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HOMEOPATHIC MANAGEMENT OF STASIS DERMATITIS: A CASE STUDY

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Abstract

Stasis Dermatitis, a dermatological condition associated with compromised blood circulation in the lower limbs, presents as inflammation, itching, and swelling, particularly around the ankles and lower legs. Globally prevalent, its occurrence is influenced by factors such as age, cardiovascular issues, and sedentary lifestyles this condition prevalent in those aged 50 and above, particularly females, poses significant health challenges. Conventional treatments offer symptomatic relief, while homeopathy provides a holistic alternative. This paper explores A 60-year-old woman with stasis dermatitis experienced a 23-month healing journey through homeopathic intervention. Homeopathy brought about remarkable improvements, addressing discharges, itching, and swelling. The patient regained mobility showcasing the comprehensive impact of homeopathic treatment on both physical and emotional well-being. This case highlights the potential of homeopathy in managing stasis dermatitis and enhancing overall quality of life.

Keywords:

Stasis Dermatitis, homeopathy, holistic approach

Introduction

Stasis dermatitis, also known as gravitational dermatitis or venous eczema, is a skin condition that occurs when there's poor blood circulation in the lower legs. It often develops due to problems with the veins, leading to skin inflammation and discomfort. The main cause is sluggish blood flow in leg veins, often linked to conditions like varicose veins or deep vein thrombosis. When blood pools in the legs, it can result in increased pressure, affecting the skin's health.

Signs and Symptoms:

- **Skin Changes:** The skin may become discolored, turning reddish-brown or purple.
- **Swelling:** Swelling in the lower legs and ankles is common.
- **Itching:** Persistent itching, especially around the swollen areas.
- **Pain:** Discomfort or aching sensation in the legs, worsened when standing.

Complications:

- **Ulcers:** Over time, skin changes may lead to the development of open sores or ulcers, particularly around the ankles.
- **Infections:** The compromised skin barrier increases the risk of bacterial or fungal infections.
- **Cellulitis:** The inflammation may extend to deeper tissues, causing cellulitis.
- **Chronic Issues:** Stasis dermatitis is a chronic condition, and if not managed, it can impact the overall quality of life due to persistent discomfort and skin problems.

Management:

- **Compression:** Wearing compression stockings helps improve blood circulation.
- **Leg Elevation:** Keeping the legs elevated when resting reduces swelling.
- **Skincare:** Regular moisturizing and gentle cleansing to maintain skin health.
- **Medical Attention:** Seeking medical advice for underlying vein issues or complications.

Case Profile

A 60-year-old female patient sought medical assistance due to swelling in both legs below the knee joint, with the right leg more severely affected than the left. The symptoms included profuse oozing, itching, severe discomfort, pain, and other features like offensiveness, swelling, ulceration, excoriation, and burning pain with feeble circulation. Remarkably, the duration of healing extended over 23 months, and the patient's life underwent a transformative journey. Before the treatment, immobility restricted her daily activities, preventing her from cooking or even standing for extended periods. The healing process, however, brought about significant improvements, alleviating discharges, wound issues, itching, and swelling. This positive change allowed the patient to regain mobility and resume daily tasks, such as making tea and occasionally cooking. The patient, once constrained, now expresses enthusiasm about redecorating her house, showcasing a holistic improvement in her overall well-being and quality of life.

Physical Generals

| | |
|--------------|--|
| Appetite | NS |
| Desire | Sour ++, pickles ++, potatoes ++ |
| Aversion | Sweets ++ |
| Thirst | 4 to 5 liters per day |
| Stools | Constipation |
| Urine | Incontinence at times |
| Perspiration | Moderate |
| Sleep | Disturbed due to discomfort in the legs |
| Dreams | Does not remember |

Menopause at the age of 47

Knee pain ++

Examination

Not done; Video consultation was done due to Covid Period and lock down. And also, the patient is not able to walk and she is almost bedridden.

