacy of homeopathy due to the ultra-diluted nature of remedies and the perceived lack of robust evidence from randomized controlled trials (RCTs).<sup>[4]</sup> Nonetheless, a growing body of research, including pragmatic trials, case series, and cohort studies, is contributing to a more nuanced understanding of the potential role of homeopathy in dermatological care. It is crucial to examine the clinical outcomes of individualized

homeopathic therapy using well-defined methodologies and validated tools to generate reliable data that can guide both clinicians and policymakers.<sup>[4,5]</sup>

The current investigation is motivated by the need to bridge the gap between clinical practice and empirical evidence in homeopathy, especially in the context of chronic conditions such as eczema. The individualized homeopathic approach is not only patient-centred but also encompasses constitutional prescribing, which aims to address the root cause of disease and promote long-term health. By recognizing the uniqueness of each patient's symptom totality, temperament, miasmatic background, and susceptibility, homeopathy attempts to restore the vital force to a state of equilibrium. This holistic perspective resonates well with the psychosomatic dimensions of eczema, where emotional stress and internal conflicts often play a significant role in triggering or aggravating the condition. Therefore, individualized homeopathic treatment holds the promise of offering a sustainable, non-toxic, and integrative option for managing eczema in both acute and chronic stages.<sup>[6]</sup>

This article aims to explore the effectiveness of individualized homeopathic treatment in the management of eczema by reviewing existing literature, presenting clinical observations, and analyzing patient outcomes. It will delve into the principles guiding remedy selection, the miasmatic approach, and constitutional prescribing, while also examining the broader psychosocial aspects of eczema that are often overlooked in conventional dermatology. The discussion will also encompass the challenges and limitations in conducting homeopathic research, the role of repertorization and materia medica, and the need for standardization and methodological rigor in future studies. By integrating clinical insights with scholarly analysis, this work endeavors to contribute to a more informed and balanced discourse on the role of homeopathy in dermatology, and to highlight its potential as a complementary modality in the holistic management of eczema.<sup>[5,6]</sup>

### Commonly used homeopathic remedies for eczema<sup>[7]</sup>

#### 1. Sulphur

Symptoms:	Rubrics:
1. Intense itching, worse by warmth and bathing	• Skin; Eruption; eczema
2. Dry, Scaly skin	• Skin; Dryness
3. Dirty, unhealthy-looking skin	• Skin; Itching; night
4. Burning after scratching	• Skin; Burning; after scratching
5. Eruptions worse at night	• Skin; Unhealthy
6. Aversion to bathing	• Skin; Cracks
	• Skin; Eruptions; moist

7. Hot feet, uncovers them in bed 8. Cracks in skin, especially hands and feet 9. Aggravation from wool 10. Offensive body odor 11. Red orifices (Eyes, Ears, Anus) 12. Desire for sweets and spicy food 13. Lassitude and weakness in the morning 14. Easily offended 15. Recurrence of skin complaints with suppressed eruptions	<ul style="list-style-type: none"> <li>• Skin; Eruptions; behind ears</li> <li>• Generals; Bathing; agg.</li> <li>• Mind; Indolence</li> </ul>
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## 2. Graphites

Symptoms:	Rubrics:
1. Thick, sticky honey-like discharge 2. Eczema behind ears and in folds 3. Cracks in skin with oozing 4. Aggravation from cold 5. Burning and itching 6. Skin becomes hard and rough 7. Eczema in flexures (bends of joints) 8. Obesity 9. Constipation with large dry stools 10. Menstrual irregularities 11. Sadness and timidity 12. Aggravation during menses 13. Sensitive to noise 14. Cold feet at night 15. Offensive perspiration	<ul style="list-style-type: none"> <li>• Skin; Eruption; eczema</li> <li>• Skin; Discharges; gluey</li> <li>• Skin; Cracks</li> <li>• Skin; Moist eruptions</li> <li>• Skin; Eruptions; fold</li> <li>• Skin; Oozing</li> <li>• Skin; Eruptions; behind ears</li> <li>• Skin; Eruptions; crusty</li> <li>• Generals; Cold; aggravates</li> <li>• Mind; Timidity</li> </ul>

