



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

www.homoeopathicjournal.com

IJHS 2024; 8(1): 24-27

Received: 24-02-2024

Accepted: 26-03-2024

Dr. Kshiti Shetty

Senior Medical Mentor, Nerul

Branch, Dr Batra's Positive

Health Clinic Pvt. Ltd.

B.H.M.S, F.C.H.D, Delhi,

India

Successful management of bullous pemphigoid with homeopathy: A case study

Dr. Kshiti Shetty

DOI: <https://doi.org/10.33545/26164485.2024.v8.i2a.1116>

Abstract

Bullous Pemphigoid (BP) is a rare autoimmune disorder characterized by blistering eruptions on the skin and mucous membranes. It primarily affects the elderly population, with an estimated worldwide prevalence of 6 to 7 cases per million people per year. This paper presents a case study of a 71-year-old male with a history of urticaria and recently diagnosed with BP. The patient experienced maculo-papular eruptions along with intense itching and sensitivity to sunlight. Conventional treatments provided temporary relief but failed to prevent recurrent outbreaks. The patient opted for homeopathic treatment, which resulted in a significant reduction in blistering eruptions through meticulous case management and individualized remedies. The patient experienced a gradual improvement in his condition, with complete resolution of blisters observed. This paper highlights the potential of homeopathy as an effective and safe alternative therapy for managing BP, especially in cases where conventional treatments offer limited efficacy or adverse side effects. By addressing the underlying imbalances in the body's vital force, homeopathy aims to restore health and promote overall well-being.

Keywords: Bullous Pemphigoid, BP, autoimmune, homeopathy

Introduction

Bullous Pemphigoid (BP) is a chronic autoimmune skin disorder predominantly affecting older individuals, characterized by the formation of large, tense blisters on the skin and mucous membranes. The precise cause of BP remains elusive, but it is believed to involve an autoimmune response targeting proteins within the skin's basement membrane zone. Symptoms commonly include intense itching, erythematous patches, and mucosal involvement. If left untreated, BP can lead to complications such as infections and impaired mobility. Homeopathy offers a holistic approach to managing BP by addressing the underlying imbalances in the body's vital force. Homeopathic treatment aims to stimulate the body's innate healing mechanisms and restore balance at a deep level. Through individualized remedies tailored to the patient's unique symptomatology and constitution, homeopathy seeks to alleviate symptoms, reduce inflammation, and promote overall well-being.

Case Profile

Age: 71 years

Gender: Male

Occupation: Retired (Formerly in the army)

Date of Consultation: May 2021

Chief Complaints

Maculo-papular eruptions on the forehead and nape persisting for 2 months.

Intense itching, disturbing sleep at night.

Skin sensitivity to sunlight developed in the past 2 months.

Itching worsens when lesions are about to erupt, accompanied by local warmth, redness, burning, and pinching sensation.

Relieved by ice application.

Medical History

Previous diagnosis of Urticaria from December 2020 to January 2021, treated with steroids.

History of Bronchial Asthma with an acute episode 6 years ago.

Corresponding Author:

Dr. Kshiti Shetty

Senior Medical Mentor, Nerul

Branch, Dr Batra's Positive

Health Clinic Pvt. Ltd.

B.H.M.S, F.C.H.D, Delhi,

India

Hypertension and Diabetes Mellitus diagnosed 6-7 years ago, managed with Linagliptine and Ramipril.

Treatment History

Consulted a dermatologist at Apollo Hospital, dermatologist diagnosed the condition as Polymorphous Light Eruptions (PMLE).

Prescribed medications including HCQS 200mg and Xevor 5mg for 20 days.

Sunscreen application advised.

Used Momate XL cream and Vaseline LA with temporary improvement but relapse afterward.

Associated Complaints/Complications

Prone to acidity with heartburn, Diabetes & Hypertension.

Observations

Patient presents with chronic skin eruptions exacerbated by sunlight exposure, accompanied by systemic conditions such as hypertension, diabetes, and previous episodes of urticaria and bronchial asthma.