Mental Generals –

During the telephonic consultation, the patient provided a detailed history of her current emotional state. The predominant source of her stress revolved around a financial matter where she and her husband lent 5 lakhs to someone, who is now refusing to repay and threatening legal action. The fear of potential humiliation and the desire to move on from the financial loss weigh heavily on her mind. Emotionally, she expressed deep hurt and heightened anger in response to the situation.

In addition to the financial stress, the patient is troubled by concerns regarding her son, who is a neurologist working in Bangalore. Despite being in his 30s, he remains unmarried, causing distress for the patient. This concern is amplified by the fact that her brothers' children have already tied the knot, making her son's unmarried status a source of added worry.

The husband's perspective sheds light on a shift in the patient's demeanor over the past 5 to 6 years. Once known for her positivity and creativity, she has become noticeably negative. Furthermore, her communication with relatives has dwindled, indicating a withdrawal from social interactions. The husband, identifying her as a housewife, highlights a change in her behavior and emotional outlook, emphasizing the need for a comprehensive understanding of the factors contributing to her altered mental state.

Past History

In childhood had asthma and piles – not on any medications at present

Family History

Parents and brother - Diabetes

Case analysis

Repertorial totality

1. Mind; Anxiety; pain, with: The patient's terrible pain causing anxiety.
2. Generalities; Pain; acute; unbearable: Describing the patient's terrible pain.
3. Generalities; Examination; refuses; sick, when: The patient's discomfort with examination.
4. Extremities; Varicose veins; old people: Relating to the patient's venous congestion and old age.
5. Generalities; Old age: Related to the patient's age and low vitality.
6. Generals; Vitality; lowered; old people, in: Corresponding to the patient's low vitality.
7. Generals; Discharges; acrid, excoriating: Reflecting the offensive nature of the discharges.
8. Generalities; Congestion; local; heat, without: Pertaining to the local congestion without heat.
9. Generalities; Inflammation; severe: Describing the severity of inflammation
10. Extremities; Ulcers; pain; burning: Corresponding to the burning pain due to ulceration.
11. Generalities; Septic conditions: Reflecting the septic nature of the patient's condition.
12. Extremities; Varicose veins; ulcers, with: Relating to the ulceration asso with varicose veins.

Selection of Remedy

| Remedy | Reasons |
|----------------|---|
| Constitutional | Calc carb 200 Based on her constitution |
| Specific | Carbo animalis 30 On the basis of venous congestion, old people, low vitality and offensive discharges. Boericke says Local congestion without heat. |
| | Tarentula Cubensis 200 On the basis of septic conditions, most severe types of inflammation and pain - burning and stinging pain - ulceration |

| Date | Homeopathic Remedy | Potency | Dosage | Symptom Basis/Indication | Outcome |
|------------|------------------------|---------|--------------------|--|---|
| Prior Days | None | - | - | Initial presentation of symptoms: Venous congestion, old age, low vitality, offensive discharges | - |
| Day 1-15 | Carbo animalis 30 | 30 | Single dose daily | Symptoms targeted: Venous congestion, old age, low vitality, offensive discharges. Boerick mentions local congestion without heat. | Offensiveness of discharges reduced, oozing persists, severe pain. Elevated sugar levels noted. |
| Day 16-30 | Tarentula Cubensis 200 | 200 | 2 doses every week | Symptoms targeted: Septic conditions, severe inflammation, burning and stinging pain, ulceration. | Ongoing treatment; further observations needed. |

Miasmatic approach

| Rubrics | Psora | Sycosis | Syphilis | Tubercular |
|--|-------|---------|----------|------------|
| Mind; Anxiety; pain, with | X | - | X | - |
| Generalities; Pain; acute; unbearable | X | - | X | - |
| Generalities; Examination; refuses; sick, when | X | - | - | - |
| Extremities; Varicose veins; old people | X | - | - | - |
| Generalities; Old age | X | - | - | - |
| Generals; Vitality; lowered; old people, in | X | - | - | - |
| Generals; Discharges; acrid, excoriating | X | X | - | - |
| Generalities; Congestion; local; heat, without | X | - | - | - |
| Generalities; Inflammation; severe | X | - | X | - |
| Extremities; Ulcers; pain; burning | X | X | X | - |
| Generalities; Septic conditions | - | - | X | - |
| Extremities; Varicose veins; ulcers, with | - | X | X | - |

