



Homoeopathic Management of Atopic Dermatitis in Children

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ABSTRACT :

Atopic dermatitis is a characteristic manifestation of an inflammatory reaction of the skin, caused by a wide range of external and internal factors acting individually or in combination. The main focus of damage is in the epidermis. This type of reaction is triggered by a wide variety of stimuli, including direct damage from toxic chemicals and mechanical trauma, and immunological reactions, although the cause of some eczematous disorders has not yet been discovered.

Nowadays, the outer appearance of an individual is given immense importance, more than the inner beauty. So the skin is more than just an outer covering to protect the internal vital organs. And from there, the beauty industry is booming.

However, the child does not worry about his appearance. Nevertheless, he is very troubled by skin diseases such as atopic dermatitis. But it's not for cosmetic value, it's for agony.

The treatment that is offered is many times more harmful than the disease itself and the child, even if he gets rid of a simple itch - has to undergo high doses of steroids and antibiotics, which can be very harmful at this tender age, the future too.

Keywords: Atopic dermatitis, Skin, Constitutional Remedy, Homeopathy, Practice of Medicine.

Introduction:

Homeopathy is a holistic science. It considers the mind and body before prescribing medicine to treat the disease. Since atopic dermatitis is a challenge for patients, the mind plays a big role in treating these patients because it increases stress. Homeopathic constitutional treatment therefore has a huge scope in cases of atopic dermatitis.

Since homeopathy looks deeper into the subject's mind and life space to find the cause of illness, it has more scope to correct the patient's illness. By considering the miasma, we can better understand the disease and its depth and achieve a complete cure. In homeopathy, we also know that treatment follows Hering's law of treatment, which ensures that the treatment is quick, gentle and permanent.

Thanks to homeopathy, we can help many children suffering from atopic dermatitis to lead a normal childhood and life.

Review of Literature

ATOPIC DERMATITIS

Definition:

It is a very common, extremely pruritic condition of unknown cause that typically, but not always, affects the face and folds of infants, children, adolescents, and young adults. Atopic dermatitis is characterized by persistent itching with secondary effects of scratching.

The disorder usually manifests itself between the ages of three and five months (approximately 60%). A small number of patients develop the disease in late childhood or early adulthood. It affects both sexes equally and, as far as is known, all racial and social groups.

Signs and symptoms:

When the disorder is in the "active phase," the patient is constantly itchy and restless. Itching is aggravated by changes in temperature, rough clothing (such as wool), and various other minor environmental changes. This symptom significantly disrupts sleep. Scratching is the result of severe itching in all infants under two months of age. In addition to scratching, patients with atopic dermatitis often rub the affected itchy areas - often rubbing their eyes with the knuckles of their index fingers. Constant scratching and rubbing results in significant skin damage, the most obvious of which is a simple linear scratch or excoriation. More significant than excoriation is the chronic thickening of the skin that results from constant scratching. It is also characterized

by an accentuation of the skin signs in the affected area. Thickening and accentuation of skin features is known as lichenification and is caused by massive epidermal hypertrophy as well as edema and inflammatory cell infiltrate in the upper dermis.

In many patients there is widespread fine peeling of the skin surface, described as "dryness" or xeroderma, which is not actually a form of ichthyosis, as is sometimes incorrectly described, but a result of the eczematous process itself. Another feature that is sometimes wrongly attributed to ichthyosis is the presence of increased prominence of skin marks on the palms - the so-called hyperlinear palms. In the most severely affected patients, there is also a background of pinkness of the skin, as well as cracking and cracking in some places due to the inelasticity of the abnormal stratum corneum.

The skin of the cheeks is often quite pale in contrast to the rest of the skin, and this feature, together with the wrinkles just below the eyes (known as Denny Morgan's folds), probably the result of constant rubbing, makes the appearance of the face quite distinctive.

When the skin on the back of a patient with atopic dermatitis is stroked firmly with a blunt object, such as a key, a white line is formed in approximately 70% of patients, called "white dermographism." This is the opposite of the normal triple reaction and tends to disappear as the condition improves. The cause of this paradoxical blanching is unknown.

