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A case study of contact dermatitis and its homeopathic management

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Abstract

Dermatitis involved the primary most common disease seen among the hypersensitivity infections with a pace of 24.50% of the total [8]. In industrialized nations, contact dermatitis is one of the frequently associated disorders and has eminent socio-economical impact. An expected 15%–20% of population experiences contact hypersensitivity [8]. Contact dermatitis happens twice as much in ladies as compare to men and frequently begins at a youthful age [7]. This article shows that regardless the title of the disease or pathology, presuming that the patient shows signs and symptoms characteristic of a particular drug, as an individual holistic life force reaction from our clinical outlook of the instructions of our Organon of Medicine & Homeopathic Philosophy, then that acts as the specific remedy in that particular case [3]. In this case report, a female of 20 years of age suffering from contact dermatitis is given constitutional homeopathic treatment.

Keywords: Homeopathy, contact dermatitis, individualization

Introduction

Contact dermatitis is characterized as the “superficial inflammatory response of the skin incited by exogenous agents reacting on the skin” referred to as an allergen [5]. The allergen is innocent to humans that are now not allergic to it. It is characterized by redness, itching, dryness, swollen, burning covered in bumps or blisters. Allergic contact dermatitis (ACD) is a “cell-mediated (type IV), delayed type, hypersensitivity reaction”. The acute condition is characterized by pruritus, erythema, edema, and vesicles generally limited to the region of direct exposure. Repeated contact to the allergen in a sensitized person will cause a chronic complaint, characterized by lichenified erythematous pillars with variable hyperkeratosis and fissuring that may spread beyond the areas of direct exposure. The external agents causing contact dermatitis such as Degreasing agents, Detergents, solvents, Parabens used as preservative in cosmetics, Friction and dusts, Low humidity, Rubber and plastic, jewelry made of nickel & chromate, plant allergens, formaldehyde, epoxy resin etc. [1] Contact dermatitis usually exacerbates pre-existing endogenous eczema [2].

The diagnosis is generally based on a history and physical assessment. Patch testing may be necessary in cases of chronic contact dermatitis [9].

According to homeopathic principles the choice of remedy depends on the theory of individualization of patient as a whole. The point of homeopathy isn't just to treat contact dermatitis however to address its primary causes and individual susceptibility [6].

Case profile

A 20 year old female student came to our OPD with the complaint of eruption on both leg starting from left leg and then right leg since 6 month. The complaint was associated with yellow watery discharge, itching and burning from warm water and after bathing at night. She took allopathic medicine for it but was not relieved. Patient also complains of headache since last 1 year which starts from left side forehead and is better by vomiting and pressure. Also complain of motion sickness.

Past history

Renal stone on right side of 11.3 mm, right pelvic ureteric junction proximal mild hydronephrosis. Patient has occasionally renal colic once in month.

Family history: Not specific

Physical general

1. Appetite-normal
2. Thirst-normal
3. Perspiration-normal
4. Desire- not specific
5. Aversion- milk++
6. Stool- constipation, unsatisfactory stool (2 times in day)
7. Urine-normal
8. Change of weather – coryza
9. Thermal – chilly
10. Sun- headache (left side)
11. Menses- regular (menarche- at 14 years)

5. Complain agg. From night, warm water, after bathing
6. Confusion
7. Confidence low
8. Obesity

Rubric

1. Extremity -Eruption on leg
2. Extremity-Eruption burning leg
3. Generality-Food and drinks milk aversion
4. Generality-Weather change of agg.
5. Head pain-Localization forehead left side
6. Head pain – General vomiting amel. from
7. Mental – Confusion
8. Mental- Confidence want of
9. Generals-Obesity young people, in
10. Rectum-Constipation
11. Generals-Heat vital, lack of

Mental generals

Introvert
 Memory – weak
 Study – average
 Confidence – low
 Decisions – confusion

Diagnosis

Contact dermatitis

Totality of symptoms

1. Eruption on leg
2. Eruption burning
3. Eruption watery discharge
4. Aversion to milk

Case analysis (Repertorization)

For this case report the significance of mental and physical generals for prescribing homeopathic medication is again confirmed and the standards for Similia Similibus Curentur are again demonstrated. The case was repertorised using complete repertory from homeopathic software (CARA) [4].

