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Constitutional treatment of Chronic Urticaria in Homeopathy: A case report

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Abstract

Patient suffering from Urticaria constitutes a large portion as referrals to dermatological clinics. Urticaria is also known as Hives; a kind of skin condition with reddish, slightly raised papules accompanied with severe itching appearing suddenly. Evidence based case report of Urticaria shows that well selected constitutional medicine cures the case of Urticaria after careful case taking. This case report will enhance the knowledge and the new homeopaths to further explore the usefulness of homeopathy in similar dermatological complaints.

Keywords: homoeopathy, tuberculinum, urticaria

Introduction

The word Urticaria is derived from a Latin word which means nettle ^[1]. Urticaria is also known as Hives, clinically presented as erythematous papular eruptions on skin marked by localized dermal oedema and that are often accompanied by severe itching. If oedema involves subcutaneous or submucosal layers, angioedema term is used ^[2]. Urticaria is a common dermatological condition with lifetime incidence rate nearly 15% to 20%. Females are generally being more affected than males, which commonly seen in 4th and 5th decade of life.

Two types of urticaria are – Acute and Chronic. Acute Urticaria is when the symptoms develops suddenly and last for less than 6 weeks. Chronic Urticaria if it last for more than 6 weeks ^[2]. Urticaria may be caused by multiple factors like after an infection, certain food substances like citrus fruits, fish, milk, tomatoes etc., insect stings, mechanical irritation, certain chemical substances, menstrual cycle, pregnancy, family history, medication, psychological stress, vibration, exposure to sunlight, heat or cold, exercise which can trigger Urticarial rashes. Inhalation or physical contact with pollens, perfumes, animal dander or mold spores can result in Urticaria. ^[4] Urticaria can be sometimes diagnosed with raised eosinophils in case of parasitic infections, increased level of Total Eosinophil Count, Erythrocytic sedimentation rate(ESR), Total IGE levels are raised because of possible allergens. Conventional treatments prefer the use of anti-allergic causing suppression or palliation ^[3].

Homeopathic treatment will focus on the holistic concept where the patient is dealt as a whole including his/her disease. Homeopathic constitutional medicine is selected after proper case taking and analysis using Materia Medica, Organon of Medicine and Repertory.

Patient information

Presenting complaints: A young patient of age 12 years reported to the OPD of Sri Ganganagar Homoeopathic College on 1st December 2021. He was prediagnosed with chronic urticaria for 4 years. The patient complained of red bumps all over the body esp. on back and abdomen with severe itching. The eruptions were reddish pink with raised edges, irregular in shape and size. [Fig 2 and Fig 5] They persist for few seconds to few days. Eruption aggravates during winter season; from exposure to cold air and milk. Eruptions get relief from scratching.

History of presenting complaint: The patient was apparently well 4 years back, since he gradually developing red to pink colored papular eruptions on skin with intense itching and

burning sensation esp. on back and abdomen. The itching gets aggravated in winters, exposure to cold air and milk. He took allopathic treatment since 4 years but got only temporary relief. Whenever he stops the treatment complaint relapses, so he shifted to homeopathy.

Past history: He had tuberculosis chest at the age of 3 years; took Anti-Tubercular Treatment [ATT for the same. He is allergic to milk, cannot tolerate milk.

Patient as a whole

Patient is of fair complexion with good and adequate

appetite and diet. The thirst of the child is adequate and drinks large quantities at long interval. The child feels sometimes constipated. Thermally patient could not tolerate cold in any form.

Mental generals: The child is very active, always wants to be busy. Patient is though mild but has sudden violent anger (+++). He fears dog (+++). He loves cars, has good knowledge about cars (+++). He is good in studies. The patient is just irritated by repeated attacks of itching and eruptions (+++) but though hopeful of recovery.

Table 1: Miasmatic analysis [8]

S. No.	Symptoms	Psora	Sycosis	Syphilis	Tubercular
1.	Urticarial eruptions on body	+			
2.	Urticarial rashes get worse in winter	+			
3.	Patient has a personal history of tuberculosis chest				+
4.	Itching of the skin get worse from cold air	+			
5.	Complexion of the patient is fair, blonde				
6.	He desires activity	+			
7.	Irritable and short tempered			+	
8.	Love for cars	+			
9.	Fear of dogs				+
10.	Allergy to milk				+

Repertory selection: RADAR 10.0 version of synthesis repertory and due to prominent generals as well as causative

modalities.

