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Original Research Paper

Medicine

GRAVITATIONAL VENOUS ECZEMA TREATED WITH HOMOEOPATHIC CONSTITUTIONAL REMEDY : A CASE REPORT

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ABSTRACT A case report of 70 yrs male occupationally a auto driver, suffered with gravitational venous eczema of bilateral lower extremities with swelling, pain and severe itching since 5 months. After taking complete case history in detail the analyses and evaluation was done and was treated with homeopathic medicine Lachesis 30 as a constitutional remedy by selecting a similimum from synthesis repertory, after the medication, the follow up was taken by using eczema area and severity index the above mentioned case gave a improvement in reducing scales and changes in mental and physical wellbeing. The case highlights the role of individual homeopathic medicine can bring changes in skin disorder without any adverse effect.

KEYWORDS : Gravitational Venous Eczema, Homeopathic Medicine, Lachesis, Synthesis Repertory.

INTRODUCTION

Venous hypertension occurs when the valves become damaged through trauma, surgery, venous thrombosis, pregnancy and obesity. Blood flows back into the deep veins causing an increased volume and a rise in pressure. This causes venous congestion, leading to a loss of nutrients and oxygen that cannot reach the skin and underlying tissues. Skin changes, such as eczema, occur as a result. As the veins become engorged, the walls of the veins stretch allowing fluid, proteins and red blood cells to leak out into the tissues. This causes skin irritation leading to venous eczema.Venous eczema is common especially in older people and is reported to affect 20% of people over 70 years of age. Approximately 10% of people with varicose veins go on to develop skin changes. Characteristic symptoms include pruritis on medial ankle (which can extend to the shin), pain, lesional inflammation, scaling and skin color changes and thickening. Itch is the most troublesome symptom, impacting patient quality of life (QOL). The diagnosis is mainly clinical and doppler ultrasound, patch test and skin biopsy. In the case of treatment procedure the modern medicine though gives improvement, not able 5o bring the changes in recurrency and permanent cure homeopathy treats all types of skin affection successfully without any side effects.

Case Report: A male patient 70 yrs old came with the history of blackish discolouration in both the legs with swelling and itching since 5 years. Had taken ayurvedic and allopathic treatment but no betterment seen.

Location	Sensation	Modalities
Extremities - lower limbs (lower 2/3rd of the legs, ankle and dorsum of foot)	Scaling, crusting, exfoliation, thick watery discharge, pain(VAS-8), itching, and burning, blackish discolouration, swelling (pitting).	<while walking, night, flexion of both extremities, in scratching (leads to bleeding and leaves marks).

Past History:

1. UNCONTROLLED TYPE II DM on irregular medications.
2. Varicose veins since 5 months with increased swelling since 5days.
3. Hypopigmentation in 2/3rd of lower extremities well appreciated.

Family History:

FATHER- Died due to old age.
MOTHER--Died due to old age.

Personal History:

Table 1: Personal History

Diet: mixed Appetite:normal Thirst:2-3ltr/day Habits and addiction : smoking(5-6 cigarettes/D), alcoholism since 30 yrs of age. Desires: NS Avesrsion :NS Bowels: 1t/D, soft, satisfactory. Micturition: 4-5t/d, 1/n, non offensive, deposits absent	Sleep-6-7hrs, refreshed Perspiration - generalised /moderate Dremas-NS Thermals: chilly Fanning : not required Season :NS Food: warm Covering: required Bathing : wram water.

Table 2: Life Space Investigation

Situation	Expression	Disease suffered
• Low socioeconomic status • Couldn't complete his studies due to financial issues. • Earns his leaving as auto driver. • Feeling stressed due to the little earning. • Worried about his health as the complaints kept progressing even after medication.	Angered by triffles Cries when alone, does not share his feelings to others. Anxious about health. Extroverted.	Type ll DM and later developed varicose veins Which further progressed to gravitational venous eczema.

General Physical Examination :

The patient is well built and nourished. Height-5.4ft, weightg60kgs, eyes-pink, Mouth-pink, Teeth-hygienic, Tongue-prominent papillae, Ears--wax present, Nose- no DNS, no polyp, Tongue-moist and pink

Pallor-absent. Cyanosis-absent. Edema - B/L pitting edema of lower limbs

Icterus-absent Clubbing-absent. Lymphadenopathy-absent

Vitals : Pulse-75bpm. RR- 22cpm BP-110/80mmhg. Temp-Afebrile

Systemic Examination.

Respiratory System

Inspection-chest is bilaterally symmetrical, No scar marks, no discolouration.

Palpation trachea is centrally placed, no tenderness. Percussion - Resonant note heard over lung field. Auscultation-bilateral bilateral monophasic wheeze heard, infraclavicular, inframammary, axillary, interscapular region on both the lung fields.

