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A clinical study on the efficacy of homoeopathic medicines in the treatment of Seborrhic eczema

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Abstract

Seborrheic eczema is the most frequent disorder, as well as the most common skin disease in which scalp get affected. It is frequently a persistent, complex condition. It's tough to pinpoint the exact cause of the condition. The paper discusses the clinical features of seborrhic eczema and the homeopathic medicines which were given to patient after complete case taking.

Keywords: Seborrhic eczema, dandruff, homoeopathy, Sulphur, Natrum Mur, Graphitis

Introduction

Dandruff and seborrheic eczema are both chronic, recurrent scaling illnesses with a similar aetiology. Seborrheic dermatitis is considered to affect up to 5% of the general population, while dandruff, a milder form, is thought to affect up to 50% of the population^[1, 2].

Excessive physiologic desquamation causes dandruff, a non-inflammatory, mild form of seborrheic dermatitis of the scalp. Seborrheic dermatitis, on the other hand, is an inflammatory, erythematous, scaling eruption in areas of the skin with a lot of sebaceous glands.

Although the specific cause of seborrheic dermatitis is uncertain, it is thought to have a complex aetiology. Sebum production, the presence of and immunological response to specific *Malassezia* (formerly *Pityrosporum*) yeast species (most often *Malassezia globosa* and *Malassezia restricta*), ambient humidity, and stress could all play a role. Although areas with a high density of sebaceous glands are more likely to develop seborrheic dermatitis and dandruff, there is no clear link between sebum productions and the presence or activity of illness^[3].

Clinical features: Seborrheic dermatitis is most common in children, adolescents, and people over the age of 50, with males being affected more frequently than females. Dandruff and seborrheic dermatitis have a mild clinical history. Seborrheic dermatitis is characterised by asymptomatic or mildly pruritic lesions (seborrheic dermatitis is worse than dandruff), with episodic exacerbations linked to cold weather, stress, and illness. Dandruff lesions develop on the scalp as non-erythematous, non-inflammatory, white, or oily scaling. Seborrheic dermatitis affects the scalp, face (eyebrows, eyelids, nasal alar crease, lips, and ears), and body, causing erythematous, inflammatory, greasy, yellow to brown scaling patches or plaques. The crown and parietal parts of the scalp, as well as the anterior hairline, are commonly affected by seborrheic dermatitis. Dry, slightly erythematous scaling patches that might grow to thick, greasy, exudative areas are common symptoms of facial seborrheic dermatitis. If left untreated, it may become infected^[3, 4].

Objectives of the study

1. To study in detail about seborrhic eczema.
2. To see the effectiveness of homoeopathic medicines in the treatment of seborrhic eczema.

Materials and Methods

- This study has been conducted on the patients who were suffering from seborrhic eczema to assess the effectiveness of homoeopathic medicines in the treatment of it.

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Research design

Non-controlled experimental study design.

Sample design:

Total 30 cases were selected by purposive sampling method. All cases were selected according to inclusion criteria and excluded according to exclusion criteria.

Inclusion criteria

- People between 10-50 age group of both genders.
- All clinically diagnosed cases of seborrhic eczema irrespective of their sex, socioeconomic status, ethnic group and occupation were considered.

Exclusion criteria

- Cases without regular follow up.
- Cases with complications.
- Patients who were suffering from systemic disease such as high blood pressure, diabetes mellitus etc.

Source of data

- The data was collected from patients reported to the outpatient department, of kulsum clinic, from January 2015-2017 Akola Maharashtra.
- Data was collected from patients or their parents/attenders, by interviewing the patient's history in detail and after thorough physical examination.

Analysis of data

All the collected symptoms of each patient were analysed & totality of symptoms was obtained in each case by taking into consideration the homoeopathic principles. The potency selection was done based on the demand of the case, taking into consideration the criteria of susceptibility, vitality, changes in the structural and functional level as per need of the case. These cases were followed for a period of 6 months duration.

