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## A clinical study on the efficacy of homoeopathic medicines in the treatment of stasis dermatitis in elderly

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### Abstract

Stasis dermatitis is one of the disorder, as well as the most common skin condition commonly seen in elderly age group it is a common type of eczema that develops in people who have poor blood flow. Because poor blood flow usually develops in the lower legs, stasis dermatitis often appears near your ankles. Stasis dermatitis can occur in other areas of the body aside from the lower legs, but that's rare. The paper discusses the clinical features of stasis dermatitis and the homeopathic medicines which were given to patient after complete case taking.

**Keywords:** Stasis dermatitis, homoeopathy, alumina, hepar sulph, nitric acid

### Introduction

Acute eczema is recognized by its: Weeping and crusting;

- Blistering usually with vesicles but with big blisters in fierce instances;
- Redness, papules and swelling usually with an undefined boundary; and
- Scaling.

### Chronic eczema

Chronic eczema may indicate all of the above modifications, but in particular it is:

- More scaly, pigmented and thickened.
- Less vesicular and exudative.
- More likely to demonstrate lichenification in a dry leathery thickened state, with enhanced skin markings, secondary to repeated scratching or rubbing.
- More likely to fissure <sup>[1]</sup>.

Stasis dermatitis grows secondary to chronic oedema and venous incompetence on the lower extremities. The disease generally starts over the medial part of the ankle, often over a varicose vein, as a gentle erythema and scaling combined with the pruritus. Dermatitis progresses to pigmentation as a consequence of blood extravasation and deposition of hemosiderin. Stasis dermatitis with crusting and exudation can become acutely inflamed. Chronic stasis dermatitis is often combined with dermal fibrosis, which can make the growth of stasis ulcers more complex <sup>[2]</sup>.

### Objectives of the study

1. To study in detail about stasis dermatitis in elderly.
2. To see the effectiveness of homoeopathic medicines in the treatment of stasis dermatitis in children.

### Materials and Methods

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

**Research design:** Non-controlled experimental study design.

### Sample design

Total 20 cases were selected by purposive sampling method.

All cases were selected according to inclusion criteria and excluded according to exclusion criteria.

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**Inclusion criteria**

- Elderly above 60yrs of age group of both genders.
- All clinically diagnosed cases of stasis dermatitis in elderly, irrespective of their sex, socioeconomic status, ethnic group and occupation were considered.

**Exclusion criteria**

- Cases without regular follow up.
- Cases with complications.

**Source of data**

- The data was collected from patients reported to the outpatient department, of kulsum clinic, from January 2012-2017 Akola Maharashtra.
- Data was collected from patients 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, 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 minimum 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 completion of treatment, the post – treatment disease intensity was compared taking into consideration the general well-being of the patient and symptoms of stasis dermatitis.

**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 appropriate test.

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

60-70	70-80
12	8

**Table 2:** Showing symptom of itching in stasis dermatitis before treatment and after treatment

Itching	Before treatment	After treatment	Significance
Absent	00	14	X <sup>2</sup> : 22.31 DF: 3 P Value: 0.00005620 sig (< 0.05)
Mild	03	02	
Moderate	7	02	
Severe	10	02	
Total	20	20	

**Table 3:** Showing sign of erythema in stasis dermatitis before treatment and after treatment

Erythema	Before treatment	After treatment	Significance
Absent	00	17	X <sup>2</sup> : 30.78 DF: 3 P Value: 0.000000947 sig (< 0.05)
Mild	03	01	
Moderate	7	02	
Severe	10	0	
Total	20	20	

**Table 4:** Showing symptom of dryness/scaling in stasis dermatitis before treatment and after treatment

Dryness/scaling	Before treatment	After treatment	Significance
Absent	02	10	X <sup>2</sup> : 9.056 DF: 3 P Value: 0.02855 sig (< 0.05)
Mild	7	03	
Moderate	2	03	
Severe	9	04	
Total	20	20	

**Table 5:** Showing symptom of weeping in stasis dermatitis before treatment and after treatment

Weeping	Before treatment	After treatment	Significance
Absent	2	10	X <sup>2</sup> : 9.139 DF: 3 P Value: 0.02749 sig (< 0.05)
Mild	8	4	
Moderate	2	3	
Severe	8	2	
Total	20	20	

