

Treatment of Eczema by Homoeopathic Medicine- A Case Report

Pranjal Kumar*

PG scholar, Dept. of Repertory, R.B.T.S. Homeopathy Medical College & Hospital, Muzaffarpur, Bihar, India

ABSTRACT:

Eczema is a common skin condition that can itch, peel, ooze or form vesicles in both adults and children. Modern medicine uses corticosteroids and emollients for its treatment, which sometimes may cause unwanted side effects. In contrast, *Homoeopathy* plays a beneficial role in the long-term treatment of eczema. In this case report, Homeopathic medicine *Hepar sulph* was given to a male patient with eczema on hands and legs on the basis of individualization that leads to significant improvement of the complaints. This case report demonstrates the effectiveness of homoeopathic medicines in treatment of eczema.

KEY WORDS: Eczema, Homoeopathy, Individualised Homoeopathic Medicine, Monarch.

Received: 13.02.2024 Revised: 25.02.2024 Accepted: 07.03.2024 Published: 20.03.2024



[Creative Commons Attribution-NonCommercial-No Derivatives 4.0 International License](https://creativecommons.org/licenses/by-nc-nd/4.0/)

© 2024 International Journal of AYUSH Case Reports | Published by Tanaya Publication, Jamnagar.

Quick Response Code



*Corresponding Author:

Dr. Pranjal Kumar

P.G. Scholar,

Dept. of Repertory, R.B.T.S. Govt. Homoeopathic Medical College & Hospital, Muzaffarpur, Bihar

E-mail: pranjalkumar0803@gmail.com

INTRODUCTION:

Eczema or Atopic Dermatitis is one of the most common skin disorders. It is non-infectious and a chronic skin condition. It is characterized by inflammation, oozing, rashes, blisters, scaly patches, dryness and itching in the skin. It can be caused by genetic, environmental, lifestyle and social factors. It affects people of all age groups but mostly the children. It is estimated that during their lifetime, 1 in 10 individuals will develop eczema and mostly its onset occurs in approximately 80% cases during the first years of life with frequent remissions in

adolescence in approximately 60% cases. ^[1] Acute flare-ups can affect the quality of life of the patient. As compared to the other conventional methods of treatment, where there are more chances of reoccurrence, Homoeopathy is considered to be one of the safest forms of complementary medicine, in managing skin diseases with its easy and harmless way of cure. There are many remedies like Arsenic album, Dulcamara, Hepar sulph, Graphites, Rhus tox, Mezereum, Natrum mur, Sepia, Sulphur and others in Homoeopathic Materia Medica

which are helpful in managing eczema based on totality of symptoms.

CASE REPORT:

A 48-year man came to the OPD of RBTS Medical College and Hospital with the complaints of eruptions on both hands and feet with severe itching for 6 months. The skin was dry mostly with burning sensation after itching. There was discharge of thin watery fluid and sometimes there was yellow pus type discharge also. The complaints aggravated when the weather becomes dry or when the foot is dry and ameliorated when moisturized.

Past history- Nothing specific

Family history- His father died due to Heart attack 10 years ago.

Important physical generals are-

Thirst- Profuse (2-3 lt./day)

Thermal- Chilly

Appetite- Good

Desire- Tea (wants tea at every 1-2 hour)

Stool- Generally normal; sometimes constipated

About the patient-

The patient was very angry that he couldn't tolerate if anyone asked about his complaints and so sensitive to the pain that he felt like cutting the affected part with a knife.

Mental General

Violent anger

Desire to kill with knife

Sensitive to pain

Intolerance to contradiction

Diagnosis

Diagnosis was made on the basis of presenting sign & symptoms and classified under disease code- EA80.0 of ICD-11.

Evaluation of Symptoms

Mental General

- Violent anger
- Desire to kill with knife
- Sensitive to pain
- Intolerance to contradiction

Physical general

- Thirsty
- Chilly
- Desires tea

Particular symptom

- Itching of skin from dryness
- Burning of skin after itching

THERAPEUTIC INTERVENTION:

Based on the evaluation and totality of symptoms and repertorial result [Figure 1] *Hepar sulphur* 30C in 2 doses was selected for first prescription (21-7-2023). The 30C potency was selected depending upon the sensitivity and susceptibility of the patient. The medicine was GMP certified SBL Pvt. Limited and procured from the pharmacy of RBTS Govt. Homoeopathic Medical college & Hospital. The remedy was not changed but was repeated only once in higher potency (200C) as there was no improvement in the patient symptoms. The patient was called for follow-up every 15 day or earlier [Table 3] if any new symptoms appeared.

