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Eczema treated with individualized homoeopathic medicine: A case report

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Abstract

Eczema is a common skin disease that affects both children and adult characterized by itching, scaling, oozing, vesicle. In modern medicine corticosteroids and emollients are used but maximum patient is suppressed but in homoeopathy has a positive role in treatment of eczema permanently. In this case homoeopathic medicine sulphur is used for a male patient suffering from eczema in leg. This case report showing an efficacy of homoeopathic medicine in a case of eczema.

Keywords: Eczema, sulphur, individualisation, repertory, homoeopathy

Introduction

Eczema is relapsing inflammatory skin disease characterised by itching, scaling, oozing, vesicle due to impaired barrier function^[1]. The main features of this problem are scratching leads swelling, redness, sticky discharge^[2, 3]. Itching is the main hallmark which aggravated at night^[3]. Associated with these symptoms social avoidance is occur due to deprived sleep and itching^[4]. Allopathic physician used corticosteroids and emollients but relapse is very common but in homoeopathy has a positive role in treatment of eczema permanently^[5]. Impaired skin barrier, immune dysfunction, Family history, Environmental pollution is the main cause of eczema^[6]. Types depend on characteristics of eczema these are atopic, seborrheic, Dyshidrotic, allergic contact, Dermatitis herpetiformis etc. Severity of eczema depend on po-scored index which characterised by erythema, excoriation, oozing, oedema, lichenification^[4, 5]. The primary management of this case is taking a leading role for treatment of eczema these includes avoid cosmetic, avoid scratching, avoid synthetic cloths, avoid some allergen food substances^[6, 1].

Homoeopathic based on individualization, Law of similar, miasmatical theories. Homoeopathy treats the patient not the disease. In the based-on totality of symptoms and cardinal principal of homoeopathy individualised homoeopathic remedy can permanently eradicate the symptoms as whole. In Materia medica of homoeopathy there are numerous types of medicine in the treatment of eczema like sulphur, Arsenicum album, Graphites, sepia, Tellurium, Mezereum, Rhus Toxicodendron, Dulcamara etc. This case report shows homoeopathic medicine sulphur effective in eczema.

Case Report

The reported case is of 40 years old, male, belonging to a middle socio-economic family who came to OPD of G.D. Memorial homoeopathic medical college & Hospital, Patna on 11/01/2022 with the complaints of eczema on rt side of foot and above the lateral malleolus.

History of present complaints

Allopathic treatment was first choice for these complaints but got no specific result. So, he started homoeopathic treatment.

Past History

Nothing specific

Family history

Father – Hypertension

Mother – Osteoarthritis

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Mental general

Company aversion. Irritable.

Physical general

Appetite-poor, Desire-sweet, Aversion-Milk, Stool-Hard (passed 4-5 days interval), Perspiration-offensive, Thirst-Moderate, Tongue-moist, Sleep- sleeplessness (Dream-Nightmare), Urine-clear, Thermal reaction-chilly.

General survey

He was lean thin with black complexion, weight 49 kg and cyanosis, clubbing, jaundice, oedema not detected.

On examination

Eczema is present on rt side of foot and above the lateral malleolus.

Reportorial analysis

Repertorisation done by Kents repertory using Zomeo Elite software [Figure 3]. The rubric related in Kent repertory: - SKIN-ERUPTIONS-eczema [7]. Analysis and evolution of following symptoms for Kents method [Table. 1] Sulphur [30/11], silicea terra [23/9], calcarean carbonica [22/9], Lycopodium clavatum [22/9], Nux vomica [21/10], Sepia [21/9], Graphites [21/8] were coming in top score. In this case Sulphur was prudently chosen because it covers mentals, physicals as well as particulars with highest degree.

Remedy selection and administration

Sulphur 30 one medicated globule number 20 was dispensed in 15 ml of distilled water, the whole quantity to be taken once in early morning in empty stomach. This single dose of sulphur was followed by liquid placebo twice daily, morning and evening for one month. After 3 months of treatment sulphur 200 one medicated globule number 20 was dispensed in 15 ml of distilled water, the whole quantity to be taken once in early morning in empty stomach.

Advice

CBC and Ige were advised. Also advised to keep proper hygiene, balance diet, and avoid apply unmedicinal component in effected area.

