



TO LEARN EFFICACY OF DULCAMARA IN URTICARIA-HOMOEOPATHIC CASE REPORT

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ABSTRACT :

Urticaria patients are the common & major bulk in India . As found in studies large number of patients daily visits to dermatological clinics. Urticaria is also known as Nettle rash, Hives; a type of skin condition with reddish, slightly raised papules accompanied marked by localized dermal oedema and that are often accompanied by severe itching. In homoeopathic case taking evidence based case report of Urticaria shows that well selected Homoeopathic Remedies cures the cases of Urticaria . This case report will help to increase knowledge and new homoeopathic students & practitioners, so that they can use the homeopathic remedies in similar dermatological complaints.

Keywords: Homoeopathy, Dalcamara, Urticaria

Introduction :

Urticaria is known as Nettle rash; Hives; Weals clinically presented as erythematous papular eruptions on skin marked by localized dermal oedema and that are often accompanied by severe itching and burning of skin^[1]

Urticaria is a commonly seen clinical condition where there is a transient eruption of raised and circumscribed erythematous or edematous swellings of the superficial dermis, associated with itching^[3]

There are a variety of its clinical variants seen, two of which are

1. Angioedema (angioneurotic oedema, giant urticaria,) consists of transient swellings in the deeper dermal subcutaneous and submucosal tissues. Urticaria and angioedema often occur together and for practical purpose are similar processes. However, the form of pure angioedema that is caused by C1 esterase inhibitor deficiency shows some differences clinically and in response to treatment.
2. Systemic anaphylaxis is an acute life-threatening condition induced by an IgE-mediated allergic reaction. It consists of combination of symptoms and signs including diffuse erythema/pruritus, urticaria, angioedema, hypotension and cardiac arrhythmias. A similar clinical picture from non-allergic causes is called a systemic anaphylactoid reaction.

Urticaria can be broadly classified in terms of 'duration' or its 'trigger factors'.

1. In terms of duration, urticaria can be divided into acute and chronic forms. Acute urticaria is usually self-limited and the weals commonly resolve within 24 hours, but may last up to 4- 6 weeks. In chronic urticaria the weals continue daily or on most days for longer than 6 weeks. Acute urticarias are more common in young adults of both sexes, whereas chronic urticarias are more commonly seen in women, in their fourth or fifth decades. A cause or trigger factor can be easily found in acute urticaria, as compared to the chronic form. [3]
2. When classified in terms of trigger factors, it can be divided into:

Nonimmunologic or nonallergic or ordinary urticaria: These are caused by degranulation of mast cells and histamine release by mechanisms not involving antigen-anti- body reaction. The most commonly seen causative factors of nonallergic urticaria are:

Drugs: Anesthetics, angiotensin converting enzyme inhibitors, aspirin and other non-steroidal anti-inflammatory drugs, codeine, morphine, penicillin, cephalosporins, sulfonamides and other antibiotics, diuretics, iodides, bromides, quinine, vancomycin, isoniazid and antiepileptic agents.

Foods: Chocolates, eggs, fish, milk and milk products, nuts, pork, shellfish, strawberries, tomato, and yeast. Food additives: Hydroxybenzoates, salicylates, sulphites, and tartrazine.

Inhalants: Animal danders, grass pollens, house dust, mould spores, new perfumes.

Infections: Pharyngitis, gastrointestinal, genitourinary, respiratory, fungal (e.g., dermatophytosis), malaria, amebiasis, hepatitis, mononucleosis, coxsackie virus, mycoplasma, infestations (e.g., scabies), HIV, and parasitic infections (e.g., ascaris, strongyloides, schistosoma, and trichinella).

Systemic disorders: Amyloidosis, carcinoma, hyperthyroidism, lymphoma, polycythemia vera, polymyositis, rheumatic arthritis (RA), and SLE

Physical: Cold, exercise, friction, perspiration, pressure, and sunlight.

Miscellaneous: Contact with nickel (e.g., cheap jewelry, jean stud buttons), latex, nail polish or rubber (e.g., gloves and elastic bands); emotional or physical stress; pregnancy (usually occurs in last trimester and typically resolves spontaneously soon after delivery); and recent use of new clothes, creams, detergents, or lotions.

b. Immunologic or allergic or idiopathic or autoimmune urticaria: Genes tend to play a role in a few urticarial conditions, where a strong personal or family history of atopic disorders can usually be found. Angioedema and a few rare urticarial variants can be of a hereditary type occurring due to a C1 esterase inhibitor deficiency.^[3]

Patient information-

Presenting complaints-

A 24 year old female patient came to me in 2nd November 2022 with an urticarial rash on the body, especially on hands, legs and neck. This was worse from dreams. Severe violent itching with red patches. Worse from scratching, before and during menses, and from eating (Tea ,Coffe, potatoes, Dried fruits, rice) farinacious food.

Weakness and desire to lie down, worse in a warm room and at night. When she gets a severe rash it is better in a cool place and by cooling off. Increased irritability during menses. Tendency to catch cold easily since child- hood, with blocked nose, Sneezing and headache Coryza and hoarseness of her voice during attack. Worse from getting wet- in the rainy season, Worse from working in water for longer duration, from change of weather and from keeping the nose covered.

Craving:- cold drinks (3), spicy things. Thirst, increased.

Appetite:- good.

Perspiration:- profuse.

Past history, convulsions in childhood

History-

Patient is living with her parents and one elder brother. Since her childhood she has always been very short tempered. She was never good at studying. She was very obstinate and abrupt in her way of talking. Her speech was like a person who is angry. Therefore people misunderstood her often, due to which she had frequently quarrels.

She was very helpful by nature and always liked to give her things to others. Since she was the only daughter she was very pampered. She is from a lower middle class family, she was never encouraged to study from childhood.

