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A case report on atopic dermatitis treated with homoeopathy

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Abstract

This is a case of 28 years female having circumscribed eruptions on both the buttocks since 2-3 years. Patient was also having white discharge per vagina. Systematic case taking followed by repertorization of the totality of symptoms was done by Synthesis Repertory [5] using RADAR software in order to choose the individualized remedy where Sulphur, Mercurius, Calcarea, Psorinum were shortlisted. The patient responded well to the individualized homoeopathic treatment, i.e., 1 dose of Sulphur 200 with gradual and steady recovery.

Keywords: Eruptions, eczema, atopic dermatitis, Sulphur

Introduction

Atopic dermatitis is a common, chronic, relapsing, inflammatory skin disease that primarily affects young children. Atopy is defined as an inherited tendency to produce immunoglobulin E (IgE) antibodies in response to minute amounts of common environmental proteins such as pollen, house dust mites, and food allergens. Dermatitis derives from the Greek “derma,” which means skin, and “it is,” which means inflammation. Dermatitis and eczema are often used synonymously, although the term eczema is sometimes reserved for the acute manifestation of the disease (from Greek, ekzema, to boil over); here, no distinction is made. Over the years, many other names have been proposed for the disease, for instance, prurigo Besnier (Besnier’s itch), named after the French dermatologist Ernest Besnier. Allergic sensitization and elevated immunoglobulin E (IgE) are present in only about half of all patients with the disease, and therefore atopic dermatitis is not a definitive term [1].

There are many factors at play in the development of eczema. Family history (especially maternal history) is a strong predictive risk factor, but there appear to be many environmental factors as well, including insufficient exposure to microorganisms in early childhood and excessive exposure to airborne pollution [2]. People with eczema have problems with their skin barrier, which puts them at risk for increased evaporation of moisture from the skin and decreased ability to maintain skin moisture. They also have an increased risk of developing skin infections due to bacteria, viruses, and fungus. The skin nervous system in people who have atopic dermatitis is hyper-reactive as well, and this condition makes it more likely that a person will experience the sensation of itch [3].

Case History

Personal data

Name: Mrs W

Age: 28yrs

Sex: Female

Marital Status: Married

Dated: 23/02/202

Presenting complains

Patient complained of circumscribed eruptions on both the buttocks for the last 2-3 years which are red in colour with sense of burning and itching which gets aggravated at night and after washing. She also has complaint of profuse white discharge per vagina which is thick egg white like in character. She has warty growth on breasts abdomen and back which are multiple with itching and scratching produces bleeding and watery discharge.

Past history

She suffered from Bell’s palsy in the age of 15 years which resulted in damage of right eye.

Physical Generals

Appetite: Reduced

Thirst: Thirstless

Cravings – egg+, fish⁺³, mutton⁺⁴

Bowel: irregular, very offensive

Urine: clear but sometimes burning and offensive Sleep:

disturbed

Aversion: Nothing significant

Perspiration: Generalized, Non-staining, non-offensive

Sleep: Refreshing of 6-7 hrs

Dreams: Nothing significant

Mental Generals

Patient was very anxious, wants to go somewhere during anxiety, her memory was weak and express her anger by beating her children when husband fights with her.

Table 1: Analysis and Evaluation of the case

Physical Generals Intensity	Mutton ⁺³	Fish ⁺³	Egg ⁺¹	Irregular bowel, offensive	disturbed sleep ⁺
Mental Generals Intensity	Anxiety ⁺⁺	Want to go somewhere ⁺⁺	Express her anger ⁺⁺	Beat her children in anger	
Particulars Intensity	Red circumscribed eruption on Buttocks ⁺⁺	Scratching results in bleeding ⁺⁺	Water washing aggravation ⁺⁺⁺	Warmth aggravation ⁺⁺⁺	Burning sensation ⁺⁺

Provisional Diagnosis

Atopic Dermatitis [4]

Totality of symptoms

- Red circumscribed eruptions on buttocks
- Crusty, bleed on scratching
- Aggravation on washing
- Warmth aggravation
- Leucorrhoea of bland nature, offensive
- Warty growth
- Irregular offensive stool
- History of Bell’s Palsy

7. Skin-eruption-itching-warmth-agg.
8. Skin-eruption-itching-warmth-agg.
9. Female genitalia/sex-leukorrhoea-bland
10. Female genitalia/sex-leukorrhoea-offensive
11. Female genitalia/sex-leukorrhoea-walking-agg.
12. Skin-warts-horny

Analysis of the case

After analysis and evaluation of the case the characteristics symptoms were used to form the totality “eruption bleed after scratching with burning sensation, aggravation after washing and from warmth” were important particulars with modality in this case. Leucorrhoeal discharge is of bland character with offensiveness, on walking was important characteristic female particular.

