Homoeopathic management of urticaria: A case report

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Abstract
Urticaria is a most common skin disorder, which is characterized by flares and wheals, which can occasionally be accompanied by angioedema. This article deals with the treatment of urticaria with the constitutional homoeopathic medicine.

Keywords: Homoeopathy, urticaria, constitutional medicine

Introduction
Urticaria also known as hives is a most common inflammatory skin disorder [1]. The Wheals and hives disappear in 24 hours, but angioedema if it occurs can last long up to 72 hours [2]. The prevalence of Urticaria is up to 20% worldwide [1]. 15% -20% of people in general will get urticaria at least once in their lifetime. Young individuals have the highest incidence of urticaria, which often manifests after adolescence [3]. Urticaria is classified based on its duration, acute urticaria lasts less than 6 weeks, while chronic urticaria lasts more than 6 weeks [1]. Chronic urticaria is more common in women than in men [3].

Risk factors
- Infection
- Food items
- Drugs
- Psychological factors
- Family history
- Environmental factors
- Idiopathic

Clinical features
1. Elevated, painful lumps on the skin that can be anything from a pinprick size to several inches in diameter.
2. Lumps are pink or red in color and have pale centre when pressed on it.
3. Itching with stinging and burning sensations.
4. Urticaria doesn’t always appear as lumps, the lesions may also be appeared as thin raised lines with tiny spots. The cause determines how long it takes for the lesions to manifest.
5. In contact urticaria, the reaction that last up to 24 hours and happens 10-60 min after exposure to the allergen.
6. Urticaria typically show up in an hour in person with a food allergy. Reaction to food coloring and other additives may manifest after 12-24 hours.
7. Urticaria sometimes last for few days. In case of chronic urticaria the symptoms may last for months or years [3].

Diagnosis
Raised eosinophil counts in cases of parasite infections, elevated Total Eosinophil Count, elevated Erythrocytic Sedimentation Rate (ESR) and elevated Total IgE levels due to potential allergens can all be diagnostic markers for urticaria [4]. The holistic idea of treating the patient as a whole will be the main focus of homoeopathic treatment. By appropriate case taking and analysis, homoeopathic constitutional medicine is chosen [4].
Several authors and stalwarts have provided several well indicated treatments in literature. Numerous other cures have been developed, depending on the emotions, triggering factors, physical exertion and more [6].

Case report
A female patient aged 31 years, working at Call center Bangalore who reported to the OPD of Government Homoeopathic Medical College and Hospital on 5th January 2024 with the complaints of erythematous lesion, redness, itching and burning all over the body since 5 years.

History of Chief complaint
- **1st Episode:** When she was in 4th class she had appeared with the eruptions with itching and redness all over body. Her mother tied some ragged thread to the neck and applied mud all over the body. Got reduced with the eruption and was better with that. After that there is no similar episode in the childhood.
- **2nd Episode:** After coming to Bangalore. Later after 6 months she started with itching and eruption on B/L upper and lower extremities and it got spread to the other part of body. She had used some dirty rain water for domestic purpose. After half an hour she started with eruptions on B/L extremities.
- She consulted Dermatologist, she was then prescribed with allopathic medication tab. Okacet twice a day, which helped her to lessen the severity of her symptoms but the recurrence of eruptions remained same whenever she used to get exposed to sun and have non-veg and oily food.

Past history
**Treatment history:** On allopathic medication for the same Tab. (Okacet).

Family history
Father-Apparently healthy
Mother-Diabetes Mellitus since 7 years

Personal history
Diet-Mixed
Appetite-Good
Thirst-Thirsty
Desire-Spic food
Aversion-Nothing specific
Micturition-4-5 times/ day; 1 time/ night
Bowel-Regular, Satisfactory.
Sleep-Disturbed
Dreams-Nothing significant
Perspiration-Generalized
Thermals-Chilly

Menstrual History
Regular
Cycle: 28-30 days
Flow: 3-4 days, moderate flow
Dysmenorrhea: Present

Life Space Investigation
- Patient was born and brought up at Assam. In a middle class family.
- Childhood was uneventfull.
- Studies: She was good in studies. Studied till high school in her parents’ house. Other studies and graduation done at hostel. Worked at Guwahati for few months and then moved to Bengaluru for work.
- Marriage: Got married at the age of 30 years. It was a registered marriage. His parents did not agree with the marriage because it was not done according to the rituals and her parents were unaware of her marriage. They were in a happy relationship for few months later there were misunderstandings and fights between them. She thinks her husband does not love her like before.
- Anger: She gets angry very easily and throws things in anger.
- Fear: She has Fear of darkness.
- Fastidious

General Physical examination
No signs of pallor, cyanosis, clubbing, icterus, lymphadenopathy, oedema. Moderately built and nourished. Height-160 cm
Weight-64 kg.
Tongue-clean, moist.
Skin-No abnormalities.
Hair-No abnormalities.

Vital signs
Temperature-afebrile at the time of examination.
Pulse-72 beats /min.
Respiratory rate-16 cycles/ min.
Blood pressure-120/80 mm Hg.

Systemic examination
Respiratory system-NVBS audible, no added sounds
Cardiovascular system-S1, S2 heard, no murmur
GIT-Bowel sounds heard, per abdomen soft and tender.
Central nervous system: Conscious and oriented with time, place and person.

