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Individualized Homoeopathic Management of Chronic Eczema

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ABSTRACT

This case report presents the effectiveness of individualized homoeopathic management in a 45-year-old female with chronic eczema. Based on totality, Sulphur 200 was prescribed, The treatment led to progressive and complete resolution over six months without recurrence. The case The treatment led to progressive and complete resolution over six months without recurrence and enhanced quality of life.

KEYWORDS: *Chronic Eczema, Homoeopathy, Individualized remedy.*

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INTRODUCTION

Eczema or dermatitis is a group of inflammatory skin diseases provoked by a wide variety of stimuli including direct injury from toxic chemicals, mechanical trauma and immunological reactions.[2]The word eczema is derived from the greek word 'eczein' meaning 'to boil over' or 'to effervesce'. Itchy skin is the most common symptom of eczema. Symptoms of eczema often include: Itch, dryness, sensitive skin; Inflamed, discoloured skin; Rough, leathery or scaly skin, appearing as scaly patches; Oozing or crusting; areas of swelling.[1][2] Eczema, a chronic inflammatory skin condition, that causes itchiness, rashes, dry patches and infection and significantly impacts the quality of life of affected individuals.[1] It is influenced by genetic predispositions, environmental triggers and immune dysregulation.[3] It affects approximately 20% of children and 3% of adults globally.[1]

ROLE OF HOMOEOPATHY IN CHRONIC ECZEMA:

Conventional treatments often provide symptomatic relief but may fail to address the underlying cause, leading to recurrences.[1] In modern medicines steroids and topical applications are used which suppress the local condition arousing the internal malady and other symptoms which previously existed in latent state side by side.[1] Homoeopathy, with its holistic approach, emphasizes individualized treatment and addresses the disease at a deeper level through its principles.[1] According to homoeopathic principles, Skin manifestations are reflection of internal systemic diseases so, it should be treated constitutionally to find out the exact cause of skin manifestation rather than suppressing it by local means can lead to more severe systemic problems.[1] Homoeopathic medicines are not only annihilate the disease in its whole extent in the shortest, most reliable and most harmless way, but it also prevents the complications associated with it.[3] Treatment of eczema with homoeopathic medicines has proved to

cure the cases miraculously by treating its root cause and gives a long term of relief and prevents the further recurrence of the disease.

CASE PRESENTATION:

- NAME: ABC
- AGE: 45 years
- GENDER: female
- OCCUPATION: Teacher
- CHIEF COMPLAINTS: Dry, scaly eruptions with intense itching on both lower limbs and arms since 2 years. Skin rough, thickened with cracks and occasional bleeding. Scratching leads to burning
- MODALITY:

Aggravation: By warmth of bed, taking bath
Amelioration: By lying on right side and By cold air

- PAST HISTORY: No any such history
- FAMILY HISTORY: Father- eczema on both upper limbs

Mother- high blood sugar

- MENSTRUAL HISTORY: menses regular but profuse flow on initial first 2 days
- MENTALS: does philosofical talks, untidy in habits Feels heat all over body, especially at night, likes appraisal

PHYSICAL GENERALS:

Appetite- adequate 3 chappati per meal

Thirst- increased

Desire- spicy and fried food likes fast food

Stool – constipated, dryness of rectum, burning

Perspiration – profuse, offensive, especially on forehead

Sleep – disturbed due to itching Thermal – Hot

GENERAL PHYSICAL EXAMINATION:

BP – 130/70mmhg
PULSE – 74 bpm
R.R – 18/min

TEMPERATURE – 97.2 F

SYSTEMIC EXAMINATION: NAD

DIAGNOSIS: Chronic Eczema

TOTALITY OF SYMPTOMS:

1. Dry, scaly eruptions with intense itching on both lower limbs and arms which is aggravated by warmth of bed.
2. Egoistic
3. Untidy
4. Hot patient
5. Desire for spicy and fried foods fast food
6. Constipated with dryness of rectum with burning
7. Aggravation: By warmth of bed and bathing

Amelioration: By cold air and lying on right side

REPERTORIZATION:

PRESCRIPTION: Rx, Sulphur 200 stat dose every week
SL 4 pills BD for 20 days

ADVICE: Maintain proper hygiene.
Take healthy food and avoid fast food Drink proper water

FOLLOW UP:

DATEFOLLOW UPPRESCRIPTION

After 20 days Itching reduced cracks healed .

RX, SL for 1 month

After 1 monthScaling decreased, itching reduced, sleep improved. RX, Sulphur, 200 Stat

Dose, SL for 2 month

After 2 month Almost all lesions healed, skin becomes smooth. RX, SL for 6 months

After 6 months No recurrence of any skin lesion in last 6 months, overall vitality better, constipation improved, no other complaints.

CONCLUSION:

Nowadays eczema is common skin condition which affect the quality of life on daily basis. According to homoeopathic principles, Skin manifestations are reflection of internal systemic diseases so, it should be treated constitutionally to find out the exact cause of skin manifestation rather than suppressing it by local means can lead to more severe systemic problems. This case report presents the effectiveness of individualized homoeopathic management in chronic eczema

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