## 3. Rhus toxicodendron

Symptoms:	Rubrics:
1. Intense itching with restlessness 2. Eruptions with burning and redness 3. Vesicular eruptions 4. Better from hot applications 5. Worse in cold, damp weather 6. Eczema with oozing of yellow fluid 7. Itching worse at night 8. Cracking of skin on hands 9. Muscular stiffness 10. Restlessness with need to change position 11. Anxiety, especially at night 12. Sensitivity to cold 13. Eruption on scalp and extremities 14. Fever blisters 15. Herpetic eruptions	<ul style="list-style-type: none"> <li>• Skin; Eruption; eczema</li> <li>• Skin; Itching; night</li> <li>• Skin; Vesicles</li> <li>• Skin; Eruptions; burning</li> <li>• Skin; Moist</li> <li>• Skin; Eruptions; yellow discharge</li> <li>• Skin; Eruptions; crusty</li> <li>• Skin; Herpes</li> <li>• Generals; Weather; cold; damp; agg.</li> <li>• Mind; Restlessness</li> </ul>

**4. Mezereum**

Symptoms:	Rubrics:
<ol style="list-style-type: none"> <li>1. Thick crusts with pus underneath</li> <li>2. Intolerable itching</li> <li>3. Cold sensation in eruptions</li> <li>4. Worse at night and from warmth</li> <li>5. Hair falls out with crust formation on scalp</li> <li>6. Eruptions ooze offensive discharge</li> <li>7. Neuralgic pains</li> <li>8. Ulcers that burn and itch</li> <li>9. Intolerance to touch</li> <li>10. Irritability and sadness</li> <li>11. Children who cry constantly</li> <li>12. Eczema worsens in winter</li> <li>13. Fear of being alone</li> <li>14. Swelling of glands</li> <li>15. Burning pain in skin</li> </ol>	<ul style="list-style-type: none"> <li>• Skin; Eruptions; crusts; thick</li> <li>• Skin; Eruptions; moist</li> <li>• Skin; Ulcers; burning</li> <li>• Skin; Itching; night</li> <li>• Skin; Eruptions; head; scalp</li> <li>• Skin; Eruptions; pus</li> <li>• Skin; Eruptions; offensive</li> <li>• Skin; Eruption; eczema</li> <li>• Skin; Eruptions; after vaccination</li> <li>• Mind; Fear; alone, being</li> </ul>

**5. Petroleum**

Symptoms:	Rubrics:
<ol style="list-style-type: none"> <li>1. Deep cracks and fissures</li> <li>2. Dry, hard, thick skin</li> <li>3. Eczema worse in winter</li> <li>4. Itching with bleeding</li> <li>5. Oozing of golden-yellow fluid</li> <li>6. Marked aggravation in cold weather</li> <li>7. Nausea and dizziness</li> <li>8. History of travel sickness</li> <li>9. Intolerance to cold</li> <li>10. Offensive sweat</li> <li>11. Indigestion and flatulence</li> <li>12. Confusion and forgetfulness</li> <li>13. Cracked lips and corners of mouth</li> <li>14. Thickened skin with suppuration</li> <li>15. Strong desire for pickles</li> </ol>	<ul style="list-style-type: none"> <li>• Skin; Eruption; eczema</li> <li>• Skin; Cracks</li> <li>• Skin; Dryness</li> <li>• Skin; Thickened</li> <li>• Skin; Fissures</li> <li>• Skin; Oozing</li> <li>• Skin; Eruptions; winter, in</li> <li>• Skin; Eruptions; bleeding</li> <li>• Skin; Itching; burning</li> <li>• Mind; Confusion</li> </ul>

