

“EFFICACY OF HOMEOPATHY IN TREATMENT OF NUMMULAR ECZEMA – A CASE STUDY”

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ABSTRACT- The case study of a subject having nummular eczema was done of which the aetio-pathogenesis was not fully known but apprehension and stress was quite prominent which made us repertorize the case from Kent based repertory i.e. Synthesis from RADAR 9.0, and King of Antipsorics i.e. Sulphur was selected as Similimum on reportorial analysis. Result was brilliant, it cured the case after initial aggravation. Result of this research can give indications for making policy for treatment of such irritating and financially depraving skin conditions by Govt. and Corporates, for efficacious management of it and securing quality of life of our employees and citizens by using medicine which is authenticated deeply regarding its principles- in Ancient Indian Literature.

KEYWORDS: Nummular eczema; IgE Antibodies, Psora, Repertorization, Similimum, Homoeopathic aggravation, Cure.

REVIEW OF LITERATURE

Definition

Eczema is an inflammatory condition of the skin characterized by itching or burning, redness, scaling and small ulcers. It can also be accompanied by watery discharge which later on leaves by thick crusts. Eczema is more the description of a symptom rather than a disease. Eczema is the result of so many internal and external factors acting singly or in combination with each other.

The term eczema means ‘to boil out’ (ec = out; zema = boil), because it seems that the skin is ‘boiling out’ or ‘oozing out’.

Etiology

The exact cause of eczema is not known. People with eczema do have the IgE antibodies (Immunoglobulin E) produced by the immune system as part of allergic reactions.

Common triggers of eczema include the following - Allergies to, Pollen, Molds. Dust, Animal dander, Food and tobacco, Dry air - particularly winter air, with little moisture, Harsh soaps and detergents, Coarse fabrics, Skin care products that contain alcohol; Emotional stress and excessive heat and sweating. People with eczema do have IgE antibodies (immunoglobulin E) produced by the immune system as part of allergic reactions. Weather (hot, cold, humid or dry); Environmental allergens; Jewellery, creams, cosmetics, Rubbing, Bacterial infections etc.

Nummular Eczema

Nummular eczema also known as discoid eczema is a long-term skin condition that cause skin to become itchy, swollen and cracked in circular or oval patches.

It can occur at any age but is seen more frequently in adults. It is slightly more common in adult men than women.

Signs and symptoms-

- Small spots or bumps on the skin
- Or lighter skin these patches will be pink or red
- Initially these patches are often swollen blister eel
- The patches oozing a lot of fluid.
- A yellow crust developing over the patches
- Feeling sick
- Feeling hot or shivery
- Feeling unwell

Ancient Indian literature:

Bhagvad Puran (3500 BC) which recognizes law of Similia as described in a dialogue between Narad and Maharishi Vyas which says, “The curative drug would be the one having the capacity to produce a similar disease....”;

Ayur-veda recognizes “Vishasya Visham Aushadham” which means - Poison is neutralized by poison; about 5000 years back; and

Shushrut Samhita in 600 BC recognizes as “Samah Samam Shamayti – means similar will be extinguished by use of similars.

Ancient Indian poet Kavi – Kalidasa in 1st Century BC said “Shrudyate hi pura loke, Vishasya Visham Aushadham” means Whole world knows since old times – Poison is the Medicine for Poison”.

METHODOLOGY

Source of data and Inclusion Criteria

This study was conducted on, the patients who attended the out patient department of the Medicine unit of JVVU's Suryansh Aarogyashala – in our Homoeopathic Medical College and Hospital.

The patient with round coin like erythematous patches on the limbs quite itchy and irritating, who belong to age group 20-60 years was considered for the study. Both the sexes were included belonging to various socioeconomic group, not having any serious associating disorder and not having allopathic medications for any disease condition.

Diagnostic Criteria

The diagnosis was based on strong clinical history, clinical presentation and local examination findings.

Methods of study

The data was collected by purposive sampling technique as per the inclusion criteria and processed in a Standardized Case Record (SCR). Processing includes analysis and synthesis of the case which were done as per the guidelines and principles of Homoeopathy.

The potency selection and repetition of the dose were done according to the demand of the case, such as Acute or Chronic, Susceptibility, Vitality and Suppression (if any), Changes in structural and functional level, and the degree of correspondence to the remedies.

Follow up in the case was planned for a minimum of 1-2 months as it's related to acute skin condition. During the follow up each case was evaluated according to the scoring criteria, which includes the intensity of the symptoms before and after treatment, using Patient's Visual Analogue Scale.

