



# Homeopathic Treatment for Chronic Contact Dermatitis: An Integrative Case Study Approach

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## ABSTRACT

Contact dermatitis is a common skin condition characterized by inflammation. It often occurs due to occupational exposure, either as a primary cause or a contributing factor. This case involves a 29-year-old male diagnosed with contact dermatitis, presenting with severe itching, dryness in both hands, and bleeding from scratching. Based on a thorough analysis of his symptoms and modalities, *Sulphur* was prescribed, demonstrating the potential role of homeopathic treatment in managing such cases.

## Introduction

Dermatitis refers to various skin irritations and rashes caused by factors such as genetics, an overactive immune system, infections, allergies, or exposure to irritating substances. It can appear in many forms and is usually associated with itchy, dry skin or a rash<sup>[1]</sup>. As a general term for skin inflammation, dermatitis can range from mild to severe, leading to different problems depending on the cause. Itchiness and redness are often the first signs of dermatitis.

### Contact Dermatitis

Contact dermatitis is a skin inflammation caused by exposure to external substances that irritate or damage the skin. It results from a complex interaction between these substances (contactants) and the skin's response. The rash can vary based on the type and duration of exposure—acute contact dermatitis presents with moist, swollen lesions, while chronic cases result in dry, thickened, and scaly skin<sup>[2]</sup>.

## CLASSIFICATION OF DERMATITIS

Endogenous	Exogenous
Atopic Dermatitis	Diaper Dermatitis
Seborrhoeic Dermatitis	Irritant Contact Dermatitis
Stasis Dermatitis	Allergic Contact Dermatitis
Juvenile Plantar Dermatitis	Infectious Eczematoid Dermatitis
Pityriasis alba	

## SYMPTOMS

Each type of dermatitis tends to occur on a different part of your body. Signs and symptoms may include:

- Itchiness(pruritus)
- Dryness
- Rash on swollen skin that varies in colour depending on skin colour
- Blisters, perhaps with oozing and crusting

- Flaking skin
- Thickening of skin<sup>[3]</sup>

### ***DIFFERENTIAL DIAGNOSIS***

- Psoriasis
- Molluscum dermatitis
- Tinea corporis
- Dermatomyositis<sup>[4]</sup>

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### **Case History**

A 29-year-old male presented with dry, scaly patches on both hands, accompanied by intense itching, burning, and bleeding from scratching, along with cracks on his fingers. His symptoms had persisted for one year. < Scratching, night time, contact with water, and between 1-2 pm > **Improves with:** Heat from a stove

#### **Presenting Complaints:**

- **Symptoms:** Dry, scaly patches on both hands, with intense itching, burning, and painful cracks on his fingers. Scratching led to bleeding last 1 year
- **Duration:** Symptoms persisted consistently over a year, despite attempts to manage with conventional moisturizing creams and intermittent anti-itch ointments.
- **Triggering Factors**

The patient reported that his symptoms were exacerbated by:

- **Scratching:** Scratching worsened the itching, leading to bleeding and open sores.
- **Nighttime:** Symptoms intensified at night, making sleep difficult.
- **Contact with water:** Exposure to water aggravated the condition, especially when washing hands or doing household chores.
- **Specific Time of Day:** Symptoms were notably worse between 1–2 pm.
- **Relieving Factors**

The only noted relief was from:

**Heat:** Warmth from a stove provided significant comfort and symptom relief. He felt more at ease and experienced a reduction in itching when exposed to gentle heat.

#### **Associated complaints:**

- Motion sickness tendency of vomiting while riding in a car.
- Perspiration- Scanty
- Thermal reaction –hot

#### **HOPC:**

The patient had a history of sensitive skin, with episodes of mild dermatitis during adolescence, though not as intense as his current condition. He reported:

- **Seasonal Allergies:** Mild seasonal allergies in the past, managed with over-the-counter antihistamines.
- **Childhood Eczema:** Minor episodes of eczema during childhood, primarily on the inner elbows and knees, which had resolved without intervention over time.
- **Previous Hand Irritation:** The patient noted occasional dryness and irritation on his hands from prolonged exposure to water and soaps, though it had never been severe until the onset of his current condition.

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#### **Physical generals:**

- Appetite: 2 times meals/ day (2 Chapati/ time) earlier

- Aversion: Nothing Specific
- Bathing Habit: Once/ day
- Addiction: Not specific.
- Desire: spicy++ sweet+++
- Stool: once in a day
- Sleep: Refreshing (7 hours)
- Thermal: Hot
- Thirst: 1-2 litres/ day
- Perspiration: Scanty
- Urine: (D3-4, N1-2)

**Mental generals:**

- Likes to travel a lot
- Desire to be alone

**Family- History:**

There is no specific family history.