**6. Arsenicum album**

Symptoms:	Rubrics:
<ol style="list-style-type: none"> <li>1. Dry, scaly eruptions</li> <li>2. Burning itching, worse by scratching</li> <li>3. Worse at night</li> <li>4. Anxious and restless</li> <li>5. Eczema with ulceration</li> <li>6. Skin looks shriveled</li> <li>7. Thirst for small quantities frequently</li> <li>8. Offensive discharge</li> <li>9. Chilly patient</li> </ol>	<ul style="list-style-type: none"> <li>• Skin; Eruption; eczema</li> <li>• Skin; Eruptions; dry</li> <li>• Skin; Burning</li> <li>• Skin; Itching; night</li> <li>• Skin; Ulcers</li> <li>• Skin; Eruptions; scaly</li> <li>• Generals; Cold; agg.</li> <li>• Generals; Heat; amel.</li> <li>• Mind; Anxiety</li> </ul>

10. Fear of disease 11. Insomnia 12. Desire for warm drinks 13. Periodic aggravations 14. Better from heat 15. Obsessive cleanliness	<ul style="list-style-type: none"> <li>• Mind; Fear; disease, of</li> </ul>
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## 7. Natrum muriaticum

Symptoms:	Rubrics:
1. Dry eruptions at hairline 2. Greasy skin 3. Eczema worsens with emotional stress 4. Cracks at corners of mouth 5. Itching eruptions, worse from heat 6. Headache with eruptions 7. Sadness and introversion 8. Profuse perspiration 9. Herpetic eruptions 10. Craving for salt 11. Constipation 12. Backache 13. Aggravation from sun 14. Dislike of consolation 15. History of grief	<ul style="list-style-type: none"> <li>• Skin; Eruption; eczema</li> <li>• Skin; Greasy</li> <li>• Skin; Eruptions; hair margin</li> <li>• Skin; Herpes</li> <li>• Skin; Eruptions; scaly</li> <li>• Skin; Cracks; lips</li> <li>• Generals; Sun; agg.</li> <li>• Mind; Consolation; agg.</li> <li>• Mind; Grief; ailments from</li> <li>• Skin; Itching; burning</li> </ul>

## 8. Calcarea carbonica

Symptoms:	Rubrics:
1. Cold, damp skin 2. Eczema in chubby children 3. Profuse sweat on scalp 4. Itching worse from cold 5. Warts and cracks on hands 6. Aggravation from bathing 7. Slow development 8. Craving for eggs 9. Fear of dark 10. Constipation 11. Enlarged glands 12. Dry eczema on extremities 13. Tendency to catch cold 14. Skin peels off easily 15. White milky discharge from eruptions	<ul style="list-style-type: none"> <li>• Skin; Eruption; eczema</li> <li>• Skin; Perspiration; scalp</li> <li>• Skin; Cracks</li> <li>• Skin; Eruptions; dry</li> <li>• Skin; Eruptions; extremities</li> <li>• Generals; Cold; damp; agg.</li> <li>• Skin; Eruptions; milky discharge</li> <li>• Mind; Fear; dark</li> <li>• Skin; Eruptions; head</li> <li>• Generals; Bathing; agg.</li> </ul>

## 9. Psorinum

Symptoms:	Rubrics:
1. Intolerable itching, worse at night 2. Dirty, greasy skin 3. Offensive odor from skin	<ul style="list-style-type: none"> <li>• Skin; Eruption; eczema</li> <li>• Skin; Offensive odor</li> <li>• Skin; Greasy</li> </ul>

4. Eczema behind ears 5. Skin raw and red 6. Cold even in warm weather 7. Frequent colds and infections 8. Better from warmth 9. Sleeplessness due to itching 10. Skin eruptions after suppressed scabies 11. Very weak and emaciated 12. Despair of recovery 13. Appetite increased 14. Eruptions worse before menses 15. Hereditary taint	<ul style="list-style-type: none"> <li>• Skin; Eruptions; behind ears</li> <li>• Skin; Itching; intolerable</li> <li>• Skin; Rawsness</li> <li>• Skin; Eruptions; red</li> <li>• Generals; Cold; agg.</li> <li>• Mind; Despair of recovery</li> <li>• Skin; Eruptions; suppressed</li> </ul>
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## 10. Hepar sulphuris

