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## A case of hordeolum internum treated with STAPHYSAGRIA 1M - A case report

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### Abstract

A clinical case report to evaluate the role of homoeopathic medicine, STAPHYSAGRIA 1M for Hordeolum Internum. The wide range of eye conditions that are treated by Homoeopathy that we would be impossible to concise it in one paper. In spite of that, the scope offered by Homoeopathy is eclectic, being a drug- based system of medicine, it eliminates the variety of surgical conditions. we may mention here that some of the so-called surgical conditions are changeable to medical treatment by the Homoeopathy system of medicine. Some of the conditions treated successfully by Homoeopathy have included with are Hordeolum internum (Styes). Treating an odd stye is not remarkable; it can heal naturally. However, the tendency for recurrent styes can be treated with much profit. A patient presented with symptoms of Hordeolum internum was diagnosed by the clinical presentation. And STAPHYSAGRIA 1M was started, and then the symptoms were reassessed in every follow up in order to know the treatment response. Homoeopathic remedy, STAPHYSAGRIA 1M provide valuable improvement in the treatment of Hordeolum internum. Symptoms of Hordeolum internum relieved within 3 weeks and patient became normal after the treatment. Till now there is no reoccurrence of styes. From the above results and observations, it was concluded that homoeopathic remedy STAPHYSAGRIA 1M cured Hordeolum internum. No adverse effects were noted when homoeopathic remedy was administered.

**Keywords:** Eyes, Hordeolaum internum, Homoeopathy, STAPHYSAGRIA 1M, Styes

### 1. Introduction

Our eyes are the vital part of our well-being. Many people rely on their eyes to see and sense the world. But some kind of eye diseases may end to blindness, so it is significant to find and cure the eye diseases immediately. A noted human homoeopathic ophthalmologist, Edward Kondrot MD, CCH, DHt, stated that the main cause for all the eye disease is suppression produced by modern medicines. Homoeopathic method of treatment for eyes conditions is an extremely trusted one in the recent times. The current statistics demonstrates that a majority of the affected population choose for homoeopathic treatment. A noteworthy amount of population has started choosing homoeopathic treatment for eye diseases and many other conditions of eye<sup>[1]</sup>.

A hordeolum (stye) is an acute, localized swelling of the eyelid that may be external or internal and often it is pyogenic – staphylococcal infection. Most hordeolum are external and result from blockage and infection of an eyelash follicle and adjacent glands of Zeis or Moll glands. Follicle obstruction may be linked with blepharitis. An internal hordeolum, which is not so frequent, results from infection of a meibomian gland. Rarely cellulitis comes along with hordeolum. Homoeopathy has better advantage in these kinds of cases. We can see the astonishing results in ophthalmological cases treated by homoeopathic system of medicine.

### Objective

To know the efficacy of homoeopathic medicine, STAPHYSAGRIA 1M in the treatment of hordeolum internum.

### Review of literature

A hordeolum is an acute bacterial infection seen in the eyelid. These kinds of infection are quite common. The patient often presents with symptom of painful and erythematous inflamed eyelid. The hordeolum can form on the external eyelid and it is referred as stye.

It can also form on the inner eyelid and can be easily mistaken as chalazion. The condition persists for about one to two weeks, it is a self-limiting, and often cures by its own. It can be treated with other means such as warm compresses and massage therapy. Some rare cases, the pustule needs to be drained.

### Etiology

It is habitually formed by Staphylococcus that infects the eyelash hair follicle. The external hordeolum is caused by a blockage of the sebaceous (Zeis) glands or sweat (Moll) glands. The obstruction points at the lash line and represents as a painful red swollen spot that grows into a pustule. The internal hordeolum is due to the blockage of the Meibomian glands, and the pustule forms on the inner surface of the eyelids. Hordeolum can be present on both eyelids.

### Epidemiology

Hordeolum is a common presentation and can be seen everywhere. There is no direct connection between race, sex, or gender related to hordeolum prevalence. Adults are more prone because of the increased viscosity of the sebum. Patients with the conditions like blepharitis, seborrheic dermatitis, rosacea, diabetes mellitus, and hypercholesterolemia are also at risk of developing hordeolum.