Summary

A 71-year-old retired army officer was experiencing bullous eruptions all over his body since 2 months as during COVID, his daughter, who worked in a TV serial, and her husband both lost their jobs, severely impacting their lifestyle. To assist them, he used his retirement savings, causing disagreements with his son and daughter-in-law who lived with him, leading to household conflicts that greatly troubled him. Additionally, his relatives in his hometown were gravely affected by COVID, resulting in a family loss, further adding to his distress, he worried about how long he could continue supporting his family financially. Homeopathy helped him gradually to come out of his state

Physical Generals

Diet	Mixed
Appetite	Good
Desire	Jackfruit
Aversion	Salty, Sour
Thermal Reaction	Ambithermal towards chilly
Thirst	Good
Stools	Good
Urine	Good
Perspiration	N.O,N.S.
Sleep	Good
Dreams	Cannot recollect

Selection of Remedy

Remedy	Reasons
Constitutional Natrum Phos	Refined, reserved, and sympathetic like Phosphorus. Secretive like Natrum. Sympathetic nature but holds secrets. Conscience stops him from discussing his flying ideas openly. Prefers high-level communication. Culturally refined. Dislikes complaining and expects equal treatment. Presents everything as if it's okay.
Acute Homarus Gammarus	Itching: in various parts frequently day and night; of various parts before and after retiring, > scratching, but appearing in another place. Itching sudden, < night, < in limbs; frequent sudden darting, on various parts, General pruritus Blistering all over the body

Examination

During the initial visit, photographs were captured, revealing subdued symptoms due to the patient's use of allopathic creams and medications.

Mental Generals

After retiring from the Air Force in 2009, where he held a position equivalent to that of a Colonel, the patient showed a strong dedication to his job, earning recognition and awards, including one from President Abdul Kalam. He is known to be friendly but reserved in his interactions. When faced with anger, he tends to absorb it rather than express it outwardly, especially in situations involving his wife or when his son offends him, preferring to avoid conflict within the family. Currently living with his wife, son, daughter-in-law, and granddaughter, his daughter is settled in Kandivali and works for a TV serial. While he used to be more expressive during his working years, he now tends to suppress his emotions, preferring to explain things rather than resorting to shouting. Emotionally, he feels unsettled when anyone in the family is unwell. He enjoys hobbies such as playing games like badminton, squash, football, and hockey, as well as activities like walking and yoga. His happiest moments were when he was awarded by the President, while he feels sadness when remembering his mother, who passed away at the age of 93. Recently, during the COVID-19 pandemic, he faced financial challenges when his daughter and son-in-law were out of work, leading him to dip into his savings to help them. Observations note that the patient remains calm and composed while describing his symptoms, often downplaying them.

Past History

NS

Family History

Mother had Diabetes, Hypertension, and Urticaria.

Case analysis: Totality

- Mind - Reserved, sympathetic
- Mind - Secretive, keeps things to oneself
- Mind - Conscience, prevents expression of ideas
- Mind - Communication, prefers high-level discussions
- Mind - Refined, cultured
- Mind - Dislikes complaining, expects fairness
- Mind - Denies problems, acts as if everything is fine

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Sensitivity to sunlight	X			
Intense nocturnal itching	X			
Maculo-papular eruptions	X			
Suppression of emotions	X			
Tendency towards allergic conditions	X			
History of Urticaria	X			
History of Bronchial Asthma	X			
Mixed diet preference	X			
Financial stress	x			
Occasional alcohol consumption		x		

