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## Homoeopathic cure in a case of atopic dermatitis

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### Abstract

Atopic dermatitis is a prevalent skin problem that affects people all over the world. This illness affects persons of all ages, from newborns to adults aged 65 and over, as well as the elderly. Aside from skin rashes, there is occasionally a secondary infection. It may make day-to-day activities more difficult or even impossible. Homeopathy is a system of medicine that treats the person as a whole, prescribing medicine based on the totality of symptoms. Here is a case of atopic dermatitis with a secondary infection that was successfully treated with homoeopathic medicines, which indicating the efficiency of homoeopathic medicines in the treatment of atopic dermatitis.

**Keywords:** Homoeopathy, atopic dermatitis, graphitis, eczema

### Introduction

The skin condition known as atopic dermatitis, often referred to as atopic eczema, is characterized by pruritic, erythematous, and scaly skin lesions that are frequently limited to the flexural surfaces of the body. The allergic triad can include asthma, allergic rhinitis, and atopic dermatitis; approximately 30% of children with atopic dermatitis go on to develop asthma in adulthood [1]. Significant morbidity from sleep problems, chronic post inflammatory skin changes, scarring from picking and scratching, and the emergence of secondary skin infections with Staphylococcus, Streptococcus, and herpes species are all prevented with early identification and treatment. The itch-scratch cycle has been used to illustrate how scratching can cause further disruption and inflammation of the epidermal skin barrier [2].

Atopic dermatitis is thought to be brought on by a genetic flaw in the filaggrin protein, which disrupts the epidermis. As a result of this disturbance, immune cells in the dermis come into contact with external antigens, which causes severe itching, scratching, and inflammation [3]. Three clinical phases can characterize atopic dermatitis. A vesicular, weeping, crusting eruption is the primary symptom of acute atopic dermatitis. Symptoms of subacute atopic dermatitis include erythematous, dry, scaly papules and plaques. Lichenification caused by constant scratching is a sign of chronic atopic dermatitis. Pityriasis Alba is a less obvious form of atopic dermatitis that frequently affects kids and is distinguished by hypo pigmented, ill-defined plaques with fine scale. The flexural body surfaces, anterior and lateral neck, eyelids, forehead, face, wrists, dorsa of the foot, and hands are frequently affected by atopic dermatitis [4].

Complications may be like secondary bacterial infection from skin flora, notably Staphylococcus and Streptococcus species, can occur in patients with atopic dermatitis. When symptoms of atopic dermatitis do not improve with conventional treatment, when the patient exhibits fever and malaise, or when their symptoms worsen quickly, it is wise to suspect secondary infection. Infection with the herpes simplex virus, commonly known as Kaposi varicelliform eruption or eczema herpeticum, can occur in people with atopic dermatitis. A painful papulovesicular rash is caused by a localized herpes outbreak that can spread over eczematous skin. Scars from picking and scratching, persistent post inflammatory skin alterations, and skin shrinkage from prolonged use of topical corticosteroids are additional side effects of atopic dermatitis [5].

### Case Report

A female patient aged 29 years visited in OPD with complaint of atopic dermatitis with super added infection in fingers of right leg except toe and small finger since 1 week. She was having pain, itching, sticky fluid and pus discharge from the eruption and generalized edema

on the dorsum of the right foot.

**History of Presenting Complaints**

The patient having dryness of skin of right leg present since 3 year with itching. The itching was very much aggravated on cold season while skin was dry, occasionally there was slight watery discharge after scratching. After a travel to Chennai, there was rain and stagnant water. She walked through stagnant water with cloth shoes. After that infection started in fingers of right leg.at first severe itching, then the skin break and started the oozing and pus formation. After 2-3 days she visited in OPD. She is also having constipation with difficulty passing stool since 2-3 years.

**Analysis of the case**

After detailed case taking, symptoms were analyzed to construct the totality. The following symptoms are considered for Repertorization.

- Eruption on fingers of right feet

- Eruption with itching
- Eruption with sticky discharge and pus
- Constipation and difficulty in passing stool

**Reportorial Analysis**

After totality of symptom was formed Repertorisation was done by synthesis repertory using RADAR software. Repertorisation chart is presented in figure 1.

**Therapeutic Intervention**

After analyzing the reportorial totality it was observed that Graphitis was covering maximum number of rubrics with highest mark. And it also cover the prominent symptoms of the patient. On consulting materia medica, the remedy graphitis is matched very well to the patient.it was prescribed in 200<sup>th</sup> potency, daily one dose for 1 week.one dose means 3 globules of 40 sized. Each dose taken in morning on empty stomach.

**Follow UP**

**Table 1.**

Date	Complaints	Prescription
12-6-2020	Itching feels better, pain reduced, Oozing Sticky discharge persist but better, edema present, Pus discharge reduced	Graphitis 200/3 dose alt days morning for 1 week
19-6-2020	Itching occasionally pain relieved, Oozing Sticky discharge better edema reduced, Pus relieved	Graphitis 200/3 dose alt days morning for 1 week
27-6-2020	Itching occasionally, pain relieved, Oozing relieved edema absent, Pus relieved	SL /3 dose alt days morning for 1 week



**Fig 2:** Photographs of case in follow ups

### Discussion

Homoeopathy is a system of therapeutics which treats the patient not the disease. It also aims at a rapid, gentle, and permanent restoration of health <sup>[6]</sup>. In this case report homoeopathic medicine Graphitis was selected on the basis of individualization and this medicine was successful in the treatment of Atopic Dermatitis as well as recovered the accessory complaints of the patient. After Repertorization many medicines were competing namely Natrum Mur, Sulphur, Mezerium etc. (table 1), but after consultation with Material Medical Graphitis with 20 °C was prescribed according to response of medicine which follows the principles of homoeopathy.

### Conclusion

It is concluded that, the remedy graphitis is very effective for atopic dermatitis and condition with super added infection. The case report shows marked improvement in the skin complaints of the patient.

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