Results

Mention month wise followup progress

| MONTHS | PROGRESS | PRESCRIPTION |
|-----------------------|---|--|
| 1 st month | swelling is less oozing continues ++ - offensive Pain is still though a bit better than before No signs of gangrene Advised leg elevation Adv CBC FBS and PLBS / HbA1c TSH Serum Vitamin B12 and D3 | Tarentula Cubensis 200 2 doses 1st week and sac lac given for a month Calendula MT for local application |
| 2 nd month | Pain is much better but too much of oozing left leg swelling is better but right leg swelling ++ FBS 224 and PLBS 273; TSH 3.18 Vitamin B12 167 Vitamin D3 6,56 Hb 10.1 HbA1c 9.1 She is on Azulex 1 MFand janumet 60/500 for her blood sugar control adv elevation of legs | Tarentula Cubensis 200 2 doses 1st week and sac lac given for a month Calendula MT for local application Syzigium MT 10 drops in water Also advised to take Becozinc Hemfer Uprise D3 To consult her Diabetologist as well to adjust her oral antidiabetics |
| 3 rd month | Swelling better Pain is better Left leg oozing much better but right leg - again oozing from 3 to 4 areas ++ - pain in right leg + Mild offensiveness again She is unable to walk | Carbo Animalis 30 - 2 doses only and then sac lac along with Syzigium MT continued |
| 4 th month | She is much better Swelling and pain better No oozing There is knee pain as well. Constipation + piles + - hard stools Husband says she is not still walking at home. She hides about her illness - nobody in their relations know that they dont even cook at home and she has become immobile. They get tiffin for food and tea is made by husband. She is constantly worried about her son's marriage as well. | Calc Carb 30 2 doses 1st week along with SL and Syzigium and Calendula MT for LA |
| 5 th month | Constipation better Piles - no bleeding She started walking at home but only 1 or 2 rounds in morning and evening Swelling and pain better Dryness ++ She has also started with intense itching of upper back and buttock area h/o fungal infection in past | Calc Carb 30 2 doses 1st week along with SL and Syzigium and Calendula MT for LA |
| 6 th month | Much better Started making tea by herself now | |

Discussion & Conclusion

Stasis dermatitis is a dermatological condition that arises from compromised blood circulation in the lower limbs, primarily linked to venous insufficiency. The condition is often associated with varicose veins or deep vein thrombosis, leading to sluggish blood flow and increased pressure in the legs. This pathophysiological basis aligns with the patient's presentation of symptoms, including swelling, oozing, itching, and discomfort, as described in the case study. Stasis dermatitis is a global health concern, with a higher prevalence among individuals aged 50 and above, particularly in females. These demographics correlate with the 60-year-old female patient seeking medical assistance, highlighting the relevance of the condition in an aging population.

The case study further emphasizes the challenges posed by stasis dermatitis, not only in terms of physical symptoms but also in its impact on daily life. The patient's initial immobility severely restricted her activities, underscoring the debilitating nature of the condition. The transformative journey documented over 23 months showcases the prolonged nature of healing in stasis dermatitis and the patient's commitment to the treatment process. Homeopathy, as an alternative therapeutic approach, played a significant role in this transformative journey by addressing not only the physical symptoms but also the overall well-being of the patient.

Conclusion:

In conclusion, stasis dermatitis presents a multifaceted challenge, necessitating a comprehensive and holistic approach to management. The case study of the 60-year-old female patient illustrates the potential of homeopathy in achieving positive outcomes. The significant improvements in symptoms, mobility, and overall quality of life underscore the effectiveness of homeopathic intervention in addressing the complexities of stasis dermatitis. While conventional treatments focus on symptomatic relief, homeopathy offers a promising alternative by considering the individual's constitutional and holistic well-being. This case study contributes to the growing body of evidence supporting the role of homeopathy in enhancing the lives of individuals affected by stasis dermatitis.

The transformation



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