Table 1-Miasmatic Analysis:

Symptom	Miasm
Anger violent	Psora
Kill desire to	Syphilis
Kill desire to- knife- with a knife	Syphilis
Sensitive pain to	Psora
Contradiction – intolerant of contradiction	Syphilis

Itching dryness from	Psora
Itching burning	Psora
Desire tea	Psora

Table 2- Assessment by Modified Naranjo Criteria Score for Homoeopathy (MONARCH)

The Modified Naranjo Criteria for Homeopathy Inventory consists of 10 Domains	Yes	No	Not sure or N/A
1. Was there an improvement in the main symptom or condition for which the homeopathic medicine was prescribed?	+2		
2. Did the clinical improvement occur within a plausible timeframe relative to the drug intake?	+1		
3. Was there an initial aggravation of symptoms?		0	
4. Did the effect encompass more than the main symptom or condition (i.e., were other symptoms ultimately improved or changed)?	+1		
5. Did overall well-being improve? (suggest using validated scale)	+1		
6A Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease?		0	
6B Direction of cure: did at least two of the following aspects apply to the order of improvement of symptoms: –from organs of more importance to those of less importance? –from deeper to more superficial aspects of the individual? –from the top downwards?	+1		
7. Did “old symptoms” (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?		-2	
8. Are there alternate causes (other than the medicine) that—with a high probability—could have caused the improvement? (Consider known course of disease, other forms of treatment, and other clinically relevant interventions)		+1	
9. Was the health improvement confirmed by any objective evidence? (e.g, laboratory test, clinical observation, etc.)	+2		
10. Did repeat dosing, if conducted, create similar clinical improvement?	+1		

Table-3: Follow-up after first prescription (21-07-2023):

Complaints	Date	Prescription
Watery discharge not present, Itching intensity decreases, Skin dry like previously	4-08-23	Sac Lac

All complaints same as before	14-08-23	HEP. SULPH. 200/2 DOSE/O.D. Sac Lac
Watery discharge absent, Itching and dryness of hand improved from previous follow up	31-08-23	Sac Lac
Amelioration of complaints	11-9-23	Sac Lac
Watery discharge absents from the foot, Itching and dryness improved	27-9-23	Sac Lac
Amelioration of all complaints	11-10-23	Sac Lac

