



# KNOW Homoeopathy Journal

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## Title: A Case Report of Eczema Treated With Homoeopathy

Authored By:- Dr Farheen Akhtar

BHMS Gold Medalist

**Abstract:-** Eczema describes a clinical and histological pattern, which can be acute or chronic and has several causes. Acutely, epidermal oedema (spongiosis) and intra-epidermal vesiculation (producing multilocular blisters) predominate, whereas with chronicity there is more epidermal thickening (acanthosis). Vasodilatation and T-cell lymphocytic infiltration of the upper dermis also occur.<sup>[1]</sup>

**Keywords:-** Eczema, Epidermal oedema, Epidermal thickening, Vasodilation.

## Introduction:-

Eczema is a condition in which patches of skin become inflamed, itchy, cracked and rough. Most types of eczema causes dry, itchy skin or eruptions. The exact cause of eczema is unknown but it is likely to cause by both genetic and environmental factors. It is not contagious.<sup>[3]</sup> Different types and stages of eczema affect 31.6 million people in united states, which equals more than 10% population.<sup>[2]</sup>



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## The clinical features of eczema <sup>[1]</sup>

### Acute :-

- Erythema, oedema, usually typically ill defined
- Papules, vesicles and occasionally bullae
- Exudation, fissuring
- Scaling

### Chronic :- May be as above but less oedema, vesiculation and exudate

- Lichenification: skin thickening with pronounced skin markings, secondary to chronic rubbing and scratching
- Fissures (definition: slit-shaped deep ulcers), excoriations
- Dyspigmentation: hyper- and hypopigmentation can occur

## CASE RECORD :-

A female of 24 years old suffering from chronic eczema since 3 years and Allergic rhinitis since 7 years came on 28/10/20.

## PRESENT COMPLAINTS

C/O Eruption on dorsum of right hand & in between fingers < winter since 3 years

- Severe itching < washing, winter, bed time
- Sometime oozing of fluid when scratch vigorously
- Cracks in eruption from which fluid oozes out

C/O Allergic rhinitis, difficulty in breathing since 7 years



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- Sneezing < morning, when weather changes, rainy season, summer
- No cough usually.

## PAST HISTORY

- Typhoid at the age of 15 years
- Took lots of allopathic treatment
- In childhood very prone to get cold .

## MENTAL GENERALS :-

Timid  
Impatient.

## PHYSICAL GENERALS :-

Thirst: 3-4 liters/day  
Desire: hot milk  
Aversion: N/S  
Stool: usually constipated  
Urine: N/S  
Thermal Reaction: Chilly  
Menstrual History: Scanty, late 3-4days/34-36 days , Dark, Clotted

## ANALYSIS OF CASE:-

Impatient



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Restless

Eruptions on dorsum of right hand and in between fingers.

Itching aggravated at bed time, while washing, in winter.

Discharges from eruption after scratching,

Sneezing < morning, changes of weather, rainy season, summer.

Difficulty in breathing.

Menses late and scanty.

## REPERTORIAL TOTALITY WITH REPERTORIZATION

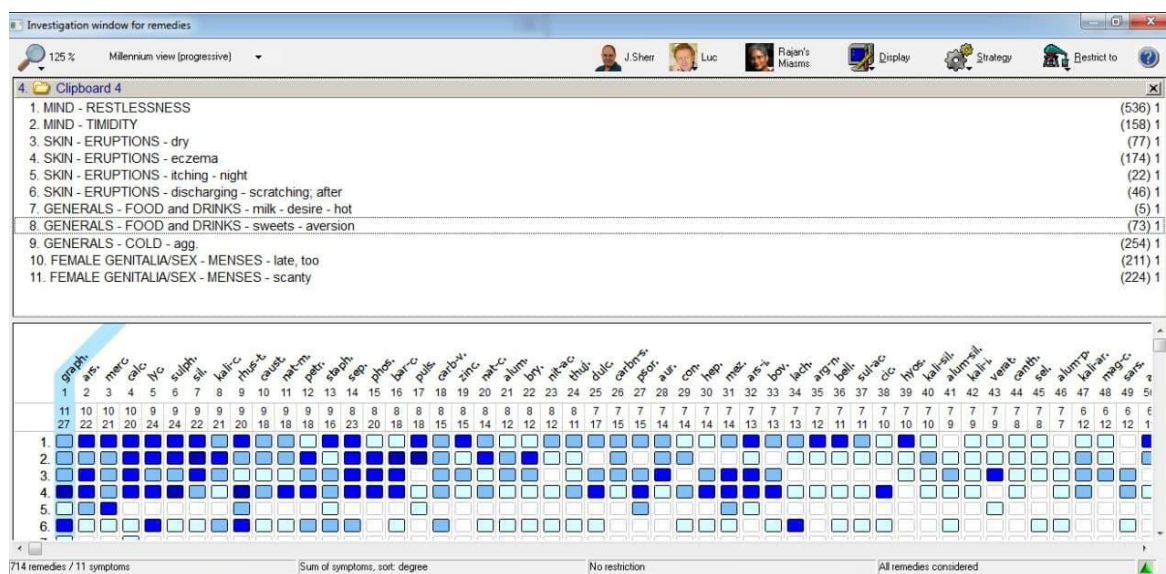


Figure 1



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## REPERTORIAL ANALYSIS

### **Rubrics:-**

- a. Mind-restlessness
- b. Mind- timidity
- c. Skin- eruption, dry
- d. Skin- eruption, eczema
- e. Skin- eruption- itching, night
- f. Skin- eruption, discharging, scratching after
- g. Stomach- desire, milk, hot
- h. Stomach- aversion, sweets
- i. Generalities, cold in general Agg.
- j. Genitalia female, menses, late
- k. Genitalia female, menses, scanty

## Prescription

**On first visit (28/10/2020)**

Rx- Graphitis 30 1 dose/ stat

Rubrum 30 TDS × 15 days

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**Table 1: Follow up sheet**

Date	Symptoms	Prescribed Medicine
17 /11/2020	Discharges from eruptions decreases slightly but itching is constant.	Rx- Graphitis 30 1 dose /stat Rubrum 30 BD ×15 days
3/12/2020	Slight improvement in itching and eruptions also decrease.	Rx- Phytum 30 1 dose / stat Rubrum 30 BD × 15 days
18/12/20	S.Q.	Rx- Graphitis 200 1dose/ stat Rubrum 30 BD × 15 days
2/01/2021	Improvement in itching and decrease in eruptions.	Rx- Phytum 30 1 dose/ stat Rubrum 30 BD × 15 days
18/1/2021	S.Q.	Rx- Sulphur 30 1 dose /stat Rubrum 30 BD × 15 days
4/02/21	Eruptions disappears.	Rx- Phytum 30 1 dose /stat Rubrum 30 BD × 7 days.

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Figure 2- Before treatment



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Figure 3- During Treatment





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Figure 4- After Treatment

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2. <https://www.medicalnewstoday.com/articles/14417#symptoms>
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