Case Study

A 40 years of female presented with the complaint of the skin around the Patches becoming hot. Swollen and tender or pain full since 5 days.

Presenting complaints – Itchy eruptions on upper and lower limbs in round spots like coins, itching worse at night and by warmth.

Mental generals-

- Apprehension of having some serious disease.
- Very sensitive.
- Suffers from poor short term memory.

Physical Generals-

- Constitution - lean thin person
- Appetite - 2 chappatis, 1 bowl daal, 1 bowl rice at a time
- Thirst - 6-7 glasses/day
- Aversion - Sweets
- Stool - Satisfactory once in a day
- Urine - Frequent urination
- Menses - Cycle 28 days, flow 3 days, spotting 2 days, no clots

- Sleep - 7-8 Hours, not sound
- Dreams - Not specific

Physical examination-

BP- 110/70

Pulse- 70/min

RR- 17/min

CNS examination- All reflexes were working properly.

CVS examination- All sounds were clearly heard.

Locomotor examination- All movements ok, Nothing abnormal found.

Abdominal examination- Abdomen is soft at touch and nothing was abnormal.

Totality of symptoms:

- Mental generals-
 - Apprehension about some serious disease.
 - Very sensitive.
 - Suffers from poor short term memory.
- Physical Generals-
 - Aversion – Sweets
 - Frequent urination
- Particulars -
 - Cracks fingers tips of
 - Itching < warmth
 - Aggravation – Night

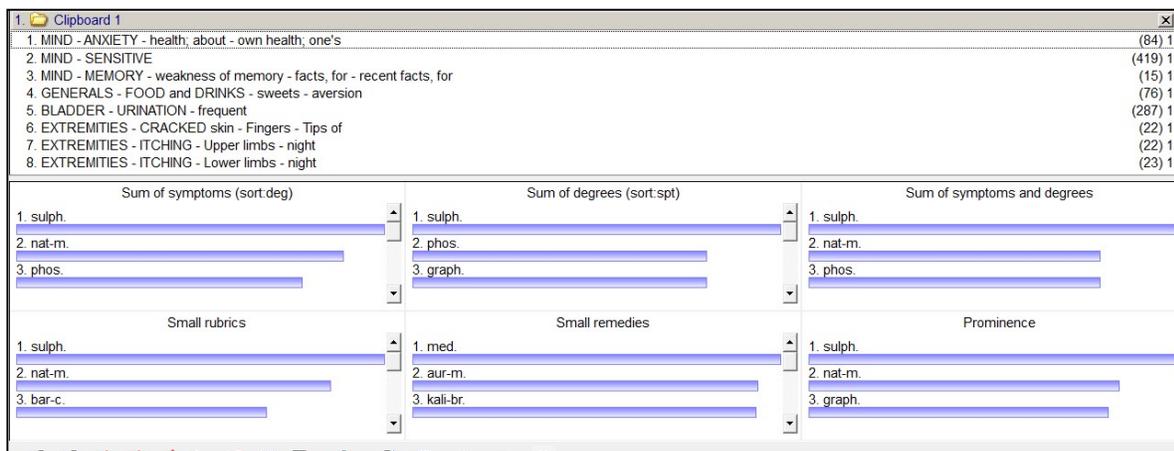
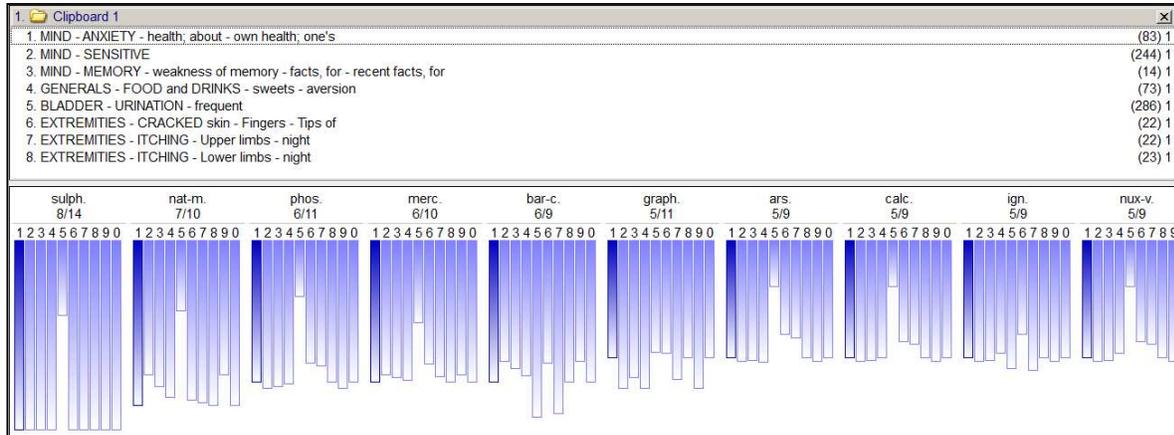
Repertorization –

