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Miasmatic approach in treatment of Eczema: A case report

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Abstract

Elizabeth Wright says “Symptoms, to the homoeopaths, are the language of the body expressing its disharmony and calling for the similar remedy”, so, the case report here presenting the similar condition. Evidence based case report of eczema shows that the constitutional similitum selected “Sulphur” after careful case taking presenting the presenting miasmatic dyscrasia, as an anti-miasmatic remedy relieved the patient mentally as well as physically and so Homoeopathy worked successfully. This case report will enhance the readers or the budding homoeopaths to further explore the efficacy of Homoeopathy in such similar skin diseases.

Keywords: Eczema, miasma, sulphur, homoeopathy

Introduction

Eczema also known as atopic dermatitis is a non-contagious, and pruritic condition. The sufferer having the similar diathesis easily reacts to irritants, food, environmental allergens, leading to various signs and symptoms like severe itching, dryness, flaking, crust formation, oozing or bleeding, redness, and skin oedema. The disease has no specific cause but can appear due to allergies to pollens, contact irritants, dust, emotional stress, dry skin, etc [1] It can be diagnosed on the basis of physical appearance of the disease or the, history taking where patient might focus on its causative factor or the history of presenting complaints. Conventional treatment prefers external applications like emollients, topical corticosteroids for treatment which usually causes palliation or suppression [2] whereas many researches proved that Homoeopathy based on the principle “Similia Similibus Curentur” works on the holistic approach had a great role in treating skin diseases [3, 4, 5]. In aphorism 78 Dr. Hahnemann stated that the true natural chronic diseases are those that arise from a chronic miasm, which when left to themselves, and unchecked by the employment of those remedies that are specific for them, always go on increasing and growing worse, notwithstanding the best mental and corporeal regimen, and torment the patient to the end of his life with ever aggravated sufferings [6] so, similitum is prescribed after careful case taking and analyzing and evaluating the totality depicting the anti-miasmatic properties of the flared up miasma, which relieves the suffering of the sufferer.

Patient information

Presenting complaints: A 52-years-old male patient reported to the OPD of Sri Ganganagar Homoeopathic Medical College, Rajasthan, on 06 May 2021 with the complaints of eczematous lesion depigmented spots over left lateral side of leg since 4 months [Fig 2]. The patient complained of severe itching with dryness of skin and bleeding from the lesions which form crusts afterwards. The itching was aggravated during perspiration, at night and by scratching which causes bleeding.

History of presenting complaints: The patient was apparently well before 4 months, since then gradually suffered with blackish small popular eruptions appeared on left lateral side of leg with continued scratching on eruptions lead to red rashes around eruptions which oozes sticky fluid and produced violent itching which aggravated from perspiration, then after sometime eruptions appeared in the form of lesion. He took allopathic treatment as well as ayurvedic since 3 months but got only temporary relief, whenever discontinued the treatment complaints got relapsed, then he switched to Homoeopathy.

Personal history: He is presently working in cloth factory and has regular chemical exposure from printing dyes, applied allopathic as well as Ayurvedic ointments for the same complaint. Has history of tobacco chewing since childhood, takes 10-12 pouches per day, if not taken excessive flatulence in lower abdomen with constipation occurs, no urging for stool for that day.

Physical generals: Patient was endomorphic in appearance and fixed wrinkles were observed on forehead while on the

other side he has general aggravations from onions, desire for sweet but aggravates the skin complaints, also have craving for pickles, need with every meal otherwise does not satisfied. Thermally patient could not tolerate heat in any form.

Mental: Patient complaints of frequent forgetfulness about recent works that to be done, and it was observed that he was frequently changing his perception about every situation given while interrogating.

Table 1: Miasmatic analysis: showing predominant Psoric miasm

S. No.	Symptoms	Psora	Sycosis	Syphilis
1.	Changing his perception about every situation	Present		Present
2.	Forgetfulness about recent works to be done		Present	
3.	Craving for pickles	Present		
4.	Onions aggravates		Present	
5.	Desire for sweets but aggravates skin complaints	Present		Present
6.	Tobacco addiction	Present		
7.	Heat intolerance in any form	Present		
8.	Wrinkles on forehead	Present		
9.	Eczematous lesions	Present	Present	Present
10.	Skin lesions aggravate from perspiration	Present		Present
11.	Itching aggravate at night			Present

Repertory selection: RADAR 10.0 version of Synthesis repertory used due to prominent generals as well as

causative modality.

