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**Dr. Pratima S Athani**  
Associate Professor, Ph.D  
Scholar, Physiology and  
Biochemistry, A.M. Shaikh  
Homoeopathic Medical college,  
Hospital and PG Research  
Center, Belagavi, Karnataka,  
India

## Individualistic approach in the treatment of irritant contact dermatitis: A case report

**Dr. Pratima S Athani**

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### Abstract

A common skin condition known as irritant contact dermatitis is characterized by redness, irritation, and itching brought on by exposure to irritants. Millions of individuals worldwide are affected by it, making it one of the most common types of contact dermatitis worldwide. Chemical irritants, allergens, and physical irritants like as an imbalance of moisture and friction. Symptoms usually appear soon after ranges from mild to severe exposure. This article examines one such instance of irritating contact dermatitis, with homeopathic treatment through individualistic approach yielding encouraging results.

**Keywords:** Skin lesions, Irritant contact dermatitis, individualized homoeopathic medicine, visual analogue scale, case report

### Introduction

Skin is a visible organ, therefore any blemish, rash or any kind of eruption or diseases on the face or extensive lesions affect the lives as well as mental health. (N, 2002) <sup>[1]</sup> With a global frequency of 1.7-6.3%, irritant contact dermatitis is a common skin ailment that affects millions of individuals worldwide. (Patel A, 2021) <sup>[2]</sup> Skin is not only the largest organ but is also an integral component of the body's defense system. (Approach to skin lesions, 2012) <sup>[3]</sup> The skin acts as a barrier to protect the body from the outside world, protect your body from danger. However, when the skin is exposed to specific chemicals that are hurtful or irritating can cause irritation to develop Dermatitis from touch. People of different ages and socioeconomic backgrounds can develop this illness, and depending on the site of exposure, different regions of the body may be affected. Knowing the causes of and potential dangers from irritating contact dermatitis is essential for its management and prevention Numerous things, such as chemicals in cleaning goods, solvents, detergents, certain metals, and even allergens for people with sensitive skin, can irritate the skin. Physical elements like as the effects of friction, pressure, and excessive wetness or dryness contact dermatitis brought on by irritation. It develops as a result of exposure to a certain material that tends to irritate the skin or trigger an allergic reaction to it. There are a lot of such things that can cause it. (<http://www.drhomeo.com/homoeopathic-treatment/homoeopathic-remedies-for-contact-dermatitis/>)

### Contact dermatitis is of three types

#### 1. Irritant Contact Dermatitis

Among all the varieties, this one is the most prevalent. It develops when an irritant comes into contact with the skin and it damages the outermost, protective layer of the skin. It may occur as a result of a single, severe irritant exposure or successive, milder irritant exposures. Soaps, detergents, bleach, alcohol, shampoos, plants, pesticides, kerosene, wool dust are a few examples of common irritants.

#### 2. Allergic Contact dermatitis

It develops as a result of an immunological response in the skin brought on by exposure to an allergen, a substance to which sensitivity is evident. In this instance, contact with the allergen results in the production of inflammatory molecules that result in a skin reaction. Direct skin contact with an allergen may cause it, as can eat particular foods and taking specific medications. Cosmetics, hair colors, jewelry, drugs (antibiotic creams and antihistamines), body washes, scented perfumes, and poison ivy/poison oak are some of the typical allergies. Use of diapers, baby wipes, etc. may cause a response in children.

**Corresponding Author:**  
**Dr. Pratima S Athani**  
Associate Professor, Ph.D  
Scholar, Physiology and  
Biochemistry, A.M. Shaikh  
Homoeopathic Medical college,  
Hospital and PG Research  
Center, Belagavi, Karnataka,  
India

### 3. Photo-contact Dermatitis

It is the least typical of all of its subtypes. It happens when products like sunscreen are used, which might lead to a reaction from exposure to the sun. After exposure to sun, the rash tends to appear within a few minutes to hours. The exposed skin becomes red and rashes develop along. Itching rashes are also found in these cases. The affected part may be swollen. Sometimes it may be sore and tender to touch. Burning sensation is also accompanied with rashes. Blisters on skin may appear on the exposed area which oozes out fluid. The blisters may be crusted. Dryness and cracks over the skin are seen in some of the cases. Occasionally Scaliness may also be present. In other cases, the affected skin may be dark or leathery.

