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## Eczema and it's homoeopathic treatment: A case report

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### Abstract

Eczema (old nomenclature: atopic eczema, atopic dermatitis) is a chronic, disabling non-contagious inflammation of the skin associated with pruritus that occurs predominantly in children. In industrialized countries, the prevalence of eczema has been increasing for decades and is estimated at 10–20% among children of school age and 1–3% among adults. Eczema can have a major impact on the quality of life (QoL) of sufferers and their families owing to loss of sleep or working. A natural alternative if present it would be welcome.

Natural treatment of eczema currently is of considerable interest among dermatologists. Classic homeopathic medicine can be used as a holistic natural treatment of eczema. homeopathic medicine in the conventional dermatology practice include low cost, availability, ease of administration, patient acceptability, and reduction in topical steroid use. Additionally, patients also may see improvements in symptoms caused by seemingly unrelated medical conditions when their eczema is treated holistically with homeopathic medicine.

**Keywords:** Eczema, pruritus, non- contagious, quality of life (QoL), holistic natural treatment, homoeopathy

### Introduction

**Case Report:** 24-year-old male patient came in OPD with complain of dark blackish eruption with thick skin on both hands along with itching and sticky thick discharge since 2 years, vesicular eruptions and itching on left foot since 1 year.

#### Chief Complaint

Sr. No.	Location	Sensation	Modalities	Concomitants
1.	Skin Both Hand- since 2 years Right> Left Left Foot Since 1 year	Eruption on both hand Itching+3 Thick, sticky discharge Vesicular eruptions Itching +2 Sticky discharge	<+Night >+2 scratching >+2 Warm water app >+2 After scratching <+ Winter	Sleep-disturbed due to itching

### Physical Generals

**Appearance:** Whitish complexion, Medium built, Weight-Gain, Tall

**Perspiration:** Profuse, Forehead+3, Chest+2, Odors+2

**Digestion:** App - Good, Thirst- 2lit/days

Aversion -Sweet+2

Craving- Spicy+2

**Elimination:** Stool- Normal Urine-Normal

**Sleep:** Sound but disturbed due to itching.

**Dreams:** Being murdered by someone.

**Thermal:** C3H2

	Fan	Covering	Bath
Winter	No	Thick	Warm
Summer	Full	Thin	Cold
Monsoon	No	Thin	Warm

### Life Space

24 years old male patient came in OPD with the complaint of vesicular eruption on both hand since 2 years. Itching is present & thick, sticky discharge from eruption. Vesicular eruptions and itching on left foot since 1 year. Patient's sleep is disturbed due to this complaint.

### Childhood

Patient's childhood passed at Bharuch. Family members comprised of father, mother, brother & patient. Financial condition was poor during childhood. His father was farmer, but he did job 12 years in Surat in Diamond work as a laborer. "Patient said financial condition sari noti atle badhi icha puri noti thati." Patient's father had also done job at dabhoi, at that time all family shifted at Dabhoi. Then they again came back at Bharuch, due to farming.

### Student life

Patient was average in study. He got 50%-60% in study. Patient was not interested in study. Anxiety before exam. He was Poor in Study. Patient had fear of his father, because his father forced him for study. Sometimes patient became angry on father but do not express & not spoken out. Patient was very weak in study; he did not like to study. Weak memory. He was interested in running. He always took part in it & became winner. He liked to play too much, but father not aloud. Patient was hurt many times but not spoken out. He had 4-5 friends in school. He had good IPR with all. Patient had anticipatory anxiety before exam.

### Marriage life

Patient has done marriage before 2 years. Patient did not want to do marriage at that time. Patient told his father that when I will get the job, I will do marriage, but father denied it, so patient had done marriage in hasty. That time patient was angry on father but not express. Wife is good by nature. Patient has good IPR with Wife. Wife has good relation with Patient's mother. Both brothers (Patient & elder) are giving money for household work. Patient is studying now in 2<sup>nd</sup> year B.com. Patient does not want to study. Patient's cousin brother had forcefully admitted the patient in college. Patient is not interested in study. Cousin Brother is also paying the patient's fees, but patient is not going to college. He told that 'have su bhanvanu, aam pan mane ras j nati rahyo have kasu na thay'

He wakes up at 5 Am, goes to farm at 7 Am, then returns home at 11:00 Am, then take lunch. Then he does not do any work. He told 'khali gam ma frya karvanu'

### Patient's Nature

He is cool and calm by nature. Sometime patient become angry but not spoke out. Anxiety about study. He never gives reply if anyone scolds him or speaks wrong. He never becomes angry. He does not like work. He is very quit &

looking dull. He does not like study. Frya karvanu game tya. He has fear of his father, no other fear. He felt anticipatory anxiety before exam. He has weakness of memory. He has dream of being murdered by someone.

### Observation

Patient was looking very shy+3 during interview.