Cardiovascular System
Inspection - Bilaterally symmetrical, No visible pulsation, No dilated veinil
Palpation - Apex beat in the left 5 th intercostal space!!
Percussion - Dull note heard over cardiac region
Auscultation-S1 and S2 heard, No murmurs.

Central Nervous System:
Conscious and oriented with time and space
All reflexes are elicited!!
Cranial nerve examination nothing abnormality detected

Gastrointestinal Tract:
Inspection - Umbilicus is centrally placed, no distension of abdomen.
Palpation - No tenderness, No organomegaly, No abdominal mass is present
Percussion Tympanic note heard over abdomen
Auscultation Normal bowel sounds heard

Local Examination
Skin-site and distribution : thickened hyperpigmented skin over the ankle and dorsum of foot and hyperpigmented patches over the distal lower leg Surface changes - scaling, crusting and fissuring seen around ankle with lichenification. Edema noticed around the lower leg and ankle area.

Differential Diagnosis :
GRAVITATIONAL VENOUS ECZEMA
CELLULITIS
PSORIASIS

Final Diagnosis : Gravitational venous eczema with chronic bronchitis with uncontrolled type ll DM with hypopigmentation under evaluation.

Table 3: Analysis of Symptoms

Common	Uncommon
Blackish discoloration of legs Swelling in the legs	Sensation - itching and burning. <a night, scratching Bloody discharge and fluid discharge. Habits smoking (5-cigarettes), alcoholic since 30 yrs. Anxious about helath Angered at trifles Cries when alone Doesn't share his feelings to others Extrovert. Chilly patient.

Miasm: syco-syphilitic.

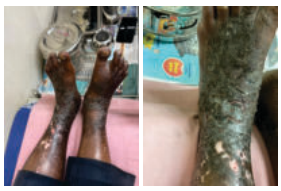
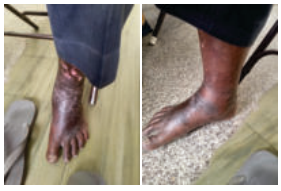
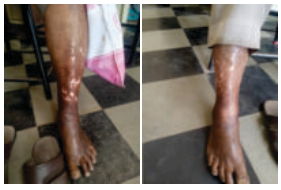
Evaluation of Symptoms :

Mentals:	Physicals:	Characteristic particulars :
Anxious about health. Angered at trifles. Cries when alone Doesn't share his feelings to others. Extrovert	Habits - smoking (5-6cig), Alcoholism since 30 years.	Itching and burning of b/L legs <at night scratching Bloody discharge and fluid discharge.

Repertorial Totality :
Mind-angered easily
Mind - weeping goes off alone.
Mind- anxiety health about.
Extremities - discolouration - lower limbs - back
Extremities - swelling - foot
Extremities - itching - legs
Skin-itching - night-agg
Skin-itching - bleeding - scratching ;after-agg
Skin-itching - burning.

Probable Remedies :
Lycopodium, Lachesis, Nux vomica, Merc sol, Graphitis.

Prescription :
Rx,
Lachesis 30 × 1-0-0, 3days
Rubrum 200 1-0-1.

	First visit : 24/10/24 Cracks are seen, erythema noted over the Cracks, Severe dryness and scaling of the skin. There is severe itching over the area. Erythema - 2 Skin integrity - 5 Scaling - 7 Itching - 5 Dryness-6 Total-25
	Second visit : follow up on 5/11/24 Erythema reduced Cracks have been reduced, scaling has reduced, itching reduced. Dryness has reduced. Erythema - 1. Skin integrity - 3 Scaling - 5 Itching - 3 Dryness - 4 Total-16.
	Third visit : follow up on 5/5/25 Itching, scaling, erythema reduced, Cracks of skin has reduced, Dryness has been reduced Erythema - 0 Skin integrity - 2 Scaling - 2 Itching-1 Dryness-1. Total-6

Auxiliary Measure :
- Should make sure that the personal hygiene is maintained.
- Maintain a healthy diet
- Massage the legs and feet with the coconut oil to prevent dryness.

CONCLUSION

Patient was diagnosed with gravitational venous eczema of bilateral lower extremities after analysis of symptoms, he was given with Lachesis 30 for 3days with repetition as required it as been observed that homeopathic medicines are effective in such cases. The medicine is selected and given on basis of totality of symptoms as per the principle of individualization. The above case shows the treatment assessment of gravitational venous eczema using the eczema area and severity index.

Declaration of Patient Consent:
The patient was informed about the publication of his data in journal and written consent was taken from the patient.
Conflict of Interest :
Not available

Financial Support :
Not available.

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