



## “ECZEMA TREATED WITH THE INDIVIDUALIZED HOMOEOPATHIC MEDICINE”- A CASE REPORT

### Homeopathy

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### ABSTRACT

The most typical type of dermatitis is eczema, also referred to as atopic dermatitis. The pathogenesis is likely to involve both genetic and environmental elements. This case report shows the effectiveness of homoeopathic treatments for eczema in a short period. There was no local application used. Sulphur was chosen based on the patient's presenting symptoms then repertories them and after consulting the Materia Medica and Sulphur were selected. (9) This case report with the supporting evidence shows conclusively that homoeopathy is effective in treating eczema.

### KEYWORDS

Homoeopathy, Eczema, Sulphur, Itching

#### INTRODUCTION-

The most typical type of dermatitis is eczema, also referred to as atopic dermatitis. The pathogenesis is likely to involve both genetic and environmental elements. Although it can occur in adults, eczema is more frequently found in youngsters. People with the illness frequently have infected, dry, and itchy skin. Eczema is referred to as the "itch that rashes" due to dry skin that causes a rash when scratched or rubbed. Skin hydration is the most crucial component of treating eczema, followed by topical steroids for flare-ups. (1)

Eczema can manifest itself in seven various ways: atopic dermatitis, contact dermatitis, dyshidrotic eczema, nummular eczema, seborrheic dermatitis, and stasis dermatitis. (2)

Clinical evaluation of the patient's symptoms is used to make an eczema diagnosis. Avoiding contact with irritants and regularly using emollients are the two main components of managing eczema. Topical steroids are employed in traditional therapy however, relapses are quite common. (3)

The ISAAC study found that Indian children aged 6-7 years had a 27% overall prevalence of current eczema while Indian children aged 13-14 years had a 36% Prevalence. (4)

Per homoeopathic Principles (5), a suppressed eruption will always result in a more serious illness; as a result, this eruption should be treated with homoeopathic individualized medication. (6) In homoeopathy there are many medicines in the homoeopathic repertory. (7)(8) and Materia Medica (9) for the treatment of eczema the prescription of a remedy is based primarily on complaints of the patient.

In homoeopathy various drugs are used in dermatitis including Anacardium, Arsenic album, Bovista, Borax, Croton tig, Dulcamara, Hepar Sulph, Graphitis, Merc., Natrum Muriaticum, Nux vomica, Psorinum, Petroleum, Rhustox, Sepia, Sulphur etc. the drugs used for the acute form of dermatitis include Aconite, Anacardium, Apis Mellifica, Belladonna, Cantharis, Rhus tox, Sepia. (10)

#### CASE REPORT

The reported case is of 32 years old, male, belonging to a middle socio-economic family who came to visit on 01/2/22 with complaints of eczema on the left side of the Popliteal fossa.

#### History Of Present Complaints

Complaints occur in 5 days ago with intense itching and burning, with oozing itching ameliorated by scratching, in open air and at Warmth on sun exposure, night itching more aggravated.

#### Past History

Nothing specific

**Family history** Father – Hypertension Mother – Hypertension

#### Mental general

Always new ideas of everything, health anxiety, irritability+++.

#### Physical General

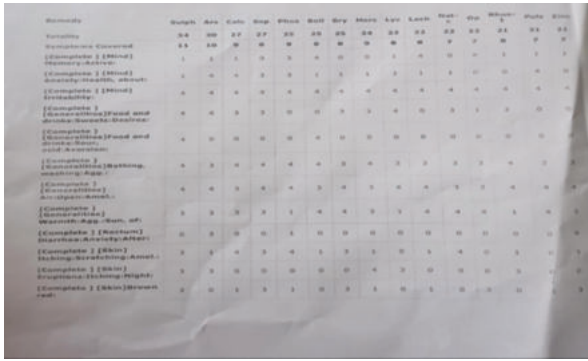
Appetite–ravenous hunger it will not take then headache starts, Desire-sweet, Aversion-sour things, Stool-regular (during Anxiety diarrhoea starts, Perspiration-offensive, Thirst– Moderate, Tongue–moist, Sleep-regular during sleep like covering except feet, Urine–clear, Thermal reaction–hot (sensitive to sun exposure)

#### General Survey

He was lean and thin with a fair complexion, and easily face become red by slight anger or other emotions. weight 46 kg and cyanosis, clubbing, jaundice, and oedema were not detected. he cannot stand for a long time. On examination Eczema is present on the left side of the popliteal fossa and has brown-red discolouration.