Clinical variants:

In patients with black skin, there is a prominent follicular component of the disorder, in which there are numerous follicular papules in the affected areas. In lichenified areas in patients with black skin, there may be irregular pigmentation with hyperpigmentation in some areas and loss of pigment in others.

Some individuals lose their childhood eczema to develop chronic palmar eczema in later years. This is also considered a manifestation of atopic disease.

Complication:

Patients with atopic dermatitis often suffer from skin infections. The appearance of pustules and the formation of impetiginized areas represents a pyococcal infection and is the most common manifestation of this tendency. They are usually fairly easy to treat, but tend to recur. Cellulitis may also develop, leading to fever and systemic complaints. Viral warts and molluscum contagiosum also occur more frequently and to a greater extent than in normal individuals.

Patients with atopic dermatitis can also become seriously ill if they are infected with the human herpes simplex virus. Vesicles and vesicular pustules develop over large areas of the skin surface, causing severe systemic toxicity. Exudations and crusts add to the discomfort, but despite the terrible appearance; patients usually recover spontaneously after 10-14 days.

Investigations

Although no tests can rule out eczema, tests can rule out other conditions to rule out the problem as eczema. Eczema can be solved by being closely related to the allergic problem and wheezing. In addition to routine blood tests Tc, Dc, ESR, Hb, absolute eosinophil count, blood sugar, etc., a skin swab and culture may be necessary to rule out other problems. Allergy tests (patch or prick test) are also often evaluated to note allergens to avoid.

HOMOEOPATHIC APPROACH

Of the many diseases, atopic dermatitis has long been considered the most strongly affected by emotional life. It is usually accompanied by itching, which often appears disproportionate to the visible lesions. The condition occurs in both childhood and adult forms, with both often appearing in the same individual several years apart. Date

"Atopic" means that it is considered an allergic disorder, but the specific interrelationship of allergic and emotional factors is far from clear.

A study of events and circumstances early on reveals a predominance of emotionally significant events. The literature overflows with references to the occurrence of atopic dermatitis after emotional upset. In 77 of the 90 patients studied by Wittkower and Edgell, events of a distressing nature preceded the onset of dermatitis, and 147 episodes were found in which the onset, relapses, or exacerbations were clearly related to emotionally disturbing situations. A recurring theme that seems to permeate all kinds of precipitating events is the loss of love. This may be unconcealed or so heavily disguised as to be unrecognizable as such until one becomes well acquainted with the individual's history and dynamics.

The patients studied by Wittkower and Edgell felt that they did not have their fair share of affection as children and tended to maintain an excessive childlike dependence on their parents, most often the mother, as adults. For some, the need for affection, attention and support found expression in a submissive, docile or even apparently helpless attitude. In others, the same need was hidden behind self-assertive, ambitious or even provocative behavior. For many, a lack of self-confidence hampered their social and occupational progress. Many remained unmarried or had married partners who apparently served as surrogate parents.

Wittkower and Hunt studied atopic dermatitis in children. Examination of child-parent relationships emphasized the factor of maternal rejection, a rejection that could be either overt or hidden under the development of a reaction of "intense overprotection. Abramson spoke of an absorbing attitude in parents of eczematous children, where the parent demands narcissistic gratification, regardless of any danger to the child. Simply put, in somatically sensitive individuals who are emotionally vulnerable through childhood experiences, events that reactivate feelings of longing for love are found to precipitate the onset and exacerbation of atopic dermatitis.

1. Graphites – Top homeopathic remedy for atopic dermatitis

Graphites is one of the best homeopathic remedies for treating atopic dermatitis. It proves to be highly effective for dry and rough skin. It may also have cracks. Although it can be used on any affected area of the skin, it is most effective on lesions in the bends of the elbows or knees, the neck and behind the ear. Dryness aside, it is equally effective in cases where there are skin vesicles (fluid-filled bumps) that ooze a sticky, gooey discharge. Graphite also brings good results for eczema on the face, nose, chin.