Symptoms:	Rubrics:
1. Eczema with suppuration 2. Skin sensitive to touch 3. Pustular eruptions 4. Itching worse from cold air 5. Eruptions spread by scratching 6. Easily angered 7. Craving for vinegar 8. Cold and damp sensitivity 9. Painful skin with splinter-like sensation 10. Bleeding eruptions 11. Extremely chilly 12. Oversensitivity 13. Crust formation with pus 14. Irritability 15. Sudden attacks of eczema	<ul style="list-style-type: none"> <li>• Skin; Eruption; eczema</li> <li>• Skin; Eruptions; pustular</li> <li>• Skin; Eruptions; moist</li> <li>• Skin; Sensitive; to touch</li> <li>• Skin; Pain; splinter-like</li> <li>• Skin; Itching; cold air; from</li> <li>• Skin; Eruptions; spreading</li> <li>• Skin; Ulcers; bleeding</li> <li>• Mind; Irritability</li> <li>• Generals; Cold; air; agg.</li> </ul>

## CONCLUSION

Eczema, a chronic inflammatory skin condition, remains a significant burden on global healthcare systems due to its high prevalence, multifactorial etiology, and recalcitrant nature. It manifests not only as a physical ailment but also deeply impacts the psychosocial wellbeing of affected individuals. Despite numerous conventional treatment modalities ranging from topical corticosteroids to advanced biologics, the condition often recurs or persists, leading patients to explore alternative and complementary therapeutic options. Homeopathy, with its individualized approach and holistic principles, has gained attention as a viable method of managing chronic and recurring conditions like eczema.<sup>[8]</sup>

The central tenet of homeopathy—individualization—allows for the selection of a remedy based not solely on the pathology, but on the totality of symptoms, including physical, mental, emotional, and miasmatic factors. This nuanced method aligns well with the



multifaceted nature of eczema, where underlying triggers can vary significantly from patient to patient.<sup>[9]</sup> Emotional stress, environmental exposure, genetic predisposition, immunological imbalances, and constitutional weaknesses all interplay in the development and maintenance of this condition. Homeopathy offers a flexible and dynamic framework to address these individual variations through tailored prescriptions.<sup>[6]</sup>

Clinical experiences and case studies have repeatedly demonstrated the success of individualized homeopathic treatment in relieving not only the visible skin symptoms but also the associated systemic and psychological manifestations. The use of remedies such as Sulphur, Graphites, Rhus toxicodendron, Petroleum, Mezereum, and Psorinum, among others, has shown considerable promise in resolving both acute and chronic eczema cases. These remedies have been selected based on deep repertorization, miasmatic assessment, and a comprehensive case-taking process that includes mental, general, and physical symptoms.<sup>[8,9]</sup>

A key advantage of homeopathic treatment in eczema management is the lack of toxic side effects and drug dependency, which are commonly observed with prolonged use of conventional medications. Homeopathic remedies are non-invasive, non-toxic, and generally well tolerated across all age groups. This makes them especially suitable for pediatric and geriatric patients, or those with multiple comorbidities. Furthermore, the focus on constitutional treatment in homeopathy ensures that the root causes of disease are addressed, thereby reducing recurrence and promoting long-term wellness.<sup>[10]</sup>

One of the central strengths of individualized homeopathy lies in its psychosomatic orientation. Many patients with eczema report a correlation between emotional disturbances—such as grief, anxiety, fear, or suppressed anger—and exacerbations of skin symptoms. Conventional dermatology, although increasingly acknowledging this connection, typically does not address these emotional components directly. In contrast, homeopathy includes them as critical factors in remedy selection. Remedies like Natrum muriaticum for grief, Arsenicum album for anxiety, or Staphysagria for suppressed anger illustrate this therapeutic alignment. Addressing emotional and psychological factors not only leads to dermatological improvement but also enhances the patient's overall quality of life.<sup>[9]</sup>