Follow up and outcome

Follow up were done at 1 month interval. Marked changes were elicited at the end of treatment [Figure-1 a/b/c] [Figure-2 a/b/c]. Treatment was done periodically with single medicine Sulphur 30. Repetition was done based on Kentian philosophy, 2nd prescription. After 3 months the condition was standstill so same medicine 200 potency was prescribed according to intensity of symptoms. Monthly follow up the patient. Improvement was found gradually, no new eruption and itching ameliorated after 4 months of treatment. The treatment was continued for more then 6 months to address any recurrence of old complaints or any new complaints [Table3]. The attribution was ascertained through modified Naranjo criteria [Table 2]

Table 1: Analysis and Evolution

	symptoms	analysis	Intensity
1	Patient was irritable	Mental general	++
2	Company aversion	Mental general	++
3	Desire sweet	Physical general	++
4	Aversion milk	Physical general	++
5	nightmare	Physical general	++
6	Constipated stool	Physical general	++
7	Sweating was offensive	Physical general	++
8	Chilly patient	Physical general	++
9	Crusty eruption	Particular	++
10	Itching at night	Particular	++

Table 2: Modified Naranjo criteria

Item	Yes	No	Not sure/N/A
Was there an improvement in the main symptom or condition for which the homoeopathic medicine was prescribed?	+2		
Did the clinical improvement occur within a plausible time frame relative to the drug intake?	+1		
Was there an initial aggravation of symptom?	+1		
Did the effect encompass more than the main symptom or condition, that is, were other symptoms ultimately improved or changed?	+1		
Did overall well-being improve?	+1		
Direction of cure: Did some symptoms improve in the opposite order of the development of symptoms of the disease?		0	
Direction of cure: Did at least two of the following aspects apply to the order of improvement of symptoms From organs of more importance to those of less importance? From deeper to more superficial aspects of the individual? From the top downwards?	+1		
Did old symptoms (defined as non-seasonal and non-cyclical that were previously thought to have resolved) reappear temporarily during improvement?			0
Are there alternate causes (other than the medicine) that with a high probability - could have caused the improvement? (Consider known course of disease, other forms of treatment and other clinically relevant intervention).		+1	
Was the health improvement confirmed by any objective evidence? (e.g., laboratory test, clinical observation, etc.)	+2		
Did repeat dosing, if conducted, create similar clinical improvement?			0
Total - 10			

Table 3: Follow up

Date	Changes in signs and symptoms	Treatment and Management	Justification
11.01.2022	First case taking	Sulphur 30/ 1 dose LPL Twice daily for 29 days	Repertorisation.
10.02.2022	Eruption still present, offensive sweat, hard stool, itching prospered after taking first dose. Biochemistry report: HB%-10g/ dl, Ige- 416.9 IU/ml. Not much changes of appetite.	LPL twice daily for 30 days	Initial aggravation indicating that medicine act properly
11.03.2022	50 % improve eruption, itching decrease, appetite slightly increase, offensive sweat, stool every alternate day.	LPL twice daily for 30 days	Complaints were better so advised placebo
10.04.2022	Standstill condition after progressive improvement for about 3 months. Eczema spot present with itching.	Sulphur 200/ 1 dose LPL Twice daily for 29 days	Same medicine was repeated because the condition was standstill, Potency increase due to intensity of symptoms.
09.05.2022	Eczema improved, Appetite good, stool passed once daily, sweat offensiveness reduced.	LPL twice daily for 30 days	Complaints were better so advised placebo
15.06.2022	Eczema improved, no new eruption, overall better, HB- 12g/ dl, Ige- 144.6	LPL twice daily for 30 days	No new eruption, advised placebo
14.07.2022	No eruption, Patient was cure by homoeopathic medicine. Patient take care of the possibility of any relapse in future.	LPL twice daily for 30 days advice to visit if there any recurrence.	Advice to visit if any other complaints.



