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A RARE SKIN DISEASE – ORF TREATED SUCCESSFULLY WITH HOMOEOPATHIC MEDICINE- A CASE REPORT

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ABSTRACT

Orf is an exanthemas disease caused by parapox virus; it is zoonotic in origin and primarily occurs in sheep, goats and pet animals. Mostly it is presented as small, red, itchy or painful eruptions usually in fingers, hands, forearm or face etc. People who make direct close contact with infected animals are most at risk, including farmers, sheep shearers, vets, butchers. People with a weakened immune system, open wounds or other skin diseases are more likely to be infected with orf and should take care around affected animals. Here is a case report of orf which is treated successfully with Homoeopathic medicine.

Key words- Orf Disease, Zoonotic diseases, Parapox Virus, Homoeopathy.

INTRODUCTION

ORF is an exanthemas disease caused by parapox virus, as it is zoonotic in nature it primarily occurs in sheep, goats and pet animals but can infect a human as well. It is also called as contagious pustular dermatitis, infectious labial disease, ecthyma contagious, thistle disease and scabby mouth.

In humans, the first sign of orf is a small, red, itchy or painful lump (lesion) that usually appears on the fingers, hands, forearm or face after an incubation period of 3 to 5 days. There may be more than 1 lesion in some cases. The lesion will usually be firm, red or blue in colour, and 2 to 5 cm in diameter. As the condition progresses over a w to 6 week period, a pustule or blister that weeps fluid will develop on top and eventually crust over. Other possible symptoms include a high temperature, general tiredness and enlarged lymph glands.

It is not possible for human to pass the virus onto each other. The virus is spread by handling infected sheep or goat, infected carcasses, or contaminated material .handling infected animals near their mouth is thought to increase the risk of orf. People who make direct close contact with infected animals are most at risk, including farmers, sheep shearers, vets, butchers.

People with a weakened immune system, open wounds or other skin diseases are more likely to be infected with orf and should take care around affected animals.

BRIEF CASE REPORT

11 year old girl child on 10/02/2021 in general OPD of National Homoeopathic Research Institute in Mental Health, Kottayam was presented with small reddish eruption on finger with sore and bruised pain. Eruption is pustular and reddish on centre, white on borders.

Patient had fever 1 week back. 1 day back suddenly eruption appeared followed by severe weakness. Patient had history of playing with pet dogs for a long time 1 week before.

Past history-Nothing particular

CONSTITUTION- lean, thin, fair complexioned girl

ON EXAMINATION- eruption is noted on right index finger. Colour is bright red in colour, redness in centre surrounded by white borders. Tenderness present

Vital signs were normal .no temperature present now.

Her Father is hypertensive

PHYSICAL GENERALS

She is a pure vegetarian with good appetite thirst. She has desire for fruits especially apples and aversion to milk, meat, egg. Stool is constipated and has profuse perspiration on entire body. Thermal reaction is hot

MENTAL GENERALS

Nervous, sensitive and like to play alone

ADVICE GIVEN

Follow good hygienic practices when handling with pet animals. wear protective gloves, good hand hygiene and vaccinate animal as per schedule.

HOMOEOPATHIC MEDICINE WITH ITS DOSAGE

On the basis of characteristic symptoms **Arnica** was selected. 8 doses of 200th potency was selected according to susceptibility of the patient along with placebo for one month.

FOLLOW UP

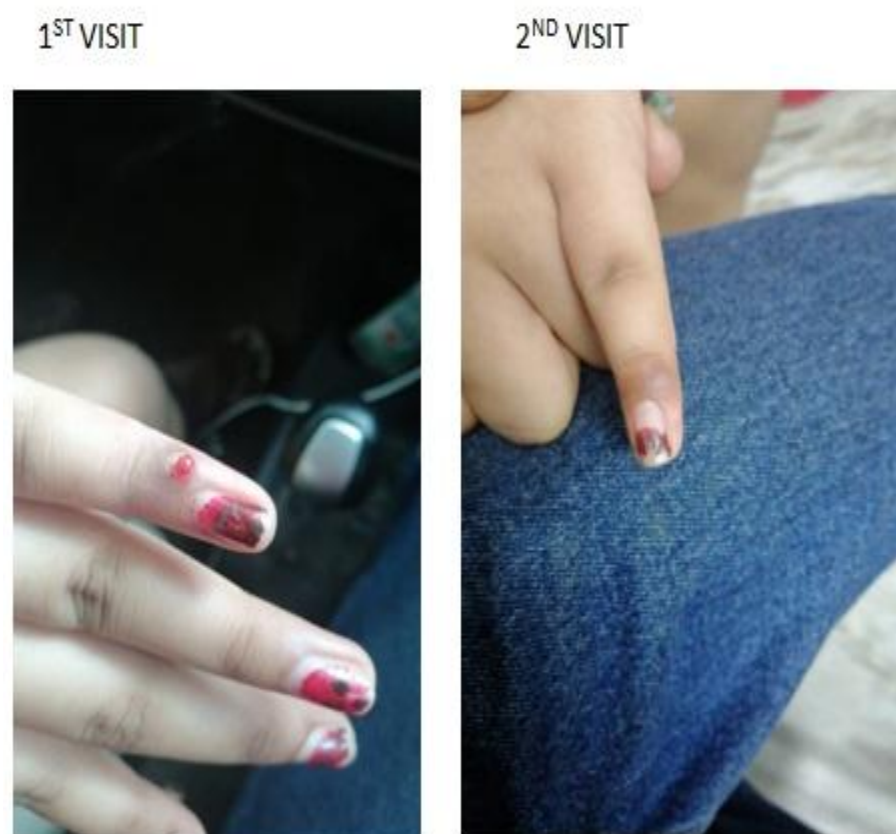
On 15/03/2021 eruption was cleared, no discoloration, no new lesions and weakness with good generals. Then placebo was given for next 1 month.

Then she came on 16/04/2021. There was no any new lesions and no discomfort to the patient. Again placebo repeated for 1 month.

Then visited on 22/05/2021 with no particular symptoms. She was completely alright with good generals.

DISCUSSION AND CONCLUSION

This case report shows the effectiveness of homoeopathic medicines in the case of eczema. No local application was used. On the basis of the patients presenting symptoms and characteristics selected Arnica on referring to the Materia Medica. 200th Potency is selected according to the susceptibility of the patient. Administration of Arnica led marked improvement in the 2nd visit itself. Arnica is well known for its action on the skin and hence showed its effect on this condition. However, this is a single case report and further larger studies with different study designs and large sample sizes are required for determining the efficacy of homoeopathic treatment in such cases.



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