During the follow up each case was evaluated keenly including the intensity of symptoms before during and after treatment. No controls were considered during the study. All cases were treated after taking case with, in which the complete symptomatology of patients (clinical presentation and individual symptoms) was recorded. Selection of remedy in each case was based on the totality of symptoms.

Follow ups

Cases were reviewed for every 7 days, 15 days basis to assess the subjective and objective changes. Each case was followed for a period of 6 months from the commencement of treatment for the study.

Assessment of effectiveness

Effectiveness of the medicines was assessed on the basis of clinical improvement and the disappearance or relief of symptoms, improvement in general health. After competition of treatment, the post – treatment disease intensity was compared taking into consideration the general wellbeing of the patient and symptoms of seborrhic eczema.

Plan and data analysis

Data was analysed using descriptive statistics and the results were presented by using tables, percentages, diagrams and

graphs as per need. The significance of the treatment before and after using homoeopathic medicine was tested by using paired t-test.

Results**Table 1:** Showing age group of patients

10-20yrs	20-30yrs	30-40yrs	40-50yrs
12	8	6	4

Table 2: Showing sex of patient in all age groups

Ages	Male	Female
10-20yrs	10	2
20-30yrs	6	2
30-40yrs	2	4
40-50yrs	1	3
Total	19	11

Table 3: Showing symptom of itching in seborrhic eczema before treatment and after treatment

Itching	Before treatment	After treatment	Significance
Absent	01	15	X ² : 30.61 Df:3 P value: 0.00001025 sig (< 0.05)
Mild	02	09	
Moderate	17	05	
Severe	10	01	
Total	30	30	

Table 4: Showing symptom of burning in seborrhic eczema before treatment and after treatment

Burning	Before treatment	After treatment	Significance
Absent	05	21	X ² : 17.73 Df:3 P value: 0.0005008 sig (< 0.05)
Mild	10	03	
Moderate	08	04	
Severe	07	02	
Total	30	30	

Table 5: Showing symptom of erythema in seborrhic eczema before treatment and after treatment

Erythema	Before treatment	After treatment	Significance
Absent	01	11	X ² : 18.87 Df:3 P value: 0.0002914 sig (< 0.05)
Mild	05	11	
Moderate	12	05	
Severe	12	03	
Total	30	30	

Table 6: Showing symptom of scaling in seborrhic eczema before treatment and after treatment

Scaling	Before treatment	After treatment	Significance
Absent	04	12	X ² : 10.44 Df:3 P value: 0.01514 sig (< 0.05)
Mild	07	11	
Moderate	13	05	
Severe	6	02	
Total	30	30	

Table 7: Showing symptom of weeping in seborrhic eczema before treatment and after treatment

Weeping	Before treatment	After treatment	Significance
Absent	03	09	X ² : 8.174 Df:3 P value: 0.04254 sig (< 0.05)
Mild	08	12	
Moderate	14	05	
Severe	5	04	
Total	30	30	

Table 8: Showing medicine given in the cases

Medicine	No of patients
Arsenic Alb	01
Calcarea carb	02
Graphites	04
Kali Sulph	03
Natrum Muriaticum	06
Phosphorous	02
Psorinum	03
Sanicula	02
Sulphur	07
Total:9	30

Table 9: Showing follow up of cases after 6 month of treatment

Cases	No of patient before treatment	No of patient after treatment	Significance
Not improved	30	6	X ² : 40 Df:2 P value:<0.0000001 sig (< 0.05)
Improved	0	21	
Drop out	0	3	
Total	30	30	

Discussion

For the final outcome cases after 6 month of regular follow up where categorized into three groups. Not improved where those cases which showed no Improvement in the sign and symptoms of eczema. Improved where those cases which showed relieved in the symptoms of eczema. Drop out where those cases which did not completed a regular follow up of 6 months. Medicines were prescribed after complete case taking.

