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## Homoeopathic approach in scabies

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### Abstract

Scabies is the most common skin disorder in children. It also effects young and old people. Both the sexes are equally effected. It is spread through either direct contact i.e. skin to skin or contaminated articles. More commonly seen in unhygienic living areas. Homoeopathy plays a vital role in trading scabies.

**Keywords:** Scabies, homoeopathy, skin, itch, mites, infection

### Introduction

Scabies is a skin disorder caused by an organism called *sarcoptes scabiei*, also called as itch mites. This is also called as “Seven year Itch”. Skin infection caused by mites deeply penetrate into skin making a burrow to live and deposit eggs. Scabies is recognized by WHO as a public importance disease which is included in neglected tropical diseases. Scabies is a condition when not treated leads to various complications such like secondary bacterial infections, septicemia, glomerulonephritis, and rheumatic heart disease. Studies revealed like scabies is a condition where children are more vulnerable when compared with adults. This is because of exposure towards overcrowding, sharing beds, and clothing. Transmission is from skin to skin contact from the infected individual. Fertilized female mite burrows and lays eggs and live around 10-14days in epidermal layer of skin in an individual. Eggs hatch within 3-4days and change to larva and the two adults in 4-7days which are around 0.4mm which is not usually visible to human eye. Incubation period is around 4-6 weeks, as they don't present with any symptom they are not aware that they are infected. Gradually they progress and start producing severe itching and start presenting with various symptoms. IACS (International Alliance for the Control of Scabies was established in the year 2012. In the year 2018 they had produced a criteria to diagnose the Scabies. This criteria was furtherly developed in 2020.

### Criteria is as follows

#### International alliance for the control of scabies criteria for the diagnosis of scabies

<b>A</b>	<b>Confirmed Scabies</b>
A1	Mites, eggs, or faeces on light microscopy of skin samples
A2	Mites, eggs, or faeces on individual using a high-powered imaging device
A3	Mite visualised on individual using dermoscopy

<b>B</b>	<b>Clinical Scabies</b>
B1	Scabies burrows
B2	Typical lesions affecting male genitalia
B3	Typical lesions in a typical distribution and two history features

<b>C</b>	<b>Suspected Scabies</b>
C1	Typical lesions in a typical distribution and one history feature
C2	Atypical lesions or atypical distribution and two history features

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H	History features
H1	Pruritus
H2	Close contact with an individual who has had itch or typical lesions in a typical Distribution

So this criteria doesn't include and is limited with crusting. Hence, a grading scale is provided to assess the crusting of scabies.

#### Areas on the body where scabies are infected

- Web spaces of fingers and toes.
- Groins & Genitalia.
- Folds at wrist and knees.
- Around the Waist.

#### Beneath finger nails

- Around the nipples.
- Beneath the watch straps, rings, bracelets, anklets.

#### Types of scabies

##### 1. Nodular

This is the common type of scabies in children. Rash is like red-brown giving nodular in appearance. This rash retains as long as the itch mites are on the body.

##### 2. Bullous

This is blister appearance mimicking like a Bullous pemphigoid. Usually seen in adults.

##### 3. Crusted

This is also called as "Norwegian". Rash gives a crusted appearance where millions of mites will be there covering large areas over the body.

##### 4. Scalp

This type doesn't exhibit any symptoms except scale like appearance on the scalp which appears like psoriasis.

#### Causes

- Children at daycare centres
- Caretakers or parents who are exposed to and is taking care of child
- Sexually active adults
- Multiple sexual partners
- People with weak immune system (HIV, On Immunosuppression Medications).

#### Symptoms

Scabies takes nearly about 4-8 weeks to develop. Severe itching, worsen during nights. Rash appears like bites, hives, knots, pimples, blisters, patches on the skin. Narrow irregular tracks which look like blisters. Soreness is developed due to excessive scratching. Crusts noted in severe scabies where millions of mites are within the crusts. These crusts are grey in colour, thick crusts with crumbling in nature.

#### Homoeopathic Remedies

##### 1. Sulphur

Dryness of skin with scaly unhealthy appearance. Severe itching towards night. Burning sensation worse by scratching. Dirty filthy appearance. Prone to repeated skin infections. Pimple like eruptions with rhagades. Offensive

discharge from the effected site. Child is peevish, forgetful. Very selfish. Pruritus after warmth. Agg by warmth of bed, Bathing, morning. Amm by lying on right side.

##### 2. Merc sol

Vesicular and Pustular eruptions. Eruptions are irregular in shape, undefined. Itching worse from warmth of bed. Pimples around the eruptions. Yellowish brown crusts. Weak memory, loss of will power. Mistrustful. Itching with greenish thin, putrid discharges. Agg by night, wet damp weather.

##### 3. Kali sulphuricum

Very well indicated remedy for scabies with severe dryness. Eczema rash with severe itching. Burning sensation. Flaking and peeling of skin. Post skin infection kali sulph is best remedy in removing scabs. Agg by warm room, evening.

##### 4. Causticum

Scabies rash in folds of thighs and groins. Severe itching in web spaces of fingers with great soreness. Burning, rawness and soreness sensation is characteristic feature. Bleeds easily. Agg by dry, cold winds, cold air. Amm by damp wet weather, warmth.

##### 5. Sepia

Effective medicines for scabies, itching of vesicles is not relieved by scratching. The skin turns into pinkish colour after intense scratching. The condition is worsened by open air, better by staying in warm room. Severe itching at elbows and knees, there is no relief even after scratching for too long. Sweat on feet which is more on toes. Offensive odour of skin. Agg by forenoons, evenings, washing. Amm by Warmth, pressure, hot applications.

##### 6. Psorinum

Psorinum is one of the best medicine for scabies. Unhealthy skin tend to skin diseases. Intolerable itching worse from lying in bed. Severe itching that the person scratches until the skin starts to bleed. Extreme sensitiveness to cold. Psorinum is the best for scabies with dirty, rough, scabby, greasy skin along with violent itching. Offensive discharge. Crusty eruptions. Pustules near finger nails. Agg by Coffee, change of weather. Amm by heat, warm clothing.

##### 7. Arsenicum album

Indicated in scabies with violent itching along with great restlessness. Dry, rough, scaly, dirty skin like parchment burns intensely. The skin peels off in large scales and is very sore to touch in such cases. Over-sensitiveness of the skin with acute itching and burning. The person is unable to sleep due to violent itching in the affected areas. Ulcers with offensive discharges. Agg by wet weather, cold. Amm by heat, warm applications.

#### Conflict of Interest

Not available

#### Financial Support

Not available

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