Results

Month wise followup progress

Date	Symptoms	Prescription
Initial	<ul style="list-style-type: none"> Itching every 15 days, Disturbing sleep, worse at night and upon waking CT Acid reflux improving- Using antiallergic tablets as needed 	<ul style="list-style-type: none"> Antiallergic tablets as SOS
June 2021	<ul style="list-style-type: none"> Itching slightly better in intensity and frequency Managed without antiallergic tablets Using cream occasionally and trying to replace with Calosoft 	<ul style="list-style-type: none"> Continued cream occasionally
July 2021	<ul style="list-style-type: none"> Itching worsened for 15 days with severe intensity Advised allergy test due to high SR IgE 	<ul style="list-style-type: none"> Advised allergy test
Aug 2021	<ul style="list-style-type: none"> Hives resurfaced with severe itching, especially at night 	<ul style="list-style-type: none"> Increased frequency of antiallergic tablets
Sept 2021	<ul style="list-style-type: none"> Severe itching with visible scratch marks Triggered by consuming kheer made from milk during puja 	<ul style="list-style-type: none"> Increased frequency of antiallergic tablets
Oct-Dec 2021	<ul style="list-style-type: none"> Overall improvement in intensity and frequency of urticaria Trying to avoid allergenic foods with mild episodes triggered only by accidental consumption of milk Able to manage without antiallergic tablets 	<ul style="list-style-type: none"> Continued avoidance of allergenic foods
- Mild episodes managed without medication
Jan-Feb 2022	<ul style="list-style-type: none"> Able to tolerate sun exposure without urticaria Introduced allergenic foods without reaction 	<ul style="list-style-type: none"> No medication required
March 2022	<ul style="list-style-type: none"> Few episodes of hives, no itching after playing Holi Recovered from COVID-19 	<ul style="list-style-type: none"> No medication required
Apr-May 2022	<ul style="list-style-type: none"> Able to consume allergenic foods occasionally without breakout 	<ul style="list-style-type: none"> No medication required
June 2022	<ul style="list-style-type: none"> Acute flare-up after consuming cows' milk, severe pricking sensation in palms and soles, noticeable swelling in left hand, no local warmth or burning sensation, pricking sensation while walking 	<ul style="list-style-type: none"> Homeopathic medication for acute symptoms
23/6/2022	<ul style="list-style-type: none"> Developed blisters, particularly around the eye, reduced in intensity after a week with homeopathic medication 	<ul style="list-style-type: none"> Continued homeopathic medication
July-Sep 2022	<ul style="list-style-type: none"> Intensity of symptoms reduced 	<ul style="list-style-type: none"> Continued homeopathic medication
After Sep 2022	<ul style="list-style-type: none"> No relapse of bullous pemphigoid 	<ul style="list-style-type: none"> Occasional urticaria episodes managed without medication, subsiding quickly

The transformation



Discussion and Conclusion

Discussion

The presented case highlights the challenges and complexities in managing chronic urticaria and bullous pemphigoid. The patient experienced recurrent episodes of itching, skin eruptions, and allergic reactions, significantly impacting his quality of life. The initial management with conventional allopathic medications provided temporary relief but failed to address the underlying causes effectively. Homeopathic treatment was initiated, focusing on addressing the patient's constitutional symptoms and miasmatic predispositions. By considering the patient's individual symptoms, miasmatic background, and susceptibility factors, a holistic approach was adopted to stimulate the body's innate healing mechanisms and restore balance. Throughout the follow-up period, there was a gradual improvement in the intensity and frequency of symptoms, indicating a positive response to homeopathic treatment. The patient's ability to tolerate allergenic foods and sun exposure improved, and there was a notable reduction in the severity of urticaria and bullous pemphigoid episodes.

Conclusion

This case underscores the potential of homeopathy in the management of chronic allergic skin conditions like urticaria and bullous pemphigoid. By addressing the underlying susceptibility factors and restoring the body's equilibrium, homeopathic treatment offers a safe and effective alternative to conventional therapies.

Acknowledgment

I take this opportunity to thank those who have helped and supported you personally and professionally during this case study

References

1. According to a study published in the Journal of the American Academy of Dermatology, the estimated worldwide prevalence of Bullous Pemphigoid is approximately 6 to 7 cases per million people per year <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6109638/>
2. Vesiculopustular Eruptions – Pediatric dermatology Fourth edition 2013 <https://www.sciencedirect.com/science/article/abs/pii/B9780723436553000047>
3. [https://www.sciencedirect.com/topics/medicine-and-dentistry/bullous-pemphigoid#:~:text=Bullous%20pemphigoid%20\(BP\)%20is%20an,subepidermal%20blisters%20with%20eosinophilic%20infiltration.](https://www.sciencedirect.com/topics/medicine-and-dentistry/bullous-pemphigoid#:~:text=Bullous%20pemphigoid%20(BP)%20is%20an,subepidermal%20blisters%20with%20eosinophilic%20infiltration.)
4. Homeopathy for BP. <https://www.drhomeo.com/homeopathic-treatment/homeopathic-medicines-bullous-pemphigoid/>
5. <https://www.mayoclinic.org/diseases-conditions/bullous-pemphigoid/symptoms-causes/syc-20350414#:~:text=Bullous%20pemphigoid%20is%20most%20common,triggered%20by%20taking%20certain%20medications.>

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

How to Cite This Article

Shetty K. Successful management of bullous pemphigoid with homeopathy: A case study. International Journal of Homoeopathic Sciences. 2024;8(1):24-27.