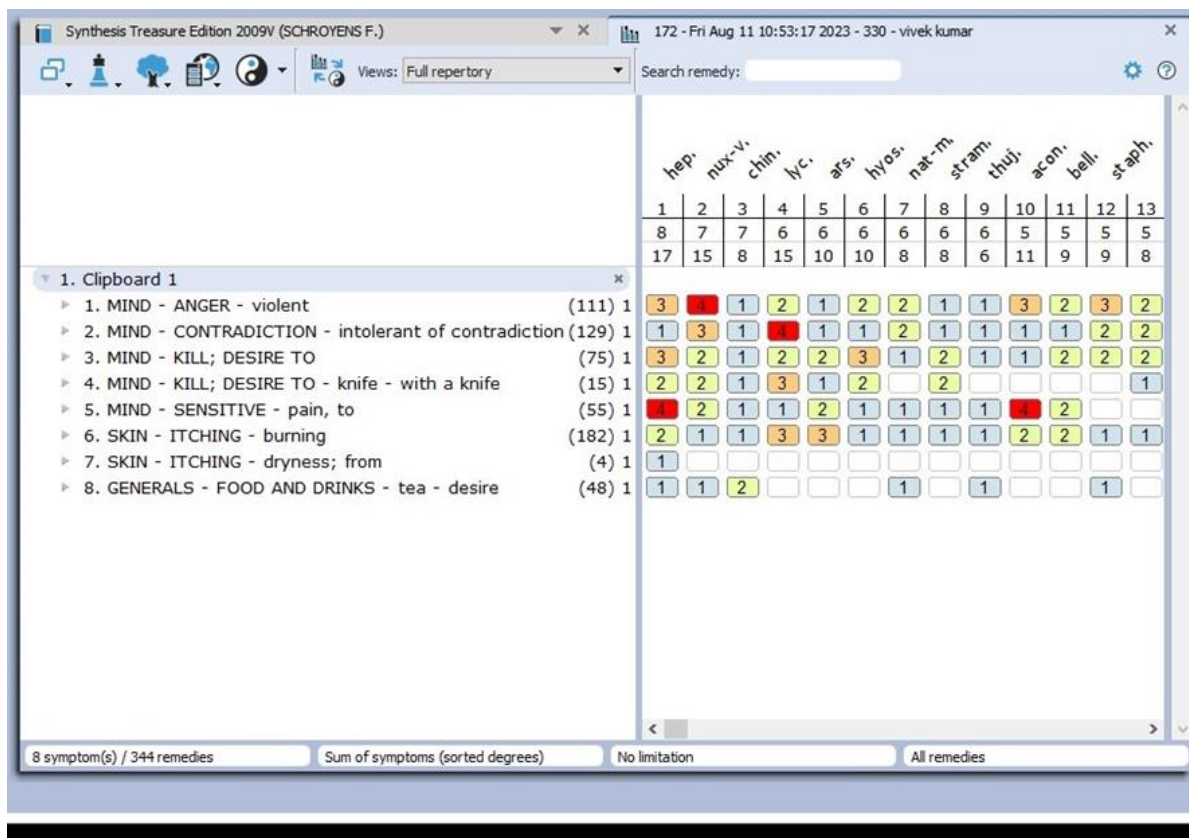


Figure 1- Repertorial Result



Figure 2- [a]: Before Treatment



Figure 2- [b]: Before Treatment



Figure 3- [a]: After Treatment



Figure 3- [b]: After Treatment

DISCUSSION:

Considering the age and susceptibility of the patient, 30C potency of *Hepar sulphur* was prescribed. This medicine brought about marked improvement in the skin complaints and the general condition of the patient. The intensity of burning and pain reduced. The discharge also reduced. The Modified Naranjo Criteria Score for Homoeopathy [Table 2] was used to assess the clinical improvement in the patient in which the casual attribution was established at the score of 08, that was probable. Before [Figure 2 a,b] and after treatment [Figure 3 a,b] photographs of the skin lesions show that the skin complaints have been improved significantly. Also, the anger and irritability of the patient was reduced. This shows that individualized Homoeopathy is effective in reducing the suffering of the patient in the most easy and harmless way.

CONCLUSION:

Individualized homoeopathic treatment has a good scope in treating skin diseases. Through holistic approach, homoeopathy not only found to be effective to improve the physical symptoms but also improved the mental wellbeing of the patient.

Informed Consent:

The patient's consent was taken regarding the publication of clinical information in research

journal. He was informed that his identity would not be revealed.

Conflict of interest: Author declares that there is no conflict of interest.

Guarantor: Corresponding author is guarantor of this article and its contents.

Source of support: None

How to cite this article:

Pranjal Ku. Treatment of Eczema by Homoeopathic Medicine- A Case Report. Int. J. AYUSH CaRe. 2024;8(1): 127-132.

REFERENCES:

1. <http://nationaleczema.org/research/eczema-facts> [Last accessed on- 17-1-24]
2. Kanwar J Amrinder. De Dipankar. Epidemiology and Clinical Features of Atopic Dermatitis in India. Indian Journal of Dermatology. 2011;56(5):471-475.
3. Khanna N. Illustrated Synopsis of Dermatology and Sexually Transmitted Diseases. Fourth Edition. New Delhi; Elsevier; 2011. P- 85-86
4. Hahnemann Samuel. Organon of Medicine. Fifth Edition & Sixth Edition Combined. New Delhi. B. Jain Publishers; 2011. P-169-172.
5. Allen J.H. Diseases and Homoeopathy Therapeutics of the Skin. 12th

- Impression. Noida; B. Jain Publishers; 2017. P-70-84
6. Penman D. Ian, et al, Davidson's Principles and Practice of Medicine. 22nd Edition. China; Elsevier; 2014. p. 1283
 7. <https://nationaleczema.org/eczema> [Last accessed on- 17-1-24]
 8. Lamba CD. Evaluation of the Modified Naranjo Criteria for Assessing Causal Attribution of Clinical Outcome to Homeopathic Intervention as Presented in Case Reports. Homoeopathy. 2020;109(4):191-197.
 9. Boericke W. Boericke's New Manual of Homoeopathic Materia Medica with Repertory. Third Revised & Augmented Edition. Noida; B. Jain Publishers; 2021 p-289.
 10. Tyagi M, Kaur H, Bhadoria HS. Homoeopathic aggravation in Chronic diseases: A case report on eczema. International Journal of Homoeopathic Sciences. 2023;7(4):324-328.