### Pathophysiology

The infection occurs due to the stasis, drying, and thickening of the Zeis, Moll, or Meibomian gland secretions. The Zeis and Moll glands are the ciliary glands of the eye. The Zeis gland produces sebum with antiseptic action that helps to prevent the growth of microorganisms. The Moll gland produces immunoglobulin A, mucin 1, and lysosomes which are all important for the immune defense mechanisms against the microbes. When these glands become clogged, the eye's immune defenses are tended to impair. That stasis can lead to bacterial infection, especially with Staphylococcus Aureus which was the most common pathogen. Later the localized inflammatory response was over, then the infiltration by leucocytes triggers the purulent abscess development<sup>[2]</sup>.

### Symptoms

1. Tenderness
2. Crusting on the margins of eyelids
3. Burning sensation over eyes
4. Itching of eyes
5. Blurring of vision
6. Discharge of mucus from the eyes
7. Photophobia
8. Tearing kind of pain
9. Discomfort while blinking

### There are two general categories of stye

#### External hordeolum

External Hordeolum comes along the outer edge of the eyelid. It is yellow, filled with pus, and painful when touched. Infections in the following parts can cause external Hordeolum

#### Eyelash follicle

**Sebaceous gland:** This gland is attached to the eyelash follicle and secretes sebum. It helps to lubricate the eyelash and prevents it from drying out.

● **Apocrine gland:** This gland also helps to prevent eyelashes from drying out. It is a kind of sweat gland that drains into the eyelash follicle.

### Internal hordeolum

Here the swelling develops inside the eyelid. Generally, an internal hordeolum is more painful than an external. The most common cause is infection in the meibomian gland. These glands produce a secretion that gives a part of the film that covers the eye. Affected people will feel the itching over eyeball, sensitivity to light, burning sensation in the eye, crusting of the eyelid margins, a feeling of foreign body inside the eye, and discomfort during blinking.

### Causes and risk factors

Adolescents prone to have styes more commonly, but people of any age can develop them.

### Risk factors:

1. Using cosmetics after crossing the expiry dates
2. Not removing eye makeup before going to sleep
3. Not disinfecting contact lenses before wearing it
4. Changing contact lenses without cleaning the hands
5. Malnutrition
6. Sleep deprivation

Even if the styes are not communicable, a household member has a stye means the other residents should not share towels. Avoiding this kind of contact lowers the risk of infection. Occasionally a stye occurs as a complication of blepharitis, an inflammation of the eyelids. A bacterial infection causes blepharitis, but it can also sometimes be a complication of rosacea, an inflammatory skin condition that mainly affects the skin on face<sup>[3]</sup>.

### Evaluation

Basically, there is no diagnostic test for this hordeolum, and it is purely diagnosed based upon the clinical presentation. Rarely, additional testing and imaging will be needed in case of complications occur. An internal hordeolum can cause corneal irritation, in that case we have to stain the eye with fluorescein to ensure there is no corneal abrasion<sup>[2]</sup>.

### Homoeopathic management

The homoeopathic remedy STAPHYSAGRIA was prepared from stavesacre, a plant from Ranunculaceae family. It is prepared from the Staphisagria macrosperma plant, or stavesacre, (scientific name) or Delphinium staphisagria. All parts of S. macrosperma are toxic and not to be consumed.<sup>[5]</sup> The seeds of Stavesacre were known to Dioscorides as an agent for inducing vomiting and salivation, and for toothache<sup>[4]</sup>.

**Eyes:** Heat in eyeballs, dim spectacles. Recurrent styes. Chalazae (Platanus). Eyes sunken, with blue rings. Margin of lids itches. Affections of angles of eye, particularly the inner. Lacerated or incised wounds of cornea. Bursting pain in eyeballs of syphilitic iritis<sup>[6]</sup>.

### Methodology

A diagnosed case of hordeolum internum based upon the history, general examination, and symptomatology, the patient was prescribed with homoeopathic medicine STAPHYSAGRIA in 1M potency for weekly two doses.

Following that, the changes were observed, and reassessment was done on regularly.

