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A beauty of Indian homoeopathic remedy *Aegle marmelos* 30 in treating hordeolum externum (stye): A case report

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Abstract

Stye is a painful acute infectious condition. This is also called as Hordeolum externum. It's an inflamed oil gland either on upper eyelids or lower eyelids. A 12yrs old female presented with complaint of an external stye on left eyelids and had been treated with *Aegle marmelos* 30 based on totality of symptoms with follow ups. This clinical case report to evaluate the role of Indian homoeopathic remedy *Aegle marmelos* 30 for Hordeolum externum.

Keywords: Hordeolum externum (stye), *Aegle marmelos*, homeopathy

Introduction

A stye, also known as a Hordeolum, is a bacterial infection of an oil gland in the eyelid. This results in a red tender bump at the edge of the eyelid. The outside or the inside of the eyelid can be affected. Our eyes are the vital part of our well-being. Many people rely on their eyes to see and sense the world. But some kind of eye diseases may end to blindness, so it is significant to find and cure the eye diseases immediately. A noted human homoeopathic ophthalmologist, Edward Kondrot MD, CCH, DHT, stated that the main cause for all the eye disease is suppression produced by modern medicines. Homeopathy is one of the world's best holistic healing systems has a unique approach in treating every disease. Homoeopathic method of treatment for eyes conditions is an extremely trusted one in the recent times. The current statistics demonstrates that a majority of the affected population choose for homoeopathic treatment. A noteworthy amount of population has started choosing homoeopathic treatment for eye diseases and many other conditions of eye.

Stye (Hordeolum Externum) is an infection of the sebaceous glands of Zeis at the base of the eyelashes, or an infection of the apocrine sweat glands of Moll. External styes form on the outside of the lids and can be seen as small red bumps. Internal styes are infections of the meibomian sebaceous glands lining the inside of the eyelids. They also cause a red bump underneath the lid with only generalized redness and swelling visible on the outside. Styes are more painful and are chronic in nature. They usually do not resolve without intervention. The disease is commonly caused by a Staphylococcus aureus- bacterial infection, or by the blocking of an oil gland at the base of the eyelash. Although they are particularly common in infants, styes are experienced by people of all ages. Styes can be triggered by poor nutrition, sleep deprivation, or rubbing of the eyes. Using the same razor to shave hair both near the eyes and moustache should be avoided to prevent spreading the infection between individuals.

Case Report

A 12yrs old female presented with the complaint of external stye in the left eye with Itching to OPD on 04th Nov, 2023. Swelling of the left eyelids with pain and itching. She is having discomfort while closing eye or giving more strain on eye. Pain and itching relieve while washing eye with cold water.

History of presenting complaint

Complaints started since week's days. But due to discomfort or unable to study. Excessive strain of eyes due to her exams and lack of sleep. Itching in eyes. Stye is pimple like appearance.

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She is mild girl with weeps easily. She can't tolerate heat. Uncomfortable during hot weather.

Generals

Appetite: Regular & Satisfactory

Bladder: Normal

Thirst: Drink 2 litre water per day

Stool: Regular (satisfactory)

Sleep: Disturbed

Sweat: Normal

Mentals

1. Mild
2. Weeping tendency
3. Emotional

Evaluation of symptoms

1. Mild
2. Emotional
3. Weeping tendency
4. Excessive straining of eyes
5. Swelling and Itching in left eyelids
6. Pain and itching in left eyelids worse by closing eye and straining on eyes.
7. Relieved by cold application.



04th Nov 2023



07th Nov 2023



11th Nov 2023

Patient Follow Up

| Date | Symptoms | Prescription | Justification |
|-------------------------|--|--------------------------------------|---------------------|
| 04/11/23 (1st visit) | Swelling over the left upper eyelid with itching. | Aegle Marmelos 30 BD for 3days | ----- |
| 07/11/23 (2nd visit) | Swelling slightly decreased leaving redness. Slight decrease in itching. | Aegle Marmelos 30 OD for 3days | Improving |
| 09/11/23 (3rd visit) | Swelling decreased, no itching present. | Placebo/1dose | Improving |
| 11/11/23 (4th visit) | Swelling completely resolved on the left upper eyelid. | Placebo/1 dose | Resolved completely |

Conclusion

Conclusion From the above case report, it was concluded that the homoeopathic remedy *Aegle marmelos* 30 can able to cure the Hordeolum externum without any adverse effects. In this case report, homoeopathic remedy *Aegle marmelos* 30 rendered excellent results in the treatment of Hordeolum externum.

Conflict of Interest

Not available

Financial Support

Not available

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