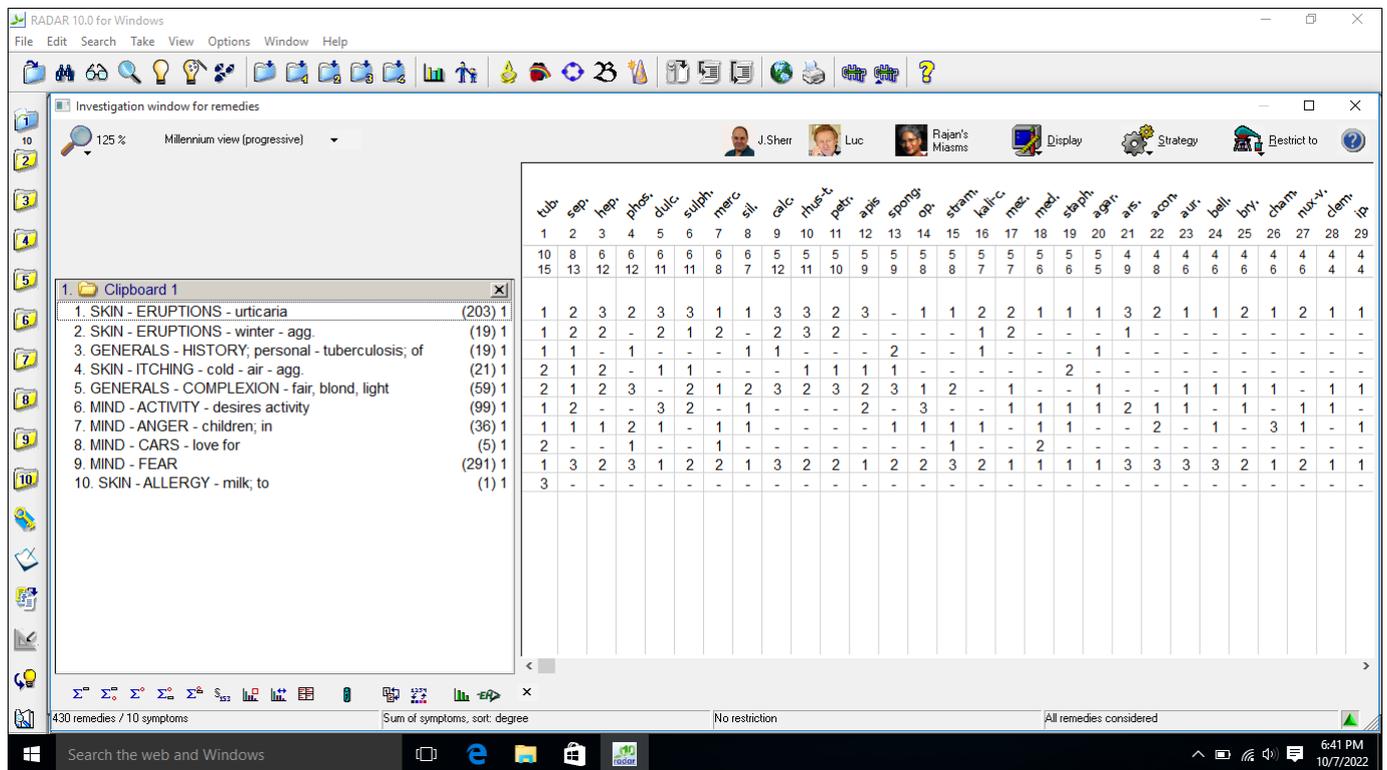


Fig 1: Repertorization of case with the RADAR Version 10.0 [6]

Reportorial analysis

1. Tuberculinum- 15/10
2. Sepia – 13/8
3. Hepar sulph- 12/6
4. Phosphorus- 12/6
5. Dulcamara- 11/6
6. Sulphur- 11/6

Prescription: On the basis of the symptomology, miasmatic analysis and repertorization, Tuberculinum covers the totality with the maximum number of symptoms and was prescribed as anti-miasmatic remedy due to history of tuberculosis as well as the constitutional similarity. One dose of Tuberculinum 1 M [7] was prescribed early morning empty stomach (EMES) as per the susceptibility of the patient followed by phytum thrice a day for 15 days as this

medicine needs frequent repetition in children's complaint.^[7]

General management: The patient was additionally

advised not to use external application for the Urticarial rashes. He is advised to avoid exposure to cold air and apply coconut oil in case of itching. The patient can only use a mild soap.

Table 2: Follow up

Date	Follow-up	Prescription
15-12-2021	Chronic Urticarial rashes with severe itching and burning. The intensity of complained had increased. Considering it as homeopathic aggravation we will not repeat the constitutional medicine. [Fig.2 and 5]	Phytum 30/TDS * 15 days
30-12-2021	Mild improvement without any new complaint. So 1 dose of Homeopathic medicine is repeated as it is advised to repeat to avoid the exhaustion of its effect on the basis of duration of symptoms.	Tuberculinum 1M/1 dose EMES Phytum 30/TDS* 15 days
14-01-2022	Mild improvement seen without any new complaints.	Phytum 30/TDS* 15 days
29-01-2022	Improvement No episode of Urticarial rash. The patient was less irritated about the illness.	Phytum 30/TDS *15days
14-02-2022	Improvement No episode of Urticarial rash and itching	Phytum 30/TDS * 15 days
01-03-2022	Improvement. No medicine was repeated as the patient was improving steadily. [Fig. 3 and 5]	Phytum 30/TDS * 15days
16-03-2022	Improvement. No medicine was repeated no episode of Urticarial rash and itching. The patient was happy, not at all irritated and even his anger has gone down significantly. [Fig. 3 and 5]	Phytum 30/TDS * 15 days
02-04-2022	Improvement. The patient has calm down. [Fig. 3 and 5]	Phytum 30/TDS * 15 days

At the last follow up, the patient was better in all ways. He had a clear skin and was better in general health as well.



Fig 2: Before Treatment
(01/12/2021)



Fig 3: After treatment
(02/04/2022)



Fig 4: Before Treatment
(01/12/2021)



Fig 5: After treatment
(16/03/2022)

Discussion

In the above-mentioned case, the homeopathic medicine is selected on the basis of individualization as well as miasmatic analysis which helps in the removal of the signs and symptoms of chronic urticaria. Homeopathic system of medicines uses the holistic approach to treat a person as whole which includes his mind and body^[9]. After referring to Materia Medica, Organon of medicine and Repertory, the medicine selected was Tuberculinum^[7]. Administration of this medicine helped in the marked improvement in mental as well as physical symptoms. Itching, erythema, burning sensation and skin eruptions completely got cured after treatment.

Conclusion

Urticaria is a condition of decreased immunity. Homoeopathic constitutional medicine omits the susceptibility of the person to get infection. It helps to treat disease permanently with little side effects and improves quality of life. Thus, this case report proved the effectiveness of Tuberculinum in patients suffering from Urticaria.

Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent before further proceedings.

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Nil.

Conflict of interest

There is no conflict of interest.

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