From Synthesis Repertory RADAR 9.0 (Attached below)

1.  Clipboard 1

1. MIND - ANXIETY - health; about - own health; one's
2. MIND - SENSITIVE
3. MIND - MEMORY - weakness of memory - facts, for - recent facts, for
4. GENERALS - FOOD and DRINKS - sweets - aversion
5. BLADDER - URINATION - frequent
6. EXTREMITIES - CRACKED skin - Fingers - Tips of
7. EXTREMITIES - ITCHING - Upper limbs - night
8. EXTREMITIES - ITCHING - Lower limbs - night

	sulph.	nat-m.	phos.	merg	bar-c.	graph.	ars.	calc.	ign.	nux-v.	bell.	canth.	hyos.	med.	sil.	arg-m.	lyc	nit-ac	puls.	kali-c.	petr.	carb-v.	cocc.	ph-ac	zing.
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	8	7	6	6	6	5	5	5	5	5	5	5	5	5	5	4	4	4	4	4	4	4	4	4	4
	14	10	11	10	9	11	9	9	9	9	8	8	7	7	7	11	10	9	9	8	7	6	6	6	6
1.	1	1	3	1	1	-	3	2	1	1	1	1	1	2	1	3	2	4	2	2	-	-	2	2	-
2.	3	3	3	2	2	1	2	2	3	3	3	2	2	2	3	3	3	3	3	2	1	2	2	1	2
3.	1	1	-	-	-	1	-	1	-	1	1	-	1	-	-	-	-	-	-	-	-	1	-	-	-
4.	2	1	2	2	1	3	2	1	1	1	-	-	1	1	1	2	2	1	1	2	1	-	-	1	2
5.	3	2	1	3	3	3	1	3	3	3	2	3	2	1	1	3	3	1	3	2	2	2	1	2	1
6.	1	1	-	1	1	3	-	-	1	-	1	-	-	1	1	-	-	-	-	-	3	-	-	-	-
7.	1	-	1	1	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	-	1	-	-	-
8.	2	1	1	-	1	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	1	-	1



- Selection of remedy – Sulphur Hahnemanni
- Selection of Potency -200
- Prescriptions and follow ups: Sulph. 200 1 Dose, Early morning empty stomach, followed by Placebo × TDS x 7 Days (All 3 globules doses), Homoeopathic aggravation noted in first follow up, kept on Placebo TDS with weekly follow ups – the patient got better in every follow up to be cleared totally in 5 weeks.

Result – complete “Cure”, no relapsing even after 6 weeks and feeling no more apprehensions



Before Treatment



After Treatment

DISCUSSIONS

We conducted following research study “Efficacy of homeopathy in treatment of Nummular eczema – A case study” in the homeopathic OPD of JWU’s Suryansh Aarogyashala – in our Homoeopathic Medical College and Hospital.

The patient was selected as per the inclusion criteria, having round coin like patches on the limbs with itching, between age group 20-60, having no fatal accompanying disorder and not on any allopathic medication.

Psychological history was quite important in this case as stress seemed to be major factor in its origin than any other cause. Thus Kent repertory was used for repertorization, analyzing the case and find the similimum (the most similar remedy to the case).

As per the review of ancient Indian literature, homeopathy is deep rooted science by its principles and it’s dynamic, single, simple, soothing homeopathic remedies are known for long having the curative power without side effects therefore was tested in this study.

Result of this research can give indications for making policy for treatment of such irritating and financially depraving skin conditions by Govt. and Corporates, for efficacious management of it and securing quality of life of our employees and citizens by using medicine which is authenticated deeply regarding its principles- in Ancient Indian Literature. More scope of future research is for each type of acute skin condition to be carried out individually, to know there aetiological factors for practicing preventive aspect.

CONCLUSIONS

The following conclusions were drawn from the study:

- The cause of it is grossly unknown but episodes of stress is the major factor.
- Psora was found to be the Dominant Miasm.
- Constitutional medicine was found to be effective in the treatment.
- The Homoeopathic medicine is effective in the treatment of Nummular eczema as per case study.

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