The selection of remedy was based on repertorisation from RADAR 10 software using *Synthesis treasure edition*, 2009 by Frederick Schroyens [5] with repertorial result showing top five remedies as Sulphur (26/11), Mercurius (15/7), Calcarea (11/7), Psorinum (14/6), Sepia (14/6).

Rubrics selected [5]

1. Skin – eruption- bleeding – scratching, after
2. Skin-eruption-crusty-fetid
3. Skin-eruption-crusty-burning
4. Skin-eruption-dirty
5. Skin- eruption-eczema
6. Skin-eruption-herpetic-patches

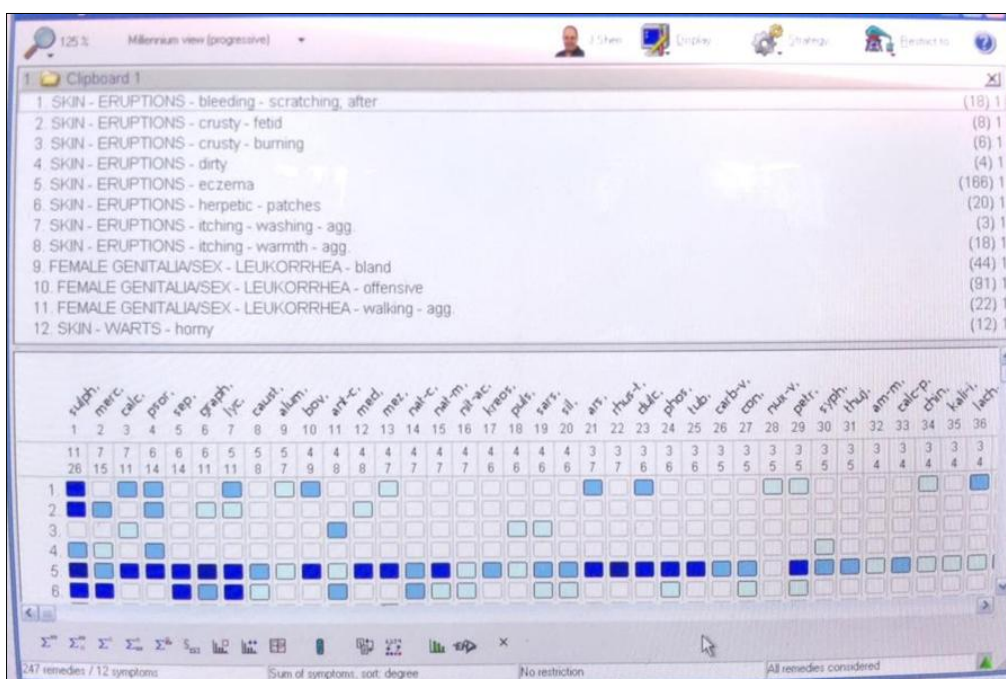


Fig 1: Repertorial Chart [5]

PrescriptionSulphur ^[6] 200/1 dose**Basis for prescription**

After analyzing the repertorial results and with the knowledge of *Materia Medica*, *Sulphur*⁶ 200 single dose was prescribed as the appearance of patient skin was dirty, eruptions bleed after scratching with itching and burning, aggravation after washing and from warmth patient showed improvement in his complaints.

Follow up**Table 2:** Date-wise description of medicine

Date	Symptom	Medicine
23/02/2022	Patient's 1st visit	<i>Sulphur 200</i> /single dose
03/03/2022	Slight relief in itching	Placebo
29/03/2022	Further improvement in itching, leucorrhoea subsided, eruptions reduced	Placebo

**Fig 2:** Before treatment**Fig 3:** After treatment**Discussion and conclusion**

Homoeopathic medicine selected on the basis of principles of homoeopathy proved to be very effective in this case of atopic dermatitis and shown good results and improvement. *Sulphur*⁶ 200 single dose proved to be sufficient followed by placebo and the medicine has shown very good results in a very short period of time establishing the homoeopathic principles of gentle, fast recovery with just a single dose. The potency selection was done on the basis of susceptibility as stated by ^[7]:

Constantine Hering: "if the symptoms of the case generally have more resemblance to the primary symptoms of the drug, then lower potencies, on the contrary more resemblance with the later effects (secondary action) thence advocate higher potencies."

Dr. Close

1. The greater the characteristic symptoms of the drug in the case, the greater the susceptibility to the remedy and the higher the potency required.
2. Age: medium and higher potencies for children
3. Higher potencies for sensitive, intelligent persons.
4. Higher potencies for persons of intellectual or sedentary occupation and those exposed to excitement or to the continual influence of drugs.
5. In terminal conditions even the crude drugs may be required.

He also writes, "Different potencies act differently in different cases and individuals at different times under different conditions. All may be needed. No one potency, high or low, will meet the requirement of all cases at all times.

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