2. Petroleum – for dry, cracked skin

Petroleum is an ideal remedy when the skin becomes dry and cracked. Bleeding occurs from cracks. Over time, the lesions will thicken and crust over. Cracks are also accompanied by significant burning and itching. Flare-ups of atopic dermatitis with dry, cracked skin in winter are highly characteristic of using Petroleum.

3. Sulfur – to manage itchy skin

Sulfur is the leading drug most often used in the treatment of atopic dermatitis. The main complaint for which it is used is unbearable itching of the skin. The skin is excessively dry with scales and unbearable itching. In most cases, itching is at its peak at night or when a person's body warms up in bed. Scratching is followed by a burning sensation on the skin. This medicine also effectively solves the relapse of dermatitis in the spring season or in humid weather. The homeopathic remedy Sulfur must always be considered as the first line of treatment for atopic dermatitis that is suppressed by the use of topical medications such as ointments or any other form of external medication.

4. Natrum Mur – for rash / eruptions in the folds of the limbs and the edge of the scalp

Natrum Mur is beneficial for rashes/eruptions appearing in the bends of the limbs which include the elbow folds and the back of the knee. Eruptions can be dry or fluid-like eruptions. Heat and heat worsen the conditions for using Natrum Mur. In addition, eruptions occur specifically on the edges of the scalp. The eruptions are dry with rawness of the skin along the edge of the scalp. A crust may also appear along the hairline. Taking salt worsens the condition. Those who need it may also suffer from nasal allergy with significant sneezing, nasal discharge along with dermatitis.

5. Rhus Tox – for eruptions with thick crusts from which fluid oozes

Rhus Tox is of great help in atopic dermatitis with eruptions covered with thick crusts from which fluid oozes. The skin becomes red with excessive itching or vesicular bumps filled with fluid appear on the skin. There is a strong burning sensation and intense itching. Scratching makes the itching worse. Scaling of the skin may also occur.

6. Arsenic Album – For dry scaly eruptions

This remedy works well for cases with dry, rough, scaly eruptions. In most cases, eczema manifests itself on the face. In eruptions there is intense itching and burning. It is worse at night, in most cases it requires it. Affected skin may be hypersensitive to touch.

7. Mezereum – For eruptions that discharge a sticky fluid

Mezereum is very beneficial in atopic dermatitis with oozing eruptions. The liquid is very sticky. It is also indicated when thick scabs form on the skin with pus underneath, indicating an infection. Occasionally, crusty eruptions may ooze blood when touched. Eruptions are accompanied by severe itching. It is made worse by bathing in warm water.

8. Galphimia Glauca and Histaminum – for atopic dermatitis with allergic nasal symptoms

Both the natural homeopathics Galphimia Glauca and Histaminum are very beneficial in the treatment of atopic dermatitis where hay fever/allergic rhinitis is associated. These natural remedies effectively treat allergies such as eczema, hay fever and asthma.

Summary and conclusion

1. Within the framework of the study, therefore, men more often encountered that they suffered from atopic dermatitis in the children's age group.
2. Under homeopathic treatment, patients who continued the treatment showed good improvement and even cure as compared to allopathic treatment where frequent remissions and relapses are observed.
3. The predominant miasma was found in most cases to be psora, which is characterized by inflammation of the epidermis. This was followed by sycosis, which is characterized by suppuration and thick, yellow, offensive discharges, as well as thickening of the skin and hyperpigmentation. This was followed by syphilis, which is characterized by cracks, bleeding, ulcers and non-healing lesions.
4. In most cases, Hering's law of healing was observed, where healing occurred from top to bottom, from the inside out, from the more important organ to the less important organ. Reaffirming that this is a universal law of healing and its occurrence indicates complete healing.

The remedy frequently indicated was Lycopodium followed by Lachesis, Phosphorus and Natrum Mur. This shows that homeopathy is a holistic science in which medicines are prescribed on the basis of totality and not only on the basis of pathology and affected site.

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