#### Reportorial Analysis-

| S. No | Symptoms                                     | Analysis         | Intensity |
|-------|--|------------------|-----------|
| 1     | Patient was irritable                        | Mental general   | ++        |
| 2     | Anxiety about health                         | Mental general   | ++        |
| 3     | Active memory                                |                  |           |
| 4     | Desire sweet                                 | Physical general | +++       |
| 5     | Aversion sour things                         | Physical general | ++        |
| 6     | Diarrhoea anxiety after                      | Physical general | ++        |
| 7     | Standing is the worst position               | Physical general | +++       |
| 8     | Hot patient                                  | Physical general | ++        |
| 9     | Bathing Aversion                             | Physical general | ++        |
| 10    | Complaints ameliorate in open air            | Particular       | ++        |
| 11    | The itching ameliorated by scratching        | Particular       | +++       |
| 12    | Complaints aggravate by sun exposure, Warmth | Particular       | +++       |
| 13    | Itching at night                             | Particular       | +++       |
| 14    | Brown red eruptions                          | Particular       | +++       |



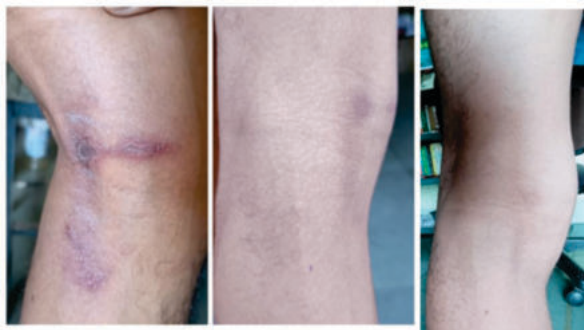
Picture-01-Repertorial Sheet

Remedy selection and administration- remedy selection based on the totality of symptoms and holistic approach. Sulphur 200 was dispensed in the form of globules, medicine to be taken once in the early morning on an empty stomach. This single dose of sulphur was followed by a placebo twice daily, morning and evening for 7 days.

**Advice**

Maintain proper hygiene, maintain a healthy diet, and avoid applying medicinal substances to the affected area.

| Date       | Signs And Symptoms   | Treatment                                   | Justification                               |
|------------|--|---|---|
| 01.02.2023 | First case taking  | Sulphur 200/ 1 dose Nihilinum BD for 7 days | Repertorisation.                            |
| 06.02.2023 | Eruption reduced, burning++ in eruption, itching prospered after taking the first dose.                                      | Nihilinum twice daily for 7 days            | Complaints were better so advised a placebo |
| 12.02.2023 | Eczema improved, and irritability also reduced   | Nihilinum twice daily for 7 days            | No new eruption                             |
| 22.02.2023 | No eruption, Patient was cured by homoeopathic medicine. The patient takes care of the possibility of any relapse in future. | Nihilinum twice daily for 7 days            | Advice to visit if any other complaints.    |



Picture No.-2 Patient improvement picture

**DISCUSSION-**

This case report shows the effectiveness of homoeopathic treatments for eczema in a short period. There was no local application used. Sulphur was chosen based on the patient's presenting symptoms then repertories them and after consulting the Materia Medica Sulphur were selected. (9) homoeopathy focuses on the patient rather than the illness. If we choose an appropriate, individually homoeopathic medicine for the treatment, it will operate both symptomatically and holistically. A comprehensive picture of how sulphur medicines work was presented in the case report.

**CONCLUSION-**

This case study recommends homoeopathic therapy as an acceptable complementary or alternative therapy and highlights the necessity for repertorization in individualized homoeopathic prescription. In treating eczema in a short period, this example demonstrates the benefits of homoeopathy in dermatological cases.

**Conflict Of Interest:** None

**Source Of Funding:** None

**Author's Contribution:** Not available

**Declaration Of Patient Consent-**

The authors confirm that a patient consent form was obtained, granting permission for clinical information, with her identity kept secret.

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