



IJAYUSH
International Journal of AYUSH
AYURVEDA, YOGA, UNANI, SIDDHA AND HOMEOPATHY
<http://internationaljournal.org.in/journal/index.php/ijayush/>

International Journal
Panacea
Research library
ISSN: 2349 7025

Original Research Article

Volume 11 Issue 3

May-June 2022

HOMOEOPATHIC TREATMENT OF CONTACT DERMATITIS: A CASE REPORT

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ABSTRACT

Contact dermatitis is frequently occurring medical condition. Contact dermatitis is polymorphic inflammation of the skin. It is commonly related to occupation and occupational exposure can be presented to a primary cause or contributory element¹. A case of 29 years old female patient having a diagnosis of contact dermatitis, presented with the complaint of intense itching and dryness of both hands with bleeding on scratching. After analyzing the totality of symptoms and modalities then Tuberculinum was prescribed in this case and suggesting the homoeopathic treatment in such cases.

INTRODUCTION

Dermatitis is a word used to describe several skin irritations and rashes caused by genetics, an over active immune system, injections, allergies, irritating substance and more. It has many causes and forms and usually involves itchy, dry skin or a rash. Dermatitis is a general term for conditions that cause inflammation of the skin. The rashes range from mild to severe & can cause a variety of problems depending on their cause. Itchiness and redness is commonly the first sign of dermatitis.²

ATOPIC DERMATITIS-Atopic dermatitis is the cutaneous expression of the atopic state, characterized by a family history of asthma, allergic rhinitis or eczema. The prevalence of atopic dermatitis is increasing worldwide.¹

The rash of atopic dermatitis consists of red, elevated, scaly and often excoriate and oozing plaques. Scratching and rubbing act as triggers that cause flares, spread the skin disease, and account for papular eruptions.⁴

CONTACT DERMATITIS-Contact dermatitis is an inflammatory skin process caused by an exogenous agent or agents that directly or indirectly injure the skin. It results from a complex interaction between external substances or contactants, and the skin. The clinical lesion of contact dermatitis may be acute (wet and edematous) or chronic (dry, thickened and scaly).⁴

CLASSIFICATION OF DERMATITIS³:-

Endogenous	Exogenous
Atopic Dermatitis	Diaper Dermatitis
Seborrhoeic Dermatitis	Irritant Contact Dermatitis
Stasis Dermatitis	Allergic Contact Dermatitis
Juvenile Plantar Dermatitis	Infectious Eczematoid Dermatitis
Pityriasis alba	

SYMPTOMS⁴

Each type of dermatitis tends to occur on a different part of your body. Signs and symptoms may include:

- ☐ Itchiness(pruritus)
- ☐ Dryskin
- ☐ Rash on swollen skin that varies in color depending on your skin color
- ☐ Blisters, perhaps with oozing and crusting
- ☐ Flaking skin(dandruff)
- ☐ Thickened skin
- ☐ Bumps in hair follicles

DIFFERENTIAL DIAGNOSIS⁴

- ☐ Psoriasis
- ☐ Molluscum dermatitis
- ☐ Tinea corporis
- ☐ Dermatomyositis

Case History on 30-11-2020

A female aged 29 years was presented with complaint of dry scaly patches on both hands with intense itching, burning & bleeding after scratching and cuts on fingers since 1 year. Modalities : < scratching, at night, after applying water, at 1-2 pm and

>by stove's heat

Associated complaints: Motion sickness tendency of vomiting while riding in a car.

Perspiration- Scanty

Thermal reaction -chilly

Mental generals:

- ☐ Likes to travel a lot
- ☐ Desire to be alone

Justification of selection of remedy- Tuberculinum 1 M was selected on the basis of reportorial analysis, done by Complete Repertory and totality of symptoms. Tuberculinum covers mental symptoms and marked modalities.

Repertory sheet:-^{5,6}

Physician Name: Dr. unit 1 Patient Name: Speed Case Symptoms Recorded: 17

Complete -> Skin-3751 Quick Repertorisation

Type keywords for Quick Repertorisation: [Record] [Clear]

Strategies/Filters Applied: [Include chapter name in search] [Clipboard #2 + Sort on Totality (Descending)]

Symptoms: 9 Remedies: 485

Show Repertorisation Tools [Remedy List] [Record] [Replace] [Clear Alternate Symptoms]

Remedy Name	Rhus-t	Sulph	Ars	Merc	Tub	Puls	Alum	Clem	Ign	Phos	Sil	Anac
Totality	12	12	11	10	10	9	8	8	8	8	8	8
Symptoms Covered	4	4	3	4	4	4	3	3	3	3	3	2
Kingdom												
[Complete] [Mind]Company:Aversion to:	4	3	4	1	1	3	4	3	4	3	3	4
[Complete] [Mind]Travel, desire to:				3	4	1			3			
[Complete] [Perspiration]Scanty:		1	3				1		1		1	
[Complete] [Stomach]Vomiting:Moving vehicles, from:				3				4		1		
[Complete] [Skin]Eruptions:Desquamating:Parts, over affected:	3	4										
[Complete] [Skin]Itching:Midnight>About:	1					1						
[Complete] [Skin]Itching:Scratching:Agg.:	4	4	4	3	1	4	3			4	4	4
[Complete] [Skin]Itching:Warmth:Amel.:Stove, of:					4			1				



Picture: before treatment

FOLLOW UP:

Date	Symptoms	Prescription
30-11-2020	dry scaly eruptions on both hands on palms and dorsum side, marked itching and burning	R _x Tuberculinm1M /1dose/stat followed by placebo 30/TDS for 7 days.
07-12-2020	Irching and burning present slight relief <night, water >stove heat	R _x placebo 30/TDS for 14 days
04-01-2021	Itching persistent and hairfallComplainof dry eruption > ++	R _x Placebo 30 BD for 14 days
18-01-2021	Intense itching	R _x Placebo 30/BD/ 14 days
01-02-2021	Cuts on palms of hands, itching on fingers, blood oozes out from the cuts >stove heat <night	R _x Placebo 30 /TDS For 14 days
15-02-2021	Symptoms better, Depression in nails	R _x Placebo30/ BD/ 14 days
01-03-2021	Not present any complaints	R _x Placebo 30/ BD/14 days
15-03-2021	Not present any complaints	R _x Placebo 30/BD for 14 days



Picture: after treatment

DISCUSSION AND CONCLUSION

In this case Tuberculinum 1M was prescribed and with single dose it not only removed symptoms but also improved condition of skin and nails. The case report not only reflects the efficiency and creditability of Tuberculinum as an effective and potent treatment of CD but also paves way for repertory as an indispensable tool which can lead to a similimum or partially similar medicine.

The case report has proved to be a classical cure i.e., the highest ideal of cure which is rapid, gentle and permanent restoration of the health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable, and most harmless way, on easily comprehensible principles. The patient improved on all pathological parameters.^{7,8,9}

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