

A Case of Eczema Treated with Homoeopathic Medication

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Abstract: Eczema is a superficial infection of the skin. In conventional medicine, it's far dealt with emollients and topical steroids. We present the case of a 48 - year male patient with Eczema over the face, neck, chest and fingers, who were dealt with the Homoeopathic medicines Sulphur and Graphites without the useful resource of emollients and steroids. It's far simply obvious from this proof - based totally case file that Homoeopathy has a wonderful function within the remedy of Eczema. This locating can provide the basis for engaging in massive - scale studies with an extraordinary look at designs regarding the treatment of Eczema with Homoeopathy.

Keywords: Eczema, Graphites, Homoeopathy, Sulphur, Conventional medicine, Materia Medica, Placebo

1. Introduction

Eczema is a superficial inflammation of the pores and skin characterised by means of redness, itching, oedema, oozing, crusting, scaling, vesicles and occasional lichenification. [1 - 3] eczema is synonymously used with dermatitis; however, it's far more often used to consult atopic dermatitis, which is the most commonplace sort of dermatitis. [3] Eczema is identified clinically on the idea of the affected person's providing signs. The management of eczema usually accommodates warding off touch with irritants and regular use of emollients. In conventional remedies, topical steroids are used, however, relapses are very not unusual. [4] According to Homoeopathic principles, suppressed eruptions continually cause deeper illnesses; therefore, such eruptions must be dealt with with Homoeopathic individualized medication. [5, 6] there are many medicines within the Homoeopathic repertory [7, 8] and Materia medica [9] for the remedy of eczema; the prescription of a remedy is primarily based basically on the supplying lawsuits of the patient. Right here, we gift a case of eczema that turned into treated with the Homoeopathic drug treatments Sulphur and Graphites that have been selected therapeutically.

2. Case Report

A 48 - year - old male patient reported to the OPD of the Homoeopathic unit on 30 May 2021 with complaints of eczematous lesions over the face, neck, chest and hands [Figures 1 - 4]. The patient first developed these lesions 3 years prior. At present, the patient complained of itching with sticky watery discharge from the lesions. The itching was aggravated by the warmth and hot weather. He is an office worker and has no significant history of chemical exposure. Sulphur was selected as the patient had itching which was aggravated by warmth and hot weather. A history of suppression (i. e., use of allopathic ointment) and a history of chronic alcoholism were also present. On the basis of the above complaints and sulphur's affinity for diseases of the skin, one dose of sulphur 30C was administered as per the susceptibility of the patient, followed by Graphites 200C, which is complementary to sulphur and has a watery sticky discharge. Graphites 200C was administered every alternate day for 1 week. [9, 10] The patient was instructed not to use

any other treatment for the same condition and to moisturize with coconut oil in case of dryness.



Figure 1: Pre - treatment eczema over the face (front view).



Figure 2: Pre - treatment eczema over the face and neck (lateral view)

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Figure 3: Pre - treatment eczema over the dorsum of the right hand



Figure 7: Post - treatment photograph of the dorsum of the right hand.



Figure 4: Pre - treatment eczema over the dorsum of the left hand



Figure 8: Post - treatment photograph of the dorsum of the left hand



Figure 5: Post - treatment photograph of the face (front view).



Figure 6: Post - treatment photograph of the face and neck (lateral view).

Follow - up

The patient first followed up on 13 June 2021, with improvement in itching and discharge. Graphites 200C has repeated again every alternate day. The patient then returned on 9 July, 2021 with no further improvement, so one dose of Sulphur 30C was repeated followed by Graphites 200C every alternate day for 3 weeks. He came back on 15 September 2021 with relief in itching, discharge and eczematous lesions. The patient had not consumed alcohol for the past few days. Based on this report, the placebo was administered. The patient was improving thereafter until 1 October 2021, when progress came to a standstill and Graphites 200C was again repeated once daily for 5 days followed by a placebo. The patient reported on 20 November 2021, with relief in all the complaints and hence was given a placebo. He was followed up till 14 February 2022. Placebo was continued as the patient was improving steadily. At the last follow - up, the patient had clear and healthy skin and was feeling much better [Figures 5 - 8]. He stopped consuming alcohol after the treatment had started. was using an allopathic ointment for 2½ years with relapses occurring, whenever he stopped using the ointment. He was also a chronic alcoholic and had been taking alcohol daily for 15 years (30–60 ml/day).

3. Discussion and Conclusion

This situation record suggests the efficacy of Homoeopathic medicines in the case of Eczema. No neighbourhood utility

became used. On the basis of the patient's supplying signs and on regarding the Materia Medica, [9] Sulphur and Graphites have been selected, as each observes every different properly. [9] administration of each remedy in the correct order yielded marked development inside the follow - up. Sulphur and Graphites are each widely known for their movement on the skin and subsequently showed their impact on Eczema. But this is an unmarried case record and in addition, large research with a special look at designs and big sample sizes is required for determining the efficacy of Homoeopathic remedies in instances of Eczema.

Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent.

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Conflict of interest

There is no conflict of interest.

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