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A case of eczema treated with arsenic album: A case report

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Abstract

Eczema can occur as a response on being exposed to a particular substance of environment. Eczema is a superficial inflammation of skin. In conventional medicine, it is treated with emollients and tropical steroids. In Homoeopathy the literature suggests a few remedies for sea-shore aggravation. Also the synthesis repertory covers only 12 medicines for the same. We have presented the case of 61 Year old female with eruptions on both palms with intense itching and burning aggravation by sea-shore, who was treated with homoeopathic medicine arsenic album. It is clearly apparent from this evidence-based case report that homoeopathy has a positive role in treatment of eczema.

Keywords: Eczema, dermatitis, arsenic album, sea-shore, homoeopathy

Introduction

Eczema or dermatitis is defined as an inflammation of the epidermis and the superficial layer of the dermis caused by a wide range of external and an internal factor resulting in redness, itching, swelling, scaling, oozing and formation of clustered papulo vesicles ^[1]. Eczema is diagnosed on the basis of patients presenting symptoms. The management of eczema primarily comprises avoiding contact with irritants and regular use of emollients. In conventional medicine, tropical steroids are used but relapse are very common ^[2]. According to homoeopathic principles, suppressed eruptions always lead to deeper diseases; therefore, such eruptions should be treated with homoeopathic individualised medicine ^[3, 4].

Epidemiology

The incidence of hand eczema was found to be 10.9-15.8% in various studies while in Indian dermatologic outpatient department of 5-10% of allergic contact dermatitis patients, hand involvement was seen in two-third of cases ^[5].

Case

Background

Mrs. X, 61/F, presented with eruptions on her both palm since 1 year. In eruptions intense itching and burning is present. This started from finger later spread to the whole body. She went to sea shore 3 years ago after which the complaints started. She has taken allopathic and ayurvedic medication for same complaints 6 months back with temporary relief. She complained that she can't sleep due to itching and has become irritable due to itching.

Observation

It was observed that she had cuts on joints of fingers; upon enquiring she said that there was sticky discharge from those cuts. She mentioned that she had swelling in fingers before and said that she was not able to do her own work because of it. Also she used to bargain about consultation fee with physician while depicting her complaints to the physician. She was constantly complaining about her family members in each visit.

Aggravation: Itching covering her parts with sheet, heat, touch

Past history

She also had a history of UTI for which she took medicines for 3-4 months and the complaints were relieved.

Mental generals

Mentally, interpersonal relation (IPR) with both the daughter in laws are not peaceful/ not in harmony because she is fastidious and she wants everything and every work on time and much particular about that, but she doesn't say anything about it to them to avoid initiating an argument. Also she feared that her family might leave her alone once she starts complaining.

Family history

Father died at the age of 40 years due to severe medical reaction in case of UTI.

Mother died of natural death.

Physical generals

Her appetite was good. However thirst was decreased. She only drank 1-1.5 litres water in a day. She had no specific desire but had aversion to sweets. She was a hot patient. The patient also said that she had anxious sleep and she can't sleep due to itching. She had a clean tongue. The perspiration was normal, without stain and odour and on whole body. On examination her vital parameters were normal.

Analysis of Symptoms

Mentals	Physical generals	Particulars
<ul style="list-style-type: none"> want everything and every work on time, very particular about it Fears being alone Irritable due to itching Anxious sleep 	<ul style="list-style-type: none"> Aversion to sweets Thirst is decreased Tongue is clean Can't sleep due to itching 	<ul style="list-style-type: none"> Eczematous eruptions with severe itching on palms Burning in eruptions Complaints started after going to the sea-shore Cracks on joints of fingers

Evaluation

1. Want everything and every work on time, very particular about it
2. Fears being alone
3. Irritable due to itching
4. Anxious sleep
5. Aversion to sweets
6. Thirst is decreased
7. Tongue is clean
8. Can't sleep due to itching
9. Eczematous eruptions with severe itching on palms
10. Burning in eruptions
11. Complaints started after going to the sea-shore
12. Cracks on joints of fingers

Totality of Symptoms

- Fastidious
- Fears being alone
- Irritable due to itching
- Anxious sleep
- Aversion to sweets
- Thirstless
- Tongue is clean
- Sleeplessness
- Eczematous eruptions with severe itching on palms
- Burning in eruptions
- Complaints started after going to the sea-shore
- Cracked skin of finger joints

Repertory Sheet ^[6]

Repertorial analysis

Arsenic alb- 27/11

Kali-Carb- 20/9

Rhus- T- 16/8

Sulph- 16/8

Merc- 12/8

Selection of remedy with justification: On the basis of totality of symptoms Arsenic album was prescribed ^[7].

Prescription

Rx

Arsenic Album 200/ 1 Dose/ Stat

Sac Lac 30/ TDS for 15 Days

Follow-ups

Date	Symptoms	Prescription
30-11-21	Itching in eruptions Burning in eruptions Cracks on joints of fingers Irritable due to itching Sticky discharge from cuts Aggravation from itching covering her parts with sheet, heat, touch	Rx Arsenic 200 / 1 Dose/ Stat Sac Lac 30/TDS for 15 days
17-12-21	Itching in eruption Burning in eruption slightly decreased Cracks on joints of fingers Sticky discharge from cuts present < itching covering her parts with sheets, heat and touch	Rx Arsenic 200 / 1 Dose/ Stat Sac Lac 30/TDS for 15 days
28-12-21	Itching get slightly better Burning slightly decreased Cracks on fingers of joint still present	Rx Sac Lac 30/TDS for 15 days
13-01-22	Itching much better than before Relief in burning also Slight relief in cracks of joints Sticky discharge still present from cuts	Rx Sac Lac 30/TDS for 15 days
29-01-22	Itching better than before Burning present Cracks on joints of fingers Sticky discharge present	Rx Arsenic 200 / 1 Dose/ Stat Sac Lac 30/TDS for 15 days
14-02-22	Itching and burning is much better than before Cracks are getting better Sticky discharge decreased this time	Rx Sac Lac 30/TDS for 15 days
04-03-22	Itching and burning on and off present Cracks much better now Sticky discharge still present	Rx Sac Lac 30/TDS for 15 days
16-03-22	No itching and burning now Cracks on finger joints no change Sticky discharge present	Rx Arsenic 200 / 1 Dose/ Stat Sac Lac 30/TDS for 15 days
31-03-22	Cracks same as before and sticky discharge also	Rx Arsenic 200 / 1 Dose/ Stat Sac Lac 30/TDS for 15 days
12-04-22	Cracks and sticky discharge not present now No new complaints	Rx Sac Lac 30/TDS for 15 days



Before image



After image

Conclusion

In case of eczema a well selected homoeopathic medicine Arsenic album 200 was prescribed on the basis of totality of symptoms, materia medica and miasm. It has showed marked improvement in the case of eczema. Photographs during follow-up visits has provided as documentary evidence about the effectiveness of homoeopathic medicine Arsenic album in eczema.

Conflict of Interest: Not available

Financial Support: Not available

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