Rubrics	Source	Calc	Bry	Lach	Rhus-t	Sil	Ars	Merc	Nat-c	Nat-m	Nat-s	Ph-ac	Puls	Sep	Sulph	Ant-c	Bell	Caustr	Chin	Kali-bi	Mag-c	Mez	Nit-ac	Phos	Stann	Staph	Sul-ac	Alum	Am-c	Ant-t	Apis	Arg-n	Asar	
ERUPTIONS Leg	(C)Extremities	1	1	1	2	1	1	1	2	2		1	1	2	1		1	2		1	1	1	1		1									
ERUPTIONS burning leg	(C)Extremities	1			2																													
FOOD and drinks milk aversion	(C)Generals	2	2	1	1	2	1	1	3	1	2	1	2	2	2	1	1		1		1	2	1	2	1	3	1		1	2				
WEATHER change of agg.	(C)Generals	2	3	1	3	3	1	2	2	1	2	2	2	1	2	1	2	2	2	1	1	1	2	1	3	1		1	2	2	1			1
LOCALIZATION Forehead left side	(C)Head Pain	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2	2
GENERAL vomiting amel. from	(C)Head Pain	1	1	1	1	1																												1
CONFUSION	(C)Mentals	3	3	3	3	3	2	3	2	3	1	2	2	3	2	1	3	1	2	1	2	2	1	3	1	2	1	2	1	2	1	3	2	
CONFIDENCE want of self	(C)Mentals	1	2	1	1	3	1	1	1	2	1	2	2				1	1	1	2				1	1		1	1	1					1
OBESITY young people, in	(C)Generals	1		1													2																	
CONSTIPATION	(C)Rectum	3	3	3	1	3	3	2	2	3	1	1	2	3	3	1	2	3	2	2	2	3	3	3	2	3	2	1	2	1	3	2	1	
HEAT vital, lack of	(C)Generals	3	2	2	3	3	3	2	1	2	3	3	2	2	2	2		3	2	3	2	2	3	3	2	2	2	2	2	1	1	2	2	

Fig 1: Repertorization

Prescription

CALC. CARB 200 -1 dose in week
 RUBRUM -4BD for 15 days

Table 1: Follow up

Date	Follow-up	Prescription
18 TH June	Burning type of pain is better. Eruptions in legs. Frontal headache is better. Stool-constipated. No new complaints.	CALC. CARB 200 -1 dose/week RUBRUM -4BD for 15 days
4 th July	Not much improvement in pain. Itching on legs is better. Headache is better.	RUBRUM -4BD for 15 days
20 th July	Relief in itching and eruptions. General conditions-good. Headache-better. Stool-constipation relieved	CALC. CARB 1M -1dose/week. RUBRUM -4BD for 15 days
9 th August	Improving steadily. No new complaints.	RUBRUM-4BD for 1 month.
11 th September	Patient had clear healthy skin. Headache relived. Stool-normal	RUBRUM -4BD for 1 month



Discussion

This case study shows the effectiveness of constitutional homoeopathic medicines in the case of contact dermatitis. Homoeopathic medicines were selected on the grounds of

Conclusion

In this case report Calcarea carb seems to be well covered according to the personality of the patient in sickness and in health followed by Rubrum with general improvement of the patient. Thereby homoeopathic medicine Calcarea carb was selected on the basis of presenting totality of symptoms and after proper repertorisation [4].

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totality of symptoms after a comprehensive caretaking and case processing and Calcarea carb was prescribed for the respective case [3]. This treatment lasted for 3 months with complete cure in contact dermatitis.

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