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CONSTITUTIONAL APPROACH TO THE TREATMENT OF CONTACT DERMATITIS TYPE-IV

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Abstract

Contact dermatitis (CD) is a common inflammatory eczematous skin disease. In addition to reduction in quality of life, it causes considerable health and socioeconomic costs. Essentially five subtypes can be distinguished, namely irritant contact dermatitis/ICD or Allergic contact dermatitis/ACD, Photo allergic contact dermatitis/PACD. ACD is caused by a type-IV hypersensitivity reaction. It results from the contact of an offending chemical or antigen with the skin, and the subsequent T-cell mediated response. An expected 15%-20% of population experiences contact dermatitis.

Keywords: Contact dermatitis, Stramonium, Constitutional, Mental general

Introduction

Contact dermatitis (CD) is an inflammatory skin disease caused by chemicals or metal ions that exert irritant (toxic) effects, or by small reactive chemicals (contact allergens) that modify proteins and include immune responses (predominantly by T-cell response)[1]. ACD is a type 4 or delayed-type hypersensitivity response (DTH) by an individual's immune system to a small molecule (less than 500 daltons), or hapten, that contacts a sensitized individual's skin[2]. The initial or induction phase of ACD occurs when the hapten combines with the protein to form a complex that leads to the expansion of an allergen-specific T cell population; the name for this

process is sensitization. During the elicitation phase, re-exposure to the antigen leads to the development of dermatitis. ACD accounts for 20% of contact dermatoses, and allergens differ greatly based upon geography, personal habits, and hobbies, and often, the types of preservatives that are legally permissible[3].

Repeated contact to the allergen in a sensitized person will cause a chronic complaint, characterized by lichenified erythematous pillars with variable hyperkeratosis and fissuring that may spread beyond the areas of direct exposure. The external agents causing Contact dermatitis such as Degreasing agents, Detergents, Solvents, Parabens used as preservative in cosmetics, Friction and dusts, Low humidity, Rubber and Plastic, Jewellery made of Nickel and Chromate, Plant allergens, Formaldehyde, Epoxy resin etc.[4] Contact dermatitis usually exacerbates pre-existing endogenous eczema. The diagnosis is generally based on a history and physical assessment. Patch testing may be necessary in cases of chronic contact dermatitis[5].

According to Homoeopathic principles the choice of remedy depends on the theory of individualization of patient as a whole. The point of homoeopathy isn't just to treat contact dermatitis however to address its primary causes and individual susceptibility[6].

ICD-9-CM Code- 692.9 Contact dermatitis

Material and Method

Case: A 58 years female reported to the outpatient department (OPD) of Solan Homoeopathic medical college and hospital Kumarhatti, (H.P.) on 20/06/2023 came with complaint of itching, burning, pain, cracks and peeling of the skin of palmar surface of left hand since past five years. She also has crawling sensation under the skin.

History of Present Complaint

Since 5 years patient has started facing complaint of itching in left hand which was on and off. After some days cracks started developing in hand with peeling off the skin. The condition becomes worse when her hand come in contact with detergent powder while washing clothes. She had applied many ointments and taken pills for this problem but gradually the condition become worst. So she thought to take Homoeopathic treatment for this complaint, as gangrene of her husband was also cured by us at SHMCH.

Past history: Patient had history of uterine fibroid and blockage of left fallopian tube at 34 years of age.

Family history: Family history revealed that her father died from throat cancer at the age of 53 years and mother too died from cancer of stomach, moreover her elder brother and younger brother died from liver cancer at the age of 53 and 54 yrs. respectively.

Physical Generals

She has difficulty in tolerating cold weather. She drinks 1-2 glasses of water per day. Her appetite is good. She has desire for sweets. Regular bowel habit. She often have dreams of dead people. She startles easily. Perspiration is profuse. Skin is greasy.

Mental Generals

She is a housewife and living in a nuclear family with her husband and her family was not financially sound since her childhood, although after marriage she again had to face financial crisis. She is fearful and can perceive events of future. She thinks she is God and sometimes Devil.