**Outcome assessment**

General improvement in patient’s presenting symptoms will be assessed in every follow up. Pre and post pictures were taken to assess the post treatment outcome.

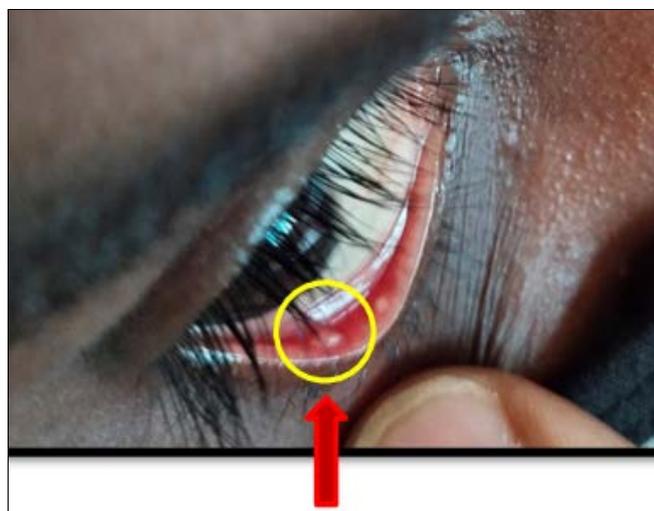
**Case study**

A 33 -year-old female, resident of karungal visited

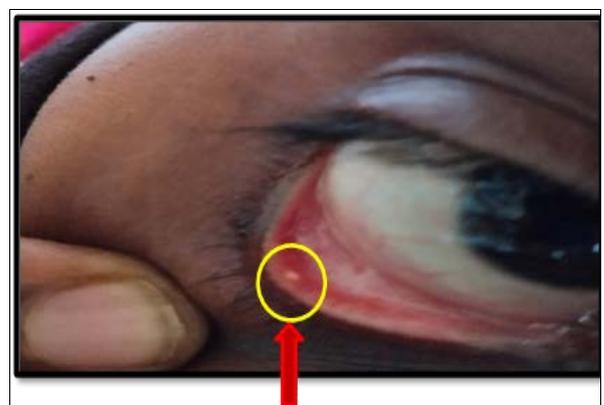
peripheral rural health center (RHC) on 30/09/2021 with complaints of pain and irritation in right lower eyelid which was burning in type. Patient was examined and detail case taking was done. Her thermal modality was chilly. Thirst decreased. Wants to be fanned. Other general examination findings were normal. All systemic examinations were normal. From the clinical findings and symptomatology, the case was diagnosed as Hordeolum internum and started to give STAPHYSAGRIA 1M.

**Table 1:** patient follow up

Date	Symptom change	prescription
30/09/2021	Burning pain in right eye present. Small eruption on the lower eye margin. Irritation over the eyes. Generals: Thirst decreased. Wants to be fanned.	Rx STAPHYSAGRIA 1M /2Doses Sac Lac 5 Doses (M) B. Pills 3 TDS Photographs were taken.
07/10/2021	Burning pain in right eye better. Small eruption on the lower eye margin better. Irritation over the eye better than before. Generals: good	Rx STAPHYSAGRIA 1M /1Dose Sac Lac 6 Doses (M) B. Pills 3 * TDS B. Tab 1 * BD Photographs were taken.
14/10/2021	Burning pain in right eye better than before Small eruption on the lower eye margin size reduced than before. Irritation over the eye better. Generals: good	Rx Sac Lac 6 Doses (M) B. Pills 3 * TDS B. Tab 1 * BD Photographs were taken.



**Fig 1:** picture taken on 30/09/2021



**Fig 3:** picture taken on 14/10/2021



**Fig 2:** Picture taken on 07/10/2021

**Results and Discussion**

In this case report, homoeopathic remedy STAPHYSAGRIA 1M rendered excellent results in the treatment of Hordeolum internum. Symptoms of Hordeolum internum also relieved with three doses of STAPHYSAGRIA 1M and right lower eye lid became normal after 3 weeks of treatment.

**Conclusion**

From the above results and observations, it was concluded that the homoeopathic remedy STAPHYSAGRIA 1M can able to cure the Hordeolum internum without any adverse effects.

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