Fig 1a: Pretreatment



Fig 1b: Under treatment



Fig 1c: Post treatment



Fig 2a: Pre-treatment



Fig 2b: Under treatment



Fig 2c: Post treatment

Symptoms : 11 Remedies : 324 Filters : Normal

Remedy	Sulph	Sil	Calc	Lyc	Nux-v	Sep	Graph	Carb-v	Rhus-t	Carb-v	Thu-j	Ars	Calc-s	Hep	Nit-ac	Merc	Phos	Bry
Totally	30	23	22	22	21	21	21	20	20	18	18	18	18	18	18	17	17	17
Symptoms Covered	11	9	9	9	10	9	8	9	9	9	9	8	8	8	7	9	9	8
Kingdom	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
[Kent] [Mind]IRRITABILITY (SEE ANGER): (245)	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3	2	3	3
[Kent] [Mind]COMPANY-Aversion to: (98)	2		1	2	3	2	1	1	2	2	2		1	2			1	2
[Kent] [Stomach]AVERSION-Milk: (30)	2	2	2		1	2		1		2			2				1	2
[Kent] [Stomach]DESIRE-Sweets: (36)	3		2	3	1	2			2	2			1	2			1	2
[Kent] [Sleep]DREAMS-Nightmare: (73)	3	2	2	1	2				1		1	1		1	2	1	1	2
[Kent] [Generalities]HEAT-Vital,lack of: (108)	2	3	3	2	3	2	3	2	3	2	2	3	2	3	3	2	3	
[Kent] [Perspiration]ODOUR-Offensive: (59)	3	3		3	3	3	3	3	2	2	3	2		3	3	3	2	
[Kent] [Rectum]CONSTIPATION (SEE INACTIVITY): (213)	3	3	3	3	3	3	3	3	1	2	3	3	2	1	3	2	3	3
[Kent] [Skin]ERUPTIONS-Eczema: (68)	3	2	3	2		2	3	1	3	2	2	3	3	3	1	2	1	1
[Kent] [Skin]ITCHING-Night: (44)	3	2			1		2	3			1					1		
[Kent] [Skin]ERUPTIONS-Crusty: (95)	3	3	3	3	1	2	3	3	3	1	1	3	3	2	3	3	2	2

Fig 3: Repetorization sheet

Discussion

Homoeopathy is a treatment option for young adults suffering from eczema and suggesting further studies to investigate the role of homoeopathic medicine for this case. Our study used individualised medicines based on “law of similia” and totality of symptoms broadly covering from homoeopathic point of view. The miasmatical interpretation of eczema psora [Itching is persistent symptom, dry, rough scaly eruption, < Open air, > Night], Syphilis [Thick and heavy scale, very little soreness, eruption is circular grouping], Sycotic [Eruption in circumscribed spot, Eczema exfoliata, Scaly and patchy skin eruption]. This case was conducted on the patient suffering from eczema attending opd of G D Memorial Homoeopathic Medical College & Hospital on 11/01/2022. The presenting complain was eczema on rt side of foot and above the lateral malleolus, with hard stool, offensive sweet, poor appetite. After repertorisation sulphur, calcarea carb, silicea terra, Lycopodium, sepia, Nux vomica coming in leading score. Dr Mahesh, Dr Mallapa, Dr Vithoukas, Dr Bagdi, Dr Ram, Dr Das in Previous case report about homoeopathic medicine and its efficacy in the treatment of eczema [8, 9, 10]. In this case Sulphur was selected because it covers mentals, physicals as well as particulars with highest gradation. So, I prescribed Sulphur 30 1 dose associated with placebo in liquid form twice daily after 3 months eczema 50%

improved, passes semisolid stool every alternate day, appetite slightly increase, due to intensity of symptoms potency increase but the medicine was same. After 6-months patient is overall good, no new eruption. The homoeopathic medicine along with assurance can help in alleviating disease symptoms as well as improve the quality of life.

Conclusion

Form this study, it has been observed that the homoeopathic medicine prescribed on basis of totality of symptoms of a patient suffering from eczema had shown beneficial result and the medicine is effective. Homoeopathy plays observably statistical role in the treatment of eczema.

Declaration of patient consent

Author certifies that he had obtained appropriate patient consent form. In this form patient agreed that his image to be reported in the journal. The patient appreciates that his name and initials will not be published and due efforts will be made to conceal all details.

Acknowledgment

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Conflict of Interest

Not available

Financial Support

Not available

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