**Table 6:** Showing medicine given in the cases

Medicine	No of patients
Alumina	2
Nitric acid	5
Arsenic ALB	3
Hepar sulph	4
Dulcamara	2
Sulphur	4
Total :9	20

**Table 7:** Showing follow up of cases after 6 month of treatment

Cases	NOS of patient before treatment	NOS of patient after treatment	Significance
Not improved	20	7	X <sup>2</sup> : 19.26 DF: 2 P Value: 0.00006575 sig (< 0.05)
Improved	0	12	
Drop out	0	1	
Total	20	20	

## 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 stasis dermatitis. Improved where those cases which showed relieved in the symptoms of stasis dermatitis. Drop out where those cases which did not completed a regular follow up of 6 months. Medicines where prescribed after complete case taking.

### Alumina

According to Dr. Med Carl Rough, scratched, with skin on the hands and fingers easily bleeding. Mild inflammation of the facial skin tissue, with the feeling of drying albumen on it, raised sensation of tension; swelling of the lips with the development of tiny vesicles, crusty eruption in the lower lip; raw, cracked lips with subsequent epidermis peeling [5]. Alumina: has irritation with dryness [3]. Skin of Alumina have Unbearable itching of the entire body, particularly when it gets warm and in bed; scratches until the skin bleeds, which is painful afterwards.

- Humid eruptions, scabby, sore, ringing. Ulcerated base, yellow-brown secretes, pus badly smells [4].

### Arsenic album

According to WM.H BURT Arsenic skin is brittle, dirty-looking, brawny; eczema, hives; vesicle-covered skin; desquamation, with palm tenderness in the hands and feet soles. It also yielded pityriasis, lichen, and leprosy. In reality, about every type of skin disease arsenic produces. These vesicles bum like a fire "Branch-like, brittle, scaly eruptions, with itching and burning; the latter increased with scratching and bleeding followed. Scaly eruptions, chronic eczema, and leprosy; stinging, burning pains; malignant carbuncles. No treatment for malignant pustules will equal Arsenic [7].

### Nitric acid

According to WM.H BURT Nitric acid have Pustular eruption, or sudden, damaging ulceration, which leads to growth of fungi, condylomata and sycosis. Its regional impact on the skin is very diffusive and strong, descending quickly and deeply under the surface, with a persistent destructive effect. All sorts of syphilitic eruptions; skin usually not healthy; ulceration tendency; pain that sticks like pins. Hot, scaly skin; syphilitic skin eruptions; dark, dirty skin [7].

### Dulcamara

Hot skin, cold. After scratching, the tatter oozes a watery blood. Thick herpes gray, red line. Red marks, as if bites from flea. Itching pustules eruption, cessation of itching after scabbing; aversion to touch; worse washing. Itch blocked. Painful ulcers; scanty discharge. Nettle-rash, with a lot of itching; burns after it has been scratched; moist creases, better cold [4].

### Hepar sulph

According to Dr. Med Carl Skin ruggedness; broken, fissured skin with pimples on the lips; inclination to suppurate after minor injuries and slow healing; separation of the epidermic cells and inflammation of the rete Malpighii-intertrigo-spuriously touching each other on the cutaneous surfaces; eruption of pimples, small pustules, vesicles, blisters, hives, follicular and circumferential inflammations [5]. According to Herring Hepar sulph have big memory loss, with irritability. Hours of sad mood; will weep loudly. Low-spirited, even suicidal thoughts. Big evening fear. Hypothecary. Oversensitivity and irritability, swift voice. Burning itching on the body, after scratching, with white vesicles. Humid genital sorrow, scrotum, and folds between scrotum and thigh. Really prone eruptions, painful to the eye. Miliary circle rash. Itching rash in knee and elbow bends. Nettle-rushed. Dry, eruptions pimply. Eczema, spreading into new pimples that only seem to be the old pieces. Unhealthy skin; mild injuries [4].

### 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 [6].

- According to Dr. Med Carl Hypersensitivity of the whole skin to touch; violent cutaneous itching throughout, not smoothed by scratching, flat pustules, pustular eruption on the forehead, occiput, face, back and arms [5].

### Conclusion

After receiving homoeopathic medicines 12 patient showed relief and improvement in the symptoms of itching, weeping and scaling. Nitric acid alumina Hepar Sulph, where the medicine which were used commonly in treating the patients. Homoeopathic medicines were effective in treating the cases of contact dermatitis.

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