At present she is working in a Medical store as a storekeeper. Since she started working, she tries to keep herself calm and doesn't express her anger.(like earlier experience in childhood). She feels proud,& always better than other people.

A particular dream has made a deep impression on her. She gets frightened and starts weeping whenever she gets that dream. This also aggravates her urticaria. In the dream she is attending her friend's wedding. Suddenly she starts weeping for no reason, She then wakes up scared and starts to weep. Since childhood she is impatient and does everything in a hurry. Cannot wait for anything and wants it to be done immediately. Very obstinate and used to get what she demands

Mischievous in school. She has no particular hobby.

Prescription

Dulcamara 1M . Stat dose

SL- 4 pills twice daily for 2months

Rubrics for Dulcamara ^[2,6]

Mental

Abusive, angry, without being

Sadness, morning, in bed in

Weeping, delusion after, dream

Hurry, haste, always in

Haughty

Quarrelsome, anger without

Rudeness of naughty children

Physical

Craving cold drinks

Urticaria better from cold air

worse before menses

worse during menses

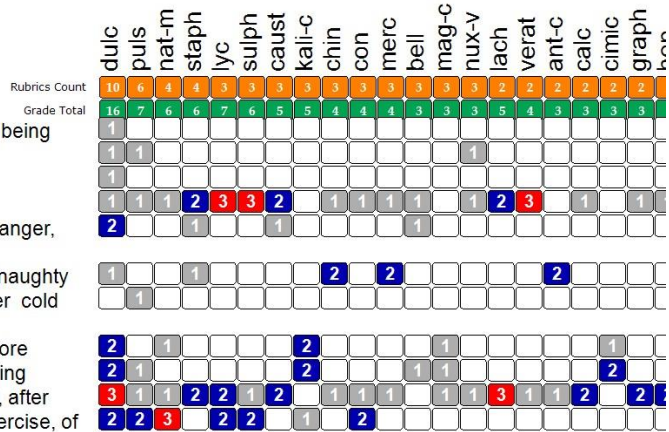
worse from scratching
worse from warmth and exercise

REPERTORISATION WITH SOFTWARE – VISION ^[2]

Treatment plan—

Remedy ^{Vision}
Totality, Rubrics, None, Chart

- 1 Complete; Mind; ABUSIVE, insulting angry, without being
- 2 Complete; Mind; SADNESS, morning agg. bed, in
- 3 Complete; Mind; WEEPING, delusions, after
- 4 Complete; Mind; HAUGHTY
- 5 Complete; Mind; QUARRELSOMENESS, scolding anger, without
- 6 Complete; Mind; RUDENESS General children, of naughty
- 7 Complete; Skin; ERUPTIONS urticaria bathing, after cold amel.
- 8 Complete; Skin; ERUPTIONS urticaria menses before
- 9 Complete; Skin; ERUPTIONS urticaria menses during
- 10 Complete; Skin; ERUPTIONS urticaria scratching, after
- 11 Complete; Skin; ERUPTIONS urticaria warmth exercise, of agg.



selection:

On the basis of the symptom similarity ,miasmatic background and constitution of patient was considered for selection of drug after repertorization using ISIS-VISION software,

As per totality of symptom in homoeopathy-Dulcamara is selected as covers maximum number of symptoms and was prescribed .One dose of Dulcamara1 M was prescribed to the patient followed by SL

General management:

- 1) Patient is advised to avoid exposure to cold air
- 2) Apply coconut oil if uncontrollable itching & redness
- 3) Patient can only use a medicated soap^[1]

Treatment Follow up-

Date	Complaints	Treatment
05 -01-2023	weeping when having her dream. Coryza and hoarseness of her voice much better. Urticaria better	SL 4 pills twice a day x 2 months
10-03-2023	Severe cold, fever headache severe, bodyache , desire for cold drinks urticaria- with itching,	Dulcamara 1 M stat dose SL 4 pills twice a day x 2 months
12 -05-2023	Feels better No urticaria Anxiety reduced No any respiratory complaint	SL 4 pills twice a day x 2 months
10-07-2023	Patient still is doing well. Better generally and emotionally, no more urticaria or respiratory problems	SL 4 pills twice a day x 2 months
10-08-2023	Feels better- emotionally, no more urticaria No respiratory problems	SL 4 pills once a day x 1 months

Discussion :

In my case, the homeopathic similimum- Dulcamara is selected on the basis of individualization concept in homoeopathy helps to remove the signs and symptoms of Urticaria. Homeopathic system of medicines are selected by considering Patient as whole (holistic approach to treat a person) which includes his mind and body (mental symptoms & physical symptoms).

After referring through- Homoeopathic Materia Medica, Organon of medicine and Homoeopathic philosophy & Homoeopathic Repertory, the medicine selected was Dulcamara. Medicine which selected on Totality of symptom helped to patient with improvement in mental status and physical wellness. Itching, burning sensation and skin eruptions with respiratory complaints are completely cured after treatment with regular follow up . [4,5,6]

Conclusion :

Homoeopathy has maximum scope in urticaria, as modern medicine has nothing more to offer other than antihistamines. The treatment Consists of not only giving the indicated homoeopathic drugs but to eliminate the offending agents e.g. eliminative diet, withdrawal of causative drug,& correction of external physical stress.

In a condition like -Urticaria the homoeopathic similimum helps to improve the immunity of patients. Homoeopathic medicine removes the susceptibility of the person to get infection because of it wholistic approach. It helps to treat disease permanently with minimum dose. No side effects of selected medicine and improves quality of life of patient. Thus, this case report proved the effectiveness of Dulcamara in patients suffering from Urticaria.

Declaration of patient consent

Consent from patient obtained before further proceeding.

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