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Angioedema treated with single dose of the homoeopathic remedy *Apis mellifica* 200C

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Abstract

Angioedema is non-pitting edema which affects the face, lips, neck, and extremities as well as the oral cavity, larynx, and stomach. Bradykinin and histamine are the two mediators that cause angioedema in the majority of cases. Several homoeopathic treatments for edema are available based on the entirety of the patient's symptoms. In the present study, individualistic approach has been adopted for the treatment of angioedema and report has been published.

Keywords: *Apis mellifica*, homoeopathic treatment, angioedema, histamine, bradykinin

Introduction

Angioedema is an episodic, localised, non-pitting swelling of submucous or subcutaneous tissues. It may be a manifestation of allergy or non-allergic degranulation of mast cells in response to drugs and toxins. In these conditions the main cause is mast cell degranulation with release of histamine and other vasoactive media-tors. In hereditary angioedema, the cause is C1 inhibitor deficiency, which leads to increased local release of bradykinin. Angiotensin-converting enzyme (ACE) inhibitor-induced angioedema also occurs as the result of increased bradykinin levels due to inhibition of its breakdown.

Types of Angioedema Acquired • Allergic (histaminergic angioedema) reaction to specific trigger. This is IgE mediated degradation of mast cells. • Idiopathic angioedema which is non IgE mediated degranulation of mast cells (Histamine). • Hereditary angioedema which is C1 inhibitor deficiency with resulting local bradykinin concentration, •ACE-Inhibitor associated angioedema which is inhibition of breakdown of bradykinin.

It mainly involves face, extremities in life threatening cases it involves larynx or tongue. It is non pitting oedema with symptoms of burning, itching and sometimes painful.

Case report

A male patient aged about 24yrs came to my OPD, with complaining of Swelling of left hand (dorsum) since morning (same day). Patient was apparently well till before day, he ate fast food before the day of complaint at a new place. The next day when he woke he saw slight swelling of left hand after some time redness and swelling increased within 1 hour and gradually he started experiencing pain and itching. He is experiencing stinging pain along with burning sensation. Associated with itching, scratching ameliorates. Modalities-aggravation heat, amelioration Cold water.

Physical generals

Patient is medium height with moderate build. He desires spicy foods and milk. His appetite, urine, bowels, sleep, all are normal. He prefers to lies on back. He has scanty sweat on whole body with no significant odor &staining. He is thirst less, drinks only 1 liter/day. He is a hot patient.

Examination

- **On inspection:** Oedema of left dorsum of hand, redness is seen.
- **On palpation:** No pitting when pressed and there is no warmth or tenderness.

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Case analysis**In this case peculiar symptoms are:**

- Thirstless
- Desires milk.
- Sleep on back.
- Swelling of dorsum of left hand.
- Itching of hand
- Stinging pain
- Cold bathing amelioration.
- Burning sensation
- Itching of hand scratching ameliorates.

Selection of repertory

Based on symptoms synthesis repertory was selected.

Rubrics:

- Stomach-Thirstless.
- Generals-Food and Drinks-milk-desire.
- Sleep-Position-back, on
- Extremities-swelling-hands-back of-left hand.
- Extremities-swelling-hands-itching.
- Extremities-Itching-Hands-Scratching-amel.
- Skin-Swelling-Burning.
- Skin-Swelling-Stinging.

- Generals-cold-bathing-amel.

Repertorial results

- *Apis mel*: 14/6
- *Bryonia*: 14/6
- *Sulphur*: 11/6
- *Pulsatilla*: 14/5
- *Rhus tox*: 12/5

Selection of remedy

Based on symptom similarity *Apis mellifica* 200c was prescribed.

Diagnostic assessment

Diagnosis was made based on presenting complaint and examination.

Results

The patient was followed up within days as required. The potency and doses was done as per the guidelines of homoeopathic philosophy. The changes in sign and symptoms, as well as the medicine prescribed in every follow-up, are provided in Table below. His general condition also got better and stable.

Date	Symptoms	Prescription
06-12-24	Swelling of left hand. He is experiencing stinging pain along with burning sensation. Associated with itching, scratching ameliorates. Redness is present.	Rx <i>Apis mellifica</i> 200C 1 dose placebo
08-12-24	Swelling and pain was reduced but still there is slight redness, sometimes itching sensation are still present.	Rx Saclac
11-12-24	Redness, itching and burning sensation are also relieved.	Rx Placebo

Before and After Treatment**Before**

Swelling of hand with redness



Normal right hand

2nd Follow-up3rd Follow-up

Discussion

In this case of angioedema, *Apis mellifica* covered many symptoms such as swelling of hand, stinging pain, burning sensation, desires milk, thirst less and amelioration from cold, where everything were not covered by bryonia, *sulphur*, *pulsatilla*. *Apis mellifica* 200th potency was useful in this case. The patient who received homoeopathic treatment felt significant relief after 3 follow ups. Homoeopathic treatment was given according to individualistic approach. Remedy was selected on the basis of symptoms similarity after analysing the repertorial totality.

Conclusion

Angioedema is a life-threatening disorder sometimes that manifests in several subtypes, each with its own distinct pathophysiology. The past two decades have seen tremendous advances in the diagnosis, classification, and management of angioedema. Homeopathic medicines reduce both the intensity and frequency of angioedema attacks and help improve the patient's quality of life. The instant case study demonstrates that individualised homoeopathic treatment is associated with significant relief in symptoms of angioedema.

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Conflict of Interest

Not available

Financial Support

Not available

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