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## A case study of darier disease with homoeopathic treatment according to individualistic approach

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### Abstract

A skin condition called darier disease having wart-like blemishes on the body. It causes blemishes that are usually yellowish in color, hard to the touch, mildly greasy in nature, and can possess a strong odour. Commonly blemishes are seen in the scalp, forehead, chest, upper arms, elbow, back, knees, and behind the ear. Mucous membranes can also be affected, with blemishes on the tongue, palate, inside of cheek, gums, and throat. Other features of Darier disease may be seen abnormalities in nail, such as irregular texture with red and white streaks, and small pits in the palms, soles.

Many homoeopathic remedy has been prescribed according to totality of symptoms a case and reports also been published.

**Keywords:** Darier disease, homoeopathy, autoimmune, mutation

### Introduction

The wart-like eruptions are usually appear in late childhood and early adulthood. Affected people may experience flared-up and few patches too. Environmental factors affects the appearance of the blemishes. The aggravating factors are summer time exposure to heat and humidity, UV light; rubbing, scratching, minor injury, friction, certain medications. Darier disease occasionally have neurological symptoms such as epilepsy, mild intellectual disability and depression, Learning and behaviour difficulties have also been reported in some cases. It is not confirmed about these conditions are associated with the genetic changes that cause Darier disease, or if they are coincidental. Social stigma experienced by people with numerous skin blemishes might be linked to the behavioural problems.

Darier disease caused by mutations in the ATP2A2 gene which associated with instructions for producing an enzyme abbreviated as SERCA2. This enzyme regulate the calcium ion pumps inside cells, particularly in the endoplasmic reticulum and the sarcoplasmic reticulum. Insufficient amounts of functional SERCA2 enzyme decreases calcium levels in the endoplasmic reticulum, causing it to become dysfunctional. SERCA2 present throughout the body; skin predominancy of blemishes it is not known. According to some researchers the skin cells are the only cells that do not have a "back-up" enzyme for calcium transport. This makes skin cells particularly vulnerable to changes in this enzyme (SERCA2).

### Epidemiology

The prevalence of Darier disease is between 1 in 100,000 individuals worldwide.

### Inheritance

Darier disease is an autosomal dominant disease that means one copy of the altered gene in each side of parents cell is capable of causing the disorder to inherit. Some cases may result from new mutations in the gene without any family history. The linear form of Darier is not inherited but arises from mutations in the body's cells that occur after conception as it called somatic mutations.

### Case Summary

A case of 35 yr. old male presented in OPD with following complaints, skin lesion on forehead, neck, scalp cover with thick scab.

Character of the lesion is serve itching small popular eruption with discoloration, on forehead, neck, scalp, red, patches.

- Complaints aggravates in winter, at night.
- His father had Diabetes mellitus.
- Thermal reaction of patient was chilly.
- He has craving for egg, generally sleep was disturbed with itching.
- Patient was forgetful, confused, anxiety with little impressions like noticed by others, wants to stay at home.
- After reportorial totality medicine was prescribed.

**Physical Examination**

- Appearance pale, earthy complexion, his vital signs were normal.
- Clinical findings red scratchy scabs over forehead, neck, scalp,

**Basis of Prescription**

Calcarea Carbonica a 200 was prescribed on the basis of

reportorial totality. As it was most similar to the case and scored highest 7/9. He was forgetful, anxiety of observed by others, desire for egg, chilly patient directed to the prescription of Calcarea carbonic a.

**1ST Prescription**

1. Calcarea Carbonica 200/ 1 dose, EMES.
2. PL pills.

**Follow Up**

1	Sleep no change, itching and redness decreased.	placebo
2	Sleep was improved, itching and redness further reduced.	placebo
3	Generals improved, with further improvement in itching and redness.	placebo



**Fig 1:** Before Treatment after Treatment

**Discussion**

In this case, the patient who received homoeopathic treatment did considerably better than previous time. Homoeopathic treatment was given according to individualistic approach. Remedy was selected on the basis of symptoms similarity after analysing the reportorial totality. Homoeopathic treatment is more cost effective having no further associated symptoms. There are limitations for homoeopathy like unavailability of proper potency of well selected remedy in some cases. Here in this case 200 potency was selected according to patient’s susceptibility. Though in many case multiple doses of selected potency might require here one single dose worked beneficially for many days. We the homoeopathy physician should always consider the potential of single remedy in a case.

**Conclusion**

Firstly, the diagnosis of Darier disease might be an explanation for a person’s skin symptoms, which was unexplained previously. Knowing the cause of their skin condition can help individuals to better manage their symptoms more effectively understand their body. Secondly, as there is no cure for Darier disease, there are treatments available to alleviate symptoms and improve the appearance of the skin. With proper treatment in homoeopathy may help individuals with Darier disease can lead a relatively normal life. Finally, a sense of community and connection with others having darier disease. Online forums and Support groups provide a space for individuals with similar condition (Darier disease) to connect with others, share experiences, and offer support and advice.

In conclusion, being a challenging condition to manage, having some positive aspects to the condition, including a sense of community, effective treatments, and a better understanding of one's body. With proper support and management, individuals with Darier disease can lead a full and satisfying life.

So in homoeopathy having promising results which are beneficial and cost effective as well for a patient. Likewise further more research should be done to establish its efficacy in any diagnosed case.

### **Conflict of Interest**

Not available

### **Financial Support**

Not available

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#### **How to Cite This Article**

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