



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

www.homoeopathicjournal.com

IJHS 2022; 6(4): 592-595

Received: 04-11-2022

Accepted: 07-12-2022

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Individualized homoeopathic treatment of Seborrheic dermatitis: A case report

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DOI: <https://doi.org/10.33545/26164485.2022.v6.i4i.715>

Abstract

Seborrheic Dermatitis is a common dermatological problem that affects the seborrheic areas of the body. Dandruff is restricted to the scalp, and involves itchy, flaking skin without visible inflammation. Seborrheic Dermatitis affects the scalp as well as face, retro-auricular area, and the upper chest, causing flaking, scaling, inflammation and pruritus, and can have marked erythema. Flaking in Seborrheic Dermatitis is usually white-to-yellowish, and greasy. It may cause discomfort emotionally and socially, when not properly treated [1].

Homoeopathy as a system of treatment which is apparently free from side effects, does not interact with any regular medications and is widely applicable in many fields of medicine, including dermatology. The purpose of this article is to explain the role of Homoeopathic medicine in the treatment of patients suffering from Seborrheic Dermatitis [2].

Keywords: Seborrheic dermatitis, homoeopathic treatment, synthesis repertory, repertorization

Introduction

A common eczematous disorder that characteristically occurs in “hairy areas”, both in flexures and on the central parts of the trunk, and is now believed to be at least in part due to overgrowth of the normal skin flora in the regions affected [3].

Seborrheic dermatitis is a chronic superficial inflammatory disease of skin, with a predilection for area rich in supply of sebaceous glands such as the scalp, eyebrows, eyelids, nasolabial folds, ears, sternal area, axillae, submammary folds, umbilicus, and groins. The disease is characterized by dry, moist or greasy scales, and by crusted, reddish or pinkish yellow patches of various shapes and sizes; by remission and exacerbations; and more or less by itching [4].

The cause of the disease is unknown, but it has been related to the opportunistic activity of *Malassezia* yeasts, which usually appear as commensals on human skin. [5] Its incidence peaks during three age periods - in the first three months of life, during puberty, and in adulthood with an apex at 40 to 60 years of age. Incidence is 1-3% of the general adult population. Men are affected more frequently than women in all age groups [1].

Seborrheic dermatitis is in the spectrum of diseases found frequently in HIV infected patients and in people with AIDS [2]. A study in India reported that 13.4% of children aged < 5 years had Seborrheic dermatitis, with the prevalence peaking during infancy and decreasing steadily with age [6]. In India, adults with scalp dermatoses, 18.7% of cases were attributed to Seborrheic dermatitis [7]. The skin is the mirror or the reflection of the internal stress, the internal dynamics and the internal workings of the human machine. [8] The skin disease conditions have progressed as an expression of the inner disorder and distress under which the whole individual suffers [9]. Homeopathic medicine includes a holistic approach to the understanding of the patient and integrates this approach to provide individualized patient treatment. Certain diseases may manifest when genetic predisposition combines with stress, and homeopathy recognizes these factors. Homeopathy considers the patient's susceptibility to certain kind of stress, which means that homeopathy can be more successful during the early development of a disease, even before conventional medicine usually begins [10].

Case Proper

A 24 years old man from Habra, 24 parganas, West Bengal, visited OPD of National Institute of Homoeopathy for a complaint of itchy eruptions on moustache and lower lips (hairy area) for last 6 years.

There was yellowish and greasy scaling on affected area. There was aggravation of complaint in winter.

History of present complaints

Patient was apparently well 6 years back, he noticed few small pinkish eruptions on chin and head. Eruptions gradually increased and spread. Scaling was present. He got temporary relief from allopathic treatment, 1 year back. After inquiry, it was found that he had lost his close friend, 6 years back.

Past History

- History of Jaundice at 15 years of age, got relief by Allopathic treatment.

Family History

- Mother was suffering from knee joint pain.
- Father was suffering from Diabetes Mellitus.
- Siblings were apparently well.

Mental Generals

- Patient was shy
- Difficult to express his feeling and avoid arguing
- Threw things when gets angry
- No desire for company
- Fear of darkness

Physical Generals

- Appetite was good, 3 times a day

- No Thirst, 2-3 glass/ day
- Desire for juicy food
- Aversion to milk
- Urine clear
- Constipation with soft stool
- Sleep was good
- Dreams of fighting with ox
- Thermal reaction – Ambithermal

Particular

- Eruptions on upper lip (moustache) and below lower lip (beard area)
- Yellow greasy scaling
- Aggravation in winters

Totality of symptoms

- Ailments from death of close friend
- Avoid to argue
- Throw things when angry
- No desire for company
- Fear of darkness
- Thirst less
- Desire for juicy fruits
- Aversion to milk
- Constipation with soft stool
- Dreams of fighting with ox
- Eruption on upper lip and lower lip
- Yellow greasy scaling
- Eruptions aggravation in winters