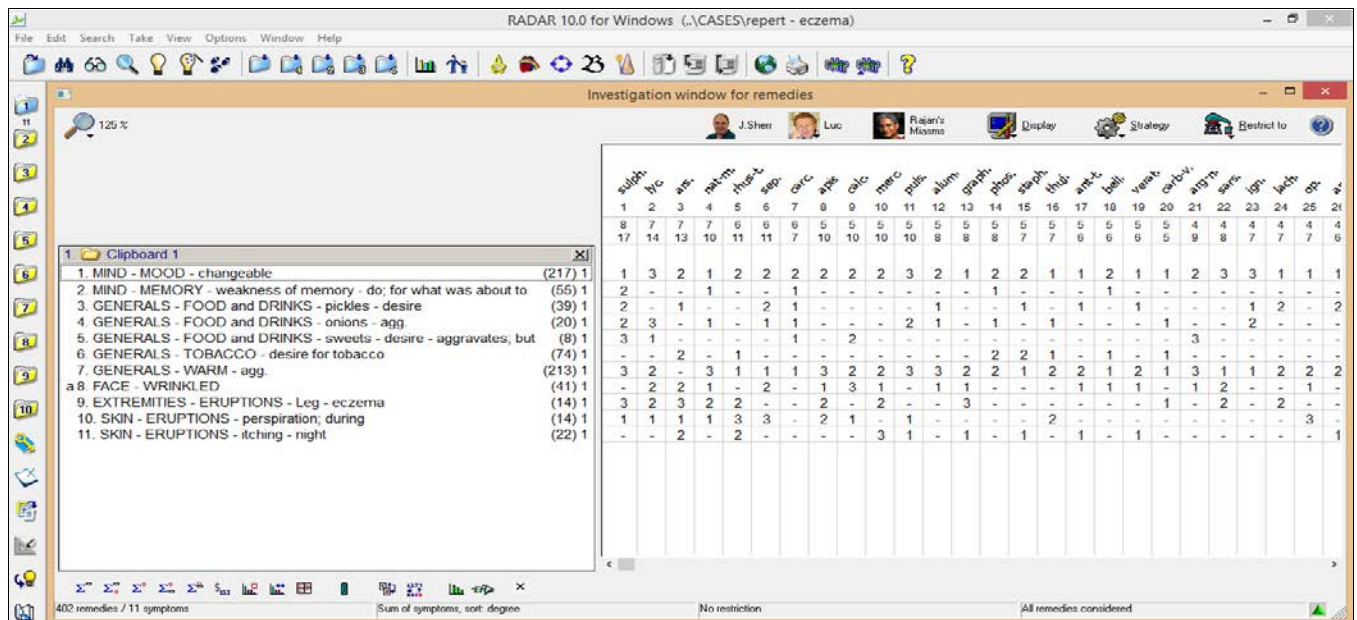


Fig 1: Repertorisation of case with the help of RADAR Version 10.0 [7]

Repertorial analysis

1. Sulphur- 17/8
2. Lycopodium Clavatum- 14/7
3. Arsenicum Album- 13/7
4. Natrum Muriaticum- 10/7
5. Rhus toxicodendron- 11/6
6. Sepia -11/6

Prescription

On the basis of miasmatic analysis, Psora predominates over other miasmas so, according to repertorial analysis Sulphur covers the totality with maximum number of symptoms and was prescribed as anti-miasmatic remedy due to history of suppression as well as the constitutional similarity. One

dose of Sulphur 200C was prescribed early morning empty stomach (EMES) as per the susceptibility of the patient followed by phytum thrice a day for 15 days.

General management

The patient was additionally instructed not to use any external application for the same condition and to moisturize the affected area with coconut oil in case of dryness and do not use any soap over the affected area.

Follow-up

The patient first followed up on 20 May 2021 with improvement in itching, but lesions got worse and sticky fluid discharged. Considering as Homoeopathic aggravation

Phytum repeated for 15 days thrice a day.

Second follow up of 03 June 2021 showed mild improvement in lesions, without any new complaint so, one dose of Sulphur 200C, EMES was prescribed and advised to take on 15th day to avoid the exhaustion of its effect on the basis of duration of the remedy, followed by phytum thrice a day for 30 days as the patient was going out of station.

The patient came on 04 July 2021 with relief in itching, discharge and eczematous lesions. Patient is regular on his occupation and following general management too as advised, forgetfulness about the recent work was improving; he began to memorize the same but little delayed. The patient had decreased the quantity of tobacco since the past few days; phytum thrice a day was again repeated.

The patient was improving thereafter until 18 July 2021, when progress came to a standstill and one dose of Sulphur 1M was prescribed EMES as the patient was gradually recovering followed by placebo for 30 days.

The patient reported on 17 August 2021, with relief in all the complaints and hence was given placebo thrice a day for subsequent 30 days.

He was followed up till 31 November 2021. Placebo was continued as the patient was improving steadily. At the last follow-up, the patient had clear skin and was better in general health as well [Fig 3]. He had decreased the quantity of pouches of tobacco from 12 to 4 pouches per day till date.



Fig 2: Before treatment (06 May 2021)-



Fig 3: After treatment (31 November 2021)

Discussion

This case report reflects the effectiveness of anti-miasmatic remedy in the case of eczema. External application was avoided. On the basis of miasmatic analysis of the case after repertorisation referring to the *Materia Medica* [8] the anti-miasmatic selected was Sulphur. Administration of both remedies in the correct order yielded marked improvement in the follow-up. Sulphur is well known for their action on the skin and hence showed their effect on eczema.

Conclusion

The Homoeopathic anti-miasmatic remedy individualize the person which clears up the presenting symptoms from its origin and omits the susceptibility to get infection and thereby strengthens the constitution [9] Thus, this case report proved the effectiveness of Sulphur as an anti-miasmatic remedy.

Declaration of patient consent

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

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Nil.

Conflict of interest

There is no conflict of interest.

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