#### Homeopathic Remedies for Contact Dermatitis

Firstly, the use of any product which is causing the problem must be stopped using (aph.6-maintaining cause). One can opt for homeopathic treatment for better results. Homeopathy offers a very natural treatment for cases of all varieties of contact dermatitis. Homeopathic remedies operate by reducing the immune system's overreaction to allergic conditions. These drugs aid in stopping the spread of skin eruptions and rashes of all varieties. The already present rash and eruptions also gradually improve. The skin dryness and roughness gets better. Any cracks if present heal with its use. The attended redness, inflammation and skin swelling reduces with them. These also aid in easing the burning and itching that are present in the area of skin that is afflicted. If skin eruptions are accompanied with discharges, homeopathic medications can assist to lessen them. Each and every one of these situations receives a customized homeopathic remedy. The patient's signs and symptoms are taken into account when choosing a medication. These medications promote an efficient and gentle recovery by focusing on treating the problem rather than merely masking it. The best part is that because the medications used to treat it are made from natural ingredients, they are extremely safe to use and pose no danger of adverse effects.

#### Case report

A female patient named Mrs. XYZ, aged 65 years, House wife residing in the outskirts Belagavi presented to the outpatient department of A. M. Shaikh Homoeopathic Medical College and Hospital on 16-08-2023 with the complaints of skin lesions on her feet since 10 days. Lesions were due to using new paragon slippers. Eruptions were thick and crusty. Skin over the Lesion was itching, < warmth. On observation, Lesions were infected, discharging and the discharge is foul in nature. She has been treated with old school medicine without any benefit. So she consulted me for further treatment.

**Past history:** No history of any other systemic illness.

**Family history:** nothing significant was found in family history

#### Personal history

Diet - Non Vegetarian

Appetite - decreased

Thirst - Thirstless

Desire - Nothing specific

Aversion - Nothing specific

Micturition - 5-6 times/ day; 0-1time/ night

Bowel - Regular

Sleep - Sound and refreshing

Dreams - daily Routine

Thermals - Hot patient

#### Life Space Investigation

Patient belongs to low socioeconomic status. She was very hard working lady and wants to do everything fast and perfect. She got married when she was too young. As her husband is also a farmer. She wanted to support him. So she used to go with him for farming. She always wants to be occupied by some work physical or mental. She is an extrovert and always wanted to be with people and cannot stay alone. She is religious and has her own belief on God. Always thinks about the health of family members and always wishes to see them happy and healthy. She attributes her symptoms to be developed after the use of new paragon slippers which gradually led to severe itching and dryness over feet. And later Eruptions were thick and crusty.

#### General Physical examination

No any signs like pallor, cyanosis, clubbing, icterus, lymphadenopathy, oedema are found.

Nails - Pink.

Height-5 feet 1 inch.

Weight -62kg.

Tongue - Clean, moist.

Skin - lesions on feet, crusty and thick with discharge of pus

Hair - Hair was dry and rough in texture

#### Vital signs

**Temperature:** Febrile at the time of examination (100 °F)

**Pulse:** 74 beats /min.

**Respiratory rate:** 16 cycles/ min.

**Blood pressure:** 120/80 mm Hg

I observed her feet keenly and prescribed her Bov-30 after considering the following rubrics. Bov-30, 3 doses of which cured the patients wounds within two follow-ups.