Dermatological examination
Lesion color: Red
Site of lesion: Whole body
Number of lesions: Many
Symmetrical/asymmetrical/pattern of lesions: Asymmetrical lesions.
Morphology of lesion: Wheal
Distribution of lesion: All over body
Exposed areas: Arms, forearms and hands
Covered areas: Limbs

Investigation
26.02.2024: CBC-Normal, ESR-25 mm/hr

Diagnosis: Urticaria
Miasm: Psora-sycosis
Evaluation of the case: (Table 1)
Table 1: Evaluation of the case

<table>
<thead>
<tr>
<th>Mental generals</th>
<th>Physical generals</th>
<th>Characteristic particulars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Throwing things in anger</td>
<td>Thirsty</td>
<td>Eruption all over body</td>
</tr>
<tr>
<td>Fastidious</td>
<td>Disturbed sleep</td>
<td>Burning and itching</td>
</tr>
<tr>
<td>Fear of darkness</td>
<td>Chilly</td>
<td>Redness</td>
</tr>
<tr>
<td>Insecurity feeling</td>
<td></td>
<td>Nonveg &lt; Fish, Mutton,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&lt; Oily food</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&lt; Sun exposure</td>
</tr>
</tbody>
</table>

Repertorial Totality
1. Mind-Anger-Throwing things around
2. Mind-Fastidious
4. Mind-Insecurity: Mental
5. Stomach-Thirst
6. Skin-Eruptions-urticaria
7. Generals-Food and Drinks-fish-agg
8. Generals-Food and Drinks-mutton-agg
9. Generals-Food and Drinks-spices-desire
10. Generals-Sun-exposure to the sun

Reportorial Sheet

Image 1: Reportorial sheet

Prescription: (On 05.01.2024)
Rx: Arsenic album 1M-1 dose
PL (4-0-4) x 15days given orally

Follow up: (Table 2)

Table 2: Follow up

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
<th>Rx:</th>
</tr>
</thead>
<tbody>
<tr>
<td>025.01.2024</td>
<td>Mild eruptions appeared after having fish</td>
<td>PL (4-0-4) for day</td>
</tr>
<tr>
<td></td>
<td>Burning and itching Slightly persist</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sleep improved</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Allopathic tab was reduced to ½ per day</td>
<td></td>
</tr>
<tr>
<td>18.02.2024</td>
<td>Eruptions slightly better, occasionally appeared</td>
<td>PL (4-0-4) for 1month</td>
</tr>
<tr>
<td></td>
<td>Burning and itching slightly reduced</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Generals are improved</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Allopathic tab was reduced to ¼ per day, Advised to take only if eruptions appears.</td>
<td></td>
</tr>
<tr>
<td>16.03.2024</td>
<td>Eruptions are better</td>
<td>PL (4-0-4) for 1month</td>
</tr>
<tr>
<td></td>
<td>No eruptions even after having nonveg</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Generals are improved</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Allopathic medicines were completely stopped</td>
<td></td>
</tr>
<tr>
<td>25.04.2024</td>
<td>Eruptions are better</td>
<td>PL (4-0-4) for 1month</td>
</tr>
<tr>
<td></td>
<td>Generals are improved</td>
<td></td>
</tr>
</tbody>
</table>
Discussion
In Homoeopathy we treat based on individualization. According to the vital principles of homoeopathy skin diseases are caused by the internal disturbances in vital force it should not be considered as a local malady. So internal medicines help in complete relief of patient. In the above mentioned case constitutional medicine is selected after proper case taking and analysis and evaluation of symptoms. Arsenicum album was selected as a constitutional remedy after referring repertory and materia medica. Giving this medication contributed to a noticeable reduction in physical and mental symptoms. Burning, itching and Erythematic lesions got cured completely and also her generalities got improved. The alterations in the casual attribution in the above case were evaluated using Modified Naranjo Criteria (Table 3). The case's overall score according to the criteria is (+9), which is quite near to the sum of +13, which denotes the clinical outcome's positive casual attribution of the individualized homoeopathic medicine.

Table 3: Assessment of Modified Naranjo Criteria Score

<table>
<thead>
<tr>
<th>Modified Naranjo Criteria</th>
<th>Yes</th>
<th>No</th>
<th>Not sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Was there an improvement in the main symptom or condition for which the homoeopathic medicine was prescribed?</td>
<td>+2</td>
<td>-1</td>
<td>0</td>
</tr>
<tr>
<td>2. Did the clinical improvement occur within a plausible timeframe relative to the drug intake?</td>
<td>+1</td>
<td>-1</td>
<td>0</td>
</tr>
<tr>
<td>3. Was there an initial aggravation of symptoms?</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>4. Did the effect encompass more than the main symptom or condition (i.e., were other symptoms ultimately improved or changed)?</td>
<td>+1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>5. Did overall well-being improve? (Suggest using validated scale)</td>
<td>+1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>6. Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease?</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>7. Did old symptoms (Defined as nonseasonal and non-cyclical that were previously thought to have resolved) reappear temporarily during the course of improvements?</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>8. Are there alternate causes (Other than the medicine) that-with a high probability-could have caused the improvement? (Consider the known course of the disease, other forms of treatment, and other clinically relevant interventions)</td>
<td>-3</td>
<td>+1</td>
<td>0</td>
</tr>
<tr>
<td>9. Was the health improvement confirmed by any objective evidence? (e.g., lab test, clinical observation, etc.)</td>
<td>+2</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>10. Did repeat dosing, if conducted, create similar clinical improvement?</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total score (Maximum score= +13; Minimum score = -3)</td>
<td>+9</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Conclusion
The results of this study showed that homoeopathy works well for treating urticaria with constitutional medicine. The patient experienced a relief with both physical and mental symptoms and also there was an improvement in the quality of life. Patient was no longer reliant on the allopathic medications.

Conflict of interest: None

Financial support: Not available

Declaration of patient consent: Patient consent was taken for images to be reported for this article.

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