Analysis and Evaluation of the Case

Provisional diagnosis: ICD-9-CM Code- 692.9 Contact dermatitis

Reportorial Totality

S.No.	Symptoms	MG/PG/Particulars	Intensity
1.	Perceives events of future	MG	++
2.	He imagines that sometimes he is God and sometimes Devil	MG	+++
3.	Fear of being alone	MG	+++
4.	Startled easily	MG	++
5.	Profuse perspiration	PG	++
6.	Crawling sensation under skin	Particular	++
7.	Skin greasy	Particular	++
8.	Speech incoherent	Particular	++

S.No.	Symptoms	Chapter/Rubrics
1.	Perceives events of future	MIND-CLAIRVOYANCE
2.	He imagines that sometimes he is God and sometimes Devil	MIND-DELUSIONS, imaginations-God-he is, then he is devil
3.	She has fear of being alone	MIND-FEAR-alone, of being
4.	She startled easily	MIND-STARTING, startled-easily
5.	Profuse perspiration at night	PERSPIRATION-PROFUSE-night

6.	Sensation of crawling under skin	SKIN-FORMICATION-under skin
7.	Skin greasy	SKIN GREASY
8.	Speech incoherent	SPEECH-VOICE-SPEECH-incoherent

Reportorial Sheet



Repertorial Analysis

S.No.	Remedies and their Relative Values	
1.	Stramonium	15/8
2.	Phosphorus	15/6
3.	Kali phos.	10/5
4.	Bryonia	9/5

The Remedy: Stramonium 200- single dose, placebo 30-bd/15 days.

Medicine was selected after analysing the detailed case history of patient and on the basis of presenting totality of symptoms using (Synthesis Repertory) with the help of RADAR version-10 software. Stramonium has covered all rubrics and score higher among all remedies. Stramonium was found to be most appropriate for this case covering general, including physical and mental

picture as well as thermal reaction. Remedy is again confirmed with reference from Materia Medica. The points considered in confirming the remedy from various texts are as follows:

- Desire light and company; cannot bear to be alone; worse in the dark and solitude; cannot walk in a dark room.[8]
- Religious mania.[9]
- “Speech stammering, difficult, unintelligible.”[10]
- Skin crawling as of many bugs.[11]

The potency was selected according to the susceptibility of the patient. Single dose of Argentum metallicum is given to avoid unnecessary aggravation as has been said in aphorism 278 that only true experience is the best guide for a physician to know how much small a dose should be in order to bring upon a cure without causing unnecessary aggravation of the disease.

Follow Up

Date	Change in Symptomatology	Prescription
05/06/23	Pain, itching in hand slight better, no change in cracks and peeling off skin. Crawling sensation no change.	Placebo 200 1 dose, Rubrum 30/BD/15 days
20/06/23	Pain, itching in hand slight better, no change in cracks and peeling off skin. No change in crawling sensation.	Sac lac 200 1 dose, Rubrum 30/BD/15 days
05/07/23	Pain, itching in hand slight better, cracks and peeling off slight better. No change in crawling sensation.	Sac lac 200 1 dose, Rubrum 30/BD/15 days
20/07/23	Pain, itching in hand slight better, cracks and peeling off slight better. Crawling sensation better.	Sac lac 200 1 dose, Rubrum 30/BD/15 days
05/08/23	Pain, itching in hand slight better, cracks and skin peeling slight better. Crawling sensation better.	Sac lac 200 1 dose, Rubrum 30/BD/15 days
22/08/23	Pain and itching of the hand is slight better, no change in cracks.	Sac lac 200 1 dose, Rubrum 30/BD/15 days
08/09/23	Pain, itching in hand slight better, no change in cracks.	Sac lac 200 1 dose, Rubrum 30/BD/15 days

Investigation



Fig.-1: Before Treatment – Front of Left Hand



Fig.-2: After Treatment – Front of Left Hand

Discussion and Conclusion

Homoeopathy is a proven means of best remedy and preventing the any skin allergic response without side effects as it heals the condition rather than supressing it and bring effective and gentle recovery. Homoeopathy treats a person as a whole not only on the basis of individualization but also on the basis of mental generals. The focus is not on curing disease but to cure the person who is “sick”, to restore the health. This case study demonstrates the efficacy of constitutional homoeopathic remedies in the case of Contact dermatitis type IV. This treatment last for 3 months with significant relief in symptoms of contact dermatitis. Stramonium was selected on the basis of presenting totality of symptoms after genuine repertorisation. Hence Stramonium was fully covered according to personality profile of the patient in sickness and in health followed by placebo with improvement of a patient as a whole.

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