**P/H:** Nil

**F/H:** Father- Allergic rhinitis

**Clinical Diagnosis:** Eczema

### Physical Examination

**Weight:** 55 Kg.

**Pulse:** 87/min

**B.P.:** 110/70 mmHg

**Tongue:** White coated

**Conjunctiva:** Pale

### Systemic Examination

**RS:** AE = BLE, Sound = Vesicular

**CVS:** S1S2 = Normal

**CNS:** NAD

**Abdomen:** P/A: Soft

**Skin:** O/E: Vesicular eruptions and discharge on both hands and left feet.

### Repertorial Totality: (BBCR repertory with Roberts approach)

1. Upper Extremities – Eruption – Eczema – Hand
2. Upper Extremities – Itching – Hand
3. Lower Extremities – Eruption – Herpes, including tetter, foot
4. Skin – Eruptions – moist, humid, eczematous
5. Skin – Tetter – Eating and spreading at margins
6. Skin – Tetter – Humid, moist
7. Skin – Itching – After scratching – Amelioration
8. Skin – Aggravation – Winter
9. Skin – Time – Night
10. Appetite – Aversion to – Sweets
11. Appetite – Aversion to – Milk

### Repertorial Result

Graph – 18/6      Sep – 15/5  
 Sulph – 17/7      Calc Carb – 14/6  
 Rhus t – 16/6      Bov – 13/6  
 Merc – 15/8      Lyc – 13/5

Remedy Name	Graph	Sulph	Rhus-t	Merc	Sep	Calc	Bov	Lyc
Totally	18	17	16	15	15	14	13	13
Symptoms Covered	6	7	6	8	5	6	6	5
Kingdom								
[Boenning ] [Upper extremities]Eruption:Eczema:Hand: (15)				1	2		3	1
[Boenning ] [Upper extremities]Itching:Hand: (36)	2	2	2	2		1	2	2
[Boenning ] [Skin and exterior body]Eruptions:Moist, humid, eczemat...	4	3	4	3	3	2	3	4
[Boenning ] [Skin and exterior body]Itching:After scratching:Ameliorat...		3	2	2		4	1	
[Boenning ] [Skin and exterior body]Tetters (including herpes and ecze...	4	2	3	2	3	3		2
[Boenning ] [Skin and exterior body]Tetters (including herpes and ecze...	4	2	4	2	3	2	3	4
[Boenning ] [Appetite]Aversion to:Sweets: (10)	3	3		2				
[Boenning ] [Appetite]Aversion to:Milk: (31)		2	1	1	4	2	1	
[Boenning ] [Lower extremities]Eruption:Herpes, including tetters,:Foot...								
[Boenning ] [Skin and exterior body]Aggravation:Winter: (4)	1							
[Boenning ] [Skin and exterior body]Time:Night: (1)								

Planning & Programming

Sr. No.	Define with Reasons the State	Potency choice	Repetition
1.	Susceptibility Age – 24 years; Sex – Male Occ.- Student Seat of Disease – Structural Reversible Pace of Disease - Gradual	Moderate 200	Infrequent
2.	Sensitivity (Mind & Nerves) Mind + Nerves ++	200	Infrequent
3.	Suppression – No		Infrequent
4.	Correspondence (Degree & Level) Mind + Body ++	200	Infrequent
5.	Structural Changes Reversible	200	Infrequent
6.	Fundamental Miasm – Sycotic	200	Infrequent
7.	Dominant Miasm - Sycotic	200	Infrequent

**Final Remedy with Potency:** Graphites 200

**First Prescription**

- Rx. 1) Graphites 200 1p HS Weekly
- 2) SL 3pills BD / 1 Week

Follow ups

Date	Symptom Changes	Prescription
28/3/2021	Itching>+ Hand >+ Foot >+ Discharge	1. Graphites 200 1p HS Weekly 2. SL 3pills BD / 2 Weeks
16/4/2021	Itching>+ Hand >+ Foot Discharge- >+ Small new eruption on Left hand Patients feels 30% better	1. Graphites 200 1p HS Weekly 2. Sulphur 200 1p Hs 3. SL 3pills BD / 2 Weeks
1/5/2021	Itching >+ Hand Foot – 0 Discharge – >+ No any new eruptions Patient Feel Better in general Sleep better than before	1. Graphites 200 1p HS Weekly 2. SL 3pills BD / 2 Weeks
17/5/2021	Itching >+3 Discharge – 0 Patient Feel 80% Better	1. Sulphur 200 1p HS 2. SL 3pills BD / 15 days
3/6/2021	Skin feels smooth to patient Occasional Itching in Hands No Itching in Foot No any discharge Sleep - Good	1. SL 1p HS Weekly 2. SL 3pills BD / 1 Month
8/7/2021	No any eruptions on Hand and Foot. No Itching No Discharge Sleep – Sound	1. SL 1p HS Weekly 2. SL 3pills BD / 1 Month

## Discussion

Here is the case of eczema which has shown that the skin disease is not merely limited to the particular location but also affecting the psych of patients along with disturbances in daily routine. It is affecting the Quality of life here patients' routine and sleep disturbed due to complaint. Patient came in OPD with complaint of severe pruritus and eruption on hands and leg. Homoeopathic medicine Graphites was prescribed on the BBCR repertorial approach. In the beginning of treatment patient was progressively get relief from symptoms after that at one stage progression note was not satisfied so intervention of sulphur as an intercurrent prescription was done. After that the patient had no new eruption and physical generals were improved along with better sleep and the patient got 80% relief. After that the patient was on SL only and had no complaints. The patient was advised to clean and dry the affected part.

## Conclusion

While conventional medicine focuses on the inhibition of inflammation in the skin and therefore generalizes the medication to the diagnosis, classical homeopathy investigates the genetic and epigenetic influences that a person has been subjected to and the individualistic response to them. This, taken into consideration with the presenting symptomatology forms the data on which remedy selection is made, tailoring the therapy to every individual, yielding results that are encouraging, despite the severity of the pathology.

Homeopathy can help the body to move towards a healthier state and improve eczema by balancing the immune system. The chances of improvement are high because the body can regulate itself.

## Conflict of Interest

Not available

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