**Analysis of the case:**

Mental General	Physical General	Particulars
Likes to travel a lot	Desire: spicy++ sweet+++	Dry, scaly patches on both hands.
Desire to be alone	Thermal: Hot	Intense itching and burning
	Perspiration: Scanty	Cracked and dry, with bleeding

**Evaluation of Symptoms:**

- Likes to travel a lot
- Desire to be alone
- Desire: spicy++ sweet+++
- Perspiration: Scanty
- Dry skin
- skin itching with burning
- Cracked with bleeding

**Totality of Symptoms:**

- Likes to travel a lot
- Desire to be alone
- Desire: spicy++ sweet+++
- Perspiration: Scanty
- Dry skin
- skin itching with burcing
- Cracked with bleeding

**Repertorial- analysis:**

Sulph : 6/13

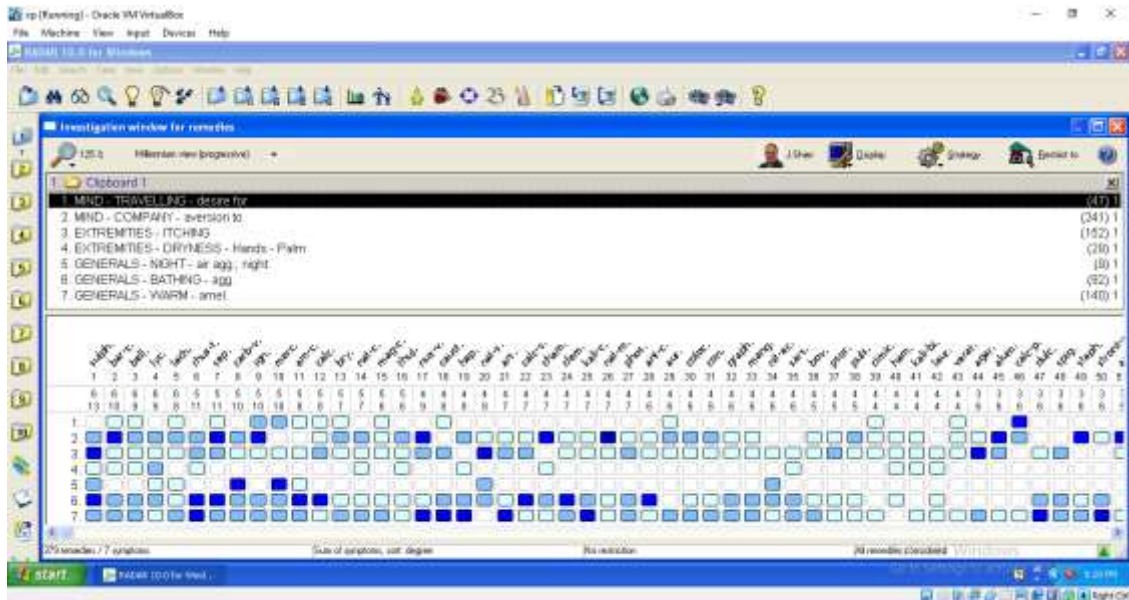
Bar.c :6/10

Bell :6/9

Lyco :6/9

Lach : 8/6

**Repertory sheet:-**



**Prescription:**

(24/03/2023)

Rx

SULPHUR 200/ 1 Dose/ Stat

Phytum 30/ B.D.

For 30 days

**Picture : before treatment**



**FOLLOW-UP SHEET:**

Date	Changes in symptom	Prescription
25/06/2023	Slightly relieve in skin itching and burning Cracked and bleeding Slightly relieve in Dry skin	Rx Phytum 30/B.D. For 30 days
26/07/2023	Relieve in skin itching and burning Relieve Cracked and bleeding Slightly relieve in Dry skin	Rx Phytum 30/B.D. For 30 days
15/08/2023	Completely relieve In all symptoms	Rx Phytum 30/B.D. For 30 days

**Picture : After treatment****Conclusion and Discussion**

In treating chronic contact dermatitis, a homeopathic approach considers not only the physical symptoms but also the modalities—factors that aggravate or relieve symptoms—as per homeopathic principles. This case demonstrates the effectiveness of individualized homeopathic treatment based on the totality of symptoms, aligned with the law of similars, where a remedy that produces similar symptoms in a healthy individual is prescribed to stimulate the body's natural healing response.

The patient, a 29-year-old male, experienced intense itching, dryness, burning, and bleeding from cracked, scaly skin on his hands. Aggravating factors included nighttime, scratching, contact with water, and specific times (1-2 pm), while warmth (specifically from a stove) provided relief. These symptoms suggested the homeopathic remedy that matched his unique symptom profile.

After treatment, improvement in his symptoms was observed, suggesting the potential of homeopathic remedies to support the body's self-healing in chronic cases of contact dermatitis, especially when specific environmental triggers and individual modalities are considered. Homeopathy provides a holistic approach, seeking to address underlying sensitivities and enhance the body's resilience against recurring inflammatory reactions. This case underscores the role of individualized homeopathic medicine in offering relief, particularly when conventional approaches may be insufficient or when patients prefer natural treatment options.

**REFERENCE:**

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