#### Rubrics (Radar-10) considered in this case were as follows

1. Generals-allergic constitution
2. Skin-eruptions-discharging
3. Skin-eruptions-crusty-thick
4. Skin-itching-warm-agg
5. Skin-ulcers-foul
6. Extremities-eruptions-feet-back of feet



**Fig 1:** Before and After treatment with Homoeopathic medication

Below is the final chart with all rubrics (Radar-10)

	bov.	caust.	thu.	calc.	psor.	sulph.	ars.	lyc.
	1	2	3	4	5	6	7	8
	6	5	5	4	4	4	4	4
	9	9	6	9	9	9	8	8
Clipboard 1								
1. GENERALS - ALLERGIC constitution (64)	1	1	1	-	1	1	1	1
2. SKIN - itching - warmth - agg. (84)	3	3	1	3	4	4	3	3
3. SKIN - ERUPTIONS - discharging (101)	2	2	2	2	2	2	2	3
4. SKIN - ULCERS - foul (54)	1	1	1	2	-	2	2	1
5. EXTREMITIES - ERUPTIONS - Feet - Back of feet (16)	1	2	1	-	2	-	-	-
6. SKIN - ERUPTIONS - crusty - thick (9)	1	-	-	2	-	-	-	-

Fig 2: Selection of Rubrics covering more than 40 remedies and less than 200 remedies with Radar 10

**Repertorial analysis**

- Bov - 9/6
- Caust - 9/5
- Thuja - 9/5
- Calc - 9/4

Psor - 9/4

Below is the main rubric chart with rubrics containing more than 40 remedies and less than 200 remedies. This is to get the leading remedies for the case.

	sulph.	ars.	lyc.	bov.	caust.	kali-ar.	phos.	calc-s.	thu.	carb-v.	sil.
	1	2	3	4	5	6	7	8	9	10	11
	4	4	4	4	4	4	4	4	4	3	3
	9	8	8	7	7	7	7	6	5	9	9
Clipboard 1											
1. GENERALS - ALLERGIC constitution (64)	1	1	1	1	1	1	1	1	1	-	-
2. SKIN - itching - warmth - agg. (82)	4	3	3	3	3	3	3	1	1	4	3
3. SKIN - ERUPTIONS - discharging (101)	2	2	3	2	2	2	2	2	2	3	3
4. SKIN - ULCERS - foul (54)	2	2	1	1	1	1	1	2	1	2	3

Fig 3: Selection of Rubrics covering less than 40 remedies with Radar 10

Below are the rubrics for final differentiation. Rubrics enlisted which have less than 40 remedies in it.

	bov.	petr.	calc.	caust.	psor.	aster.	carb-o.	clerm.
	1	2	3	4	5	6	7	8
	2	2	1	1	1	1	1	1
	2	2	2	2	2	1	1	1
Clipboard 2								
1. SKIN - ERUPTIONS - crusty - thick (9)	1	1	2	-	-	-	-	1
2. EXTREMITIES - ERUPTIONS - Feet - Back of feet (16)	1	1	-	2	2	1	1	-

Fig 4: Final Selection of Rubrics with Radar 10

**Prescription**

BOV 30, 3 doses for 3 days  
 PL for 8 days, 4 - 0 - 4

**Follow up: 1 Date: 21-08-2023**

Lesions dried completely, Pus discharge decreased, appetite improved a little, sleep was refreshing.

**Follow up: 2 Date: 28-08-2023**

Lesions healed up to 90%, No fresh blisters, no discharge, appetite improved

**Discussions**

Homoeopathy is a holistic system of medicine and here the treatment plan is based on individualization through the detailed case taking. It is necessary to consider the constitution of the subject to select the single remedy with the help of totality of symptoms. This case report of irritant contact dermatitis (ICD) treated with homoeopathic medicine is an attempt to show the efficacy of individualistic homoeopathic approach in the treatment of

ICD without requiring medicated external application. In this case a simple dosage of BOV – 30 °C chosen based on totality of symptoms has contributed to the overall improvement of the subject. Improvement status was assessed with the help of visual analogue scale (VAS). VAS Score before treatment was (09) and after treatment was (01).

**Conclusion**

This case study provides valid evidence of the successful treatment of ICD with the help of co homoeopathic medicine based on an individuality of the subject. And it also signifies the importance of holistic and individualistic approach in the homoeopathic treatment. The importance of internal medicine over the external applications has been demonstrated in this case. The single simple minimum dose of carefully selected homoeopathic remedy plays an important role in the treatment of ICD. However, this is a single case report, additional research must be done that further makes this study useful.

**Conflict of Interest:** Author does not want to show any conflict of interest.

**Declaration of Patient Consent:** Patient consent has been taken before publishing these images in this article.

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