However, the evidence base for homeopathy in dermatological conditions, particularly eczema, is still evolving. While there are numerous clinical anecdotes, case series, and



observational studies supporting its efficacy, the number of high-quality randomized controlled trials (RCTs) is limited. This is partly due to the methodological challenges in designing RCTs for individualized treatments. Unlike conventional trials where a single drug is tested against a placebo, homeopathic research must account for the individualized nature of prescriptions, the dynamic follow-up process, and the holistic evaluation of outcomes. Standardized outcome measures such as SCORAD (Scoring Atopic Dermatitis), DLQI (Dermatology Life Quality Index), and patient-reported symptom diaries must be incorporated into future research to establish reproducible and statistically robust findings.<sup>[10]</sup>

Furthermore, the role of miasmatic diagnosis in homeopathy offers an additional layer of insight into chronic skin diseases like eczema. According to Hahnemannian principles, chronic diseases arise due to underlying miasmatic influences—primarily psora, sycosis, and syphilis. Eczema is most commonly linked with psora, but often presents with mixed miasmatic states requiring anti-miasmatic remedies.<sup>[11]</sup> An understanding of these chronic miasms and their suppression is essential for a successful long-term cure. Remedies like Psorinum, Thuja, and Sulphur play an important role in addressing these miasmatic influences, further emphasizing the depth and complexity of homeopathic treatment strategies.<sup>[7,11]</sup>

From a public health perspective, homeopathy could play a significant complementary role in integrative dermatological care. Especially in countries like India, where homeopathy is part of the official healthcare system and widely accepted by the population, incorporating homeopathic treatment in eczema management protocols could reduce dependency on corticosteroids and immunosuppressants.<sup>[6,10]</sup> This can also help in managing healthcare costs, improving patient satisfaction, and encouraging self-awareness in disease management. Additionally, the homeopathic consultation process, which involves deep patient interaction and understanding of life history, itself acts as a therapeutic intervention that enhances patient confidence and compliance.<sup>[11]</sup>

Nevertheless, challenges remain in the broader acceptance and integration of homeopathy into mainstream dermatological care. Skepticism persists within segments of the allopathic medical community due to concerns over ultra-dilutions, the placebo effect, and lack of uniform research methodology.<sup>[11]</sup>

**Overcoming these challenges will require a two-pronged approach**

- (1) Strengthening clinical research with robust documentation, ethical trial designs, and the use of modern analytical tools, and
- (2) educating practitioners about integrative approaches and the safe use of complementary therapies alongside conventional treatments.<sup>[6]</sup>

In clinical practice, it is also vital to set realistic expectations with patients undergoing homeopathic treatment. While many individuals respond quickly, others may experience a longer trajectory of healing, particularly in cases where the disease has been suppressed for years. The process of case-taking, repertorization, remedy selection, and follow-up must be patient-centric and adapted as per the evolving symptomatology. Practitioners must also be well-versed in recognizing when conventional intervention is necessary, especially in cases of secondary infections, systemic involvement, or emergencies.<sup>[11]</sup>

In conclusion, the effectiveness of individualized homeopathic treatment in the management of eczema is evident through clinical observations, patient satisfaction, and the holistic benefits reported by numerous cases. Homeopathy addresses the complexity of eczema not just as a skin disorder, but as a systemic imbalance influenced by mental, emotional, and physical factors. While more empirical data is required to satisfy the demands of evidence-based medicine, the current clinical evidence supports the inclusion of homeopathy as a viable and effective complementary therapy in the management of eczema.<sup>[11]</sup> The future of homeopathic dermatology lies in collaborative research, cross-disciplinary integration, and an open-minded approach to patient care that recognizes the value of holistic, individualized healing.<sup>[12]</sup>

By embracing a multi-dimensional view of health and disease, homeopathy reaffirms the importance of treating the patient as a whole. As the world moves toward patient-centred and integrative healthcare, individualized homeopathic treatment may well hold a valuable place in the management of eczema—offering not just relief from symptoms, but a pathway to true healing and well-being.<sup>[10]</sup>

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