Conversion of symptoms into rubrics

Table 1: Conversion of symptoms into rubrics

S.N.	Symptoms	Chapters	Rubrics
1	Ailments from death of close friend	Mind	Mind – Ailments from- Death of loved one
2	Avoid to argue	Mind	Mind – Arguing – not arguing
3	Throw things when angry	Mind	Mind- Anger – throwing things around
4	No desire for company	Mind	Mind- Company- aversion to
5	Fear of darkness	Mind	Mind – Fear – dark of
6	Thirst less	Stomach	Stomach- Thirstless
7	Desire for juicy fruits	Generals	Generals – Food and drinks – fruit- desire – juicy fruits
8	Aversion to milk	Generals	Generals – Food and drinks- milk - aversion
9	Constipation with soft stool	Rectum	Rectum – Constipation – difficult stool- soft stool
10	Dreams of fighting with ox	Dreams	Dreams – Animals – fighting with
11	Eruption on upper lip (moustache)	Face	Face – Eruptions – Scurfy – lips - upper
12	Eruption on below lower lip (beard area)	Face	Face – Eruptions – Scurfy – lips – lower
13	Yellow greasy scaling	Face	Face – Eruptions – Scurfy- yellow
14	Eruptions aggravation in winters	Face	Face – Eruptions – cold air agg.

Repertorization ^[11]

	staph.	sulph.	ars.	nat-m.	kali-c.	sep.	nux-m.	ph-ac.	sil.	lvc.	op.	calc.	merc.	dulc.	ign.	puls.	
1. Clipboard 1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
▶ 1. MIND - AILMENTS FROM - death of I...	3	1	3	1			1	3		1	3	1			3		
▶ 2. MIND - ANGER - throwing things ar...	3									1				1			
▶ 3. MIND - ARGUING - not arguing	1							3									
▶ 4. MIND - COMPANY - aversion to	3	2	1	4	1	3	1	1		2	1	1	1	1	3	2	2
▶ 5. MIND - FEAR - dark; of		1	1	1	1	1	1		1	2	1	2	1			2	2
▶ 6. STOMACH - THIRSTLESS	2	1	2	1	2	2	3	3	1	2	2	1	1	1	1	3	1
▶ 7. GENERALS - FOOD AND DRINKS - ...	3	2	1	2	1	2	1	1	2	1		2	1		2	2	2
▶ 8. DREAMS - ANIMALS - fighting - wit...	1																
▶ 9. RECTUM - CONSTIPATION - difficult...	1	1		2	2	3	3	1	2	1	1			1	2	2	2
▶ 10. FACE - ERUPTIONS - scurfy - Lips ...	1	2	2		1	1		1					1				
▶ 11. FACE - ERUPTIONS - scurfy - Lips ...		1		1				1				1					
▶ 12. FACE - ERUPTIONS - scurfy - yellow												2					
▶ 13. GENERALS - FOOD AND DRINKS - ...														1			
▶ 14. FACE - ERUPTIONS - cold air agg.			2		1									1			

Reportorial Result

1. Staph. -18/9
2. Sulph.- 11/8
3. Ars. – 12/7
4. Nat-m. – 12/7

This case was repertorised using Synthesis Repertory and software RADAR. The repertorial result was analysed, giving more priority to mental symptoms as well as physical general symptoms for selection. According to repertorization, the most indicated remedy was Staphysagria.

Prescription

After considering the totality of symptoms and analysis of repertorial result, Staphysagria 0/1, 16 doses of each potency was prescribed in 100 ml of aqua dist. orally, on alternate day for 32 days. The potency was gradually increased up to Staphysagria 0/7 with progressive improvement in Seborrheic Dermatitis.

Pictures

Before Treatment



After Treatment



Discussion

A 24 years old man from Habra, 24 parganas, West Bengal, visited OPD of National Institute of Homoeopathy for a complaint of itchy eruptions on moustache and lower lips (hairy area) for last 6 years. There was yellowish and greasy scaling on affected area. There was aggravation of complaint in winter. He started the complaint after few months of losing his close one.

After proper case taking and repertorization with the help of Synthesis Repertory, Staphysagria was Selected. Staphysagria 0/1 to Arsenic album 0/7, 16 doses of each potency on alternate days were administered to the patient on the basis of totality of symptoms. The medicine was

given in fifty millesimal potency. Improvement was visible after 2 months of treatment as eruption started decreasing in size and reduction of scaling. Patient was completely improved after 7 months of treatment.

Seborrheic Dermatitis seemed to respond well to individualized homoeopathic medicine using Synthesis Repertory.

Conclusion

A 24 years old man had complaint of itchy eruptions on moustache and lower lips (hairy area) for last 6 years. There was yellowish and greasy scaling on affected area. There was aggravation of complaint in winter. He started the complaint after few months of losing his close one. After proper case taking and repertorization with the help of Synthesis Repertory, Staphysagria was Selected. Staphysagria 0/1 to Arsenic album 0/7, 16 doses of each potency on alternate days were administered to the patient on the basis of totality of symptoms. The medicine was given in fifty millesimal potency. Improvement was visible after 2 months of treatment as eruption started decreasing in size and reduction of scaling. Itching was also decreased. Patient was completely cured after treatment.

This case report also emphasis the significance of repertorization in individualised homoeopathic prescription as well as fifty millesimal potency.

Conflict of Interest

Not available

Financial Support

Not available

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How to Cite This Article

Gautam M, Yadav AK, Gupta S, Kumar S, Srivastava BP. Individualized homoeopathic treatment of seborrheic dermatitis: A case report. International Journal of Homoeopathic Sciences. 2022;6(4):592-595.

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