Arsenic album: It is indicated in cases of seborrheic dermatitis with itchy scalp and white scales. Intense itching and burning sensation in the scalp especially at night. The scalp is dry, rough, dirty with dry scales and extremely sensitive to touch [5]. Scaly eruptions, chronic eczema, and leprosy; stinging, burning pains; malignant carbuncles [6]. pustules and vesicles with aggressive burning-itching; erysipelagic eruption of blister forming on the face and ears; eczema impetiginodes on the scalp; rubella-like spots; small blood extravasations from the face and ears [7]. Dr. Robert provides a case of pityriasis rubra caused by ARSENIC; the skin grows rough and scaly and states that its continued medicinal use in some cases has induced hives, pityriasis or skin psoriasis [8]. Skin that looks really white and pasty, then dark, scaly. Dry and scaly skin. Black skin patches [9].

Calcarea sulph: It is indicated for seborrheic dermatitis with eruptions filled with yellowish pus. The scales are associated with hair fall [5]. According to WM.H BURT Calcarea have pale, warm, and flabby; hair dry and looks like tow; head and upper part of the body swell profusely, Unhealthy skin; it is often the least affected by ulceration [6]. heat flushes in the face; erysipelalous redness with swelling, pale skin swelling and connective tissue below the lips, upper lip, and in the region of the cheeks [7]

Graphites: It is indicated for seborrheic dermatitis with intense itching and offensive smell on the scalp. Moist scalp with tangled hair. Dandruff like flakes on the margins of the eyelids and behind the ear with intense itching. The scales reduce after washing, but reappear. Matting and falling of hair from the flakes [5].

Dermal eruptions: papule and nodules, hives, vesicles, blisters, pustules, tiny boils that desquamate, discharge, form scabs or suppurate, here and there, on the nose, trunk and extremities [7].

Kali sulphuricum: It is the best homeopathic medicine for seborrheic condition with yellow scales. The scalp is moist and the yellow flakes are sticky with itching and tingling [5].

Natrum muriaticum: It is indicated for seborrheic condition with an oily scalp with redness and white flakes. Burning sensation on the scalp and face with oily skin. Eruptions on face like acne with redness and greasy skin [5]. Itching eruption on margin of hair and nape of neck [6].

Phosphorus: It is one of the best homeopathic medicines for seborrheic dermatitis with flakiness and hair fall. The hair falls out in bunches and may result in bald spots. Intense burning sensation on the scalp with moist sweat [5]. Pustules, vesicles and rash eruptions, penetration, small patches of brownish or reddish colour, copper-colored hives and spots, acne- pustules on the face and boiling in various other places [7].

Psorinum: It is one of the top remedies for seborrheic dermatitis with moist, offensive smelling scalp and intolerable itching is present. The hair is rough and tangled. Intense itching which gets worse at night and from warmth. Scratches until bleeds. [5] Pustules scratching on the neck, face, arms. Dry itch on the arms and chest, but the finger-joints are most serious. The elbow and wrist itch [10].

Sanicula: It is a great medicine for seborrheic dermatitis with flakes on the eyebrows and eye lashes. The scalp is moist with sweat and covered in scales [5].

Sulphur: It is recommended when the skin is dirty and unhealthy. Dry skin with dry scales on the scalp. Intolerable itching and scratching of scalp especially at night. Severe burning sensation from itching and scratching [5].

Thuja: It is the best medicine for seborrheic condition with white flakes on the scalp. There is hairfall associated with dandruff. The hair is dry with splits at ends [5]. The eruption is vesicular or pustular; much worse at night; the heat of the bed makes itching much worse [6].

Conclusion

After receiving homoeopathic medicines 21 patient showed relief and improvement in the symptoms of itching, burning weeping and scaling. Sulphur, Natrum Mur, Graphitis where the medicine which were used commonly in treating the patients. Homoeopathic medicines were effective in treating the cases of seborrheic eczema

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