



A Case of Hand-Foot and Mouth Disease Cure by Homoeopathy

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ABSTRACT

Coxsackievirus A16 and enterovirus 71 are the main causes of hand, foot, and mouth disease (HFMD), a prevalent viral ailment that largely affects children.¹

Case summery

The clinical example of a 4-year-old child with HFMD is presented in this article. The child has had a history of fever and has had eruptions on all parts of the body for 3–4 months, with the hands and legs experiencing the most itching and pus discharge. The child was effectively treated with customized homoeopathy. A thorough case study and synthesis-based repertorization The relevance of the mind and general symptoms in choosing a cure is emphasized in the outline of the repertory. .

Keywords: Hand foot and mouth disease, enterovirus 71, Homoeopathy, Paediatrics, Enteroviral vesicular stomatitis with exanthem.

Introduction:

A common viral sickness that often affects newborns and children but can also strike adults is hand, foot, and mouth disease (HFMD). The hands, feet, mouth, and occasionally even the genitalia and buttocks are affected by the infection. Coxsackievirus A type 16 is typically the cause of HFMD, although numerous other coxsackievirus strains can also result in the infection.^{1,2} "Enteroviral vesicular stomatitis with exanthem" is the ICD-10 code for hand, foot, and mouth disease (HFMD), and it is B08.4.³

Clinical Features

The skin rashes in HFMD are papulovesicular and it affects the palms or soles of the feet or both. In some patients, rashes can be maculopapular without vesicles and also involve the buttocks, knees, elbows often in younger children and infants. The most common clinical problem associated with HFMD is dehydration, a result of inadequate intake of fluid secondary toodynophagia caused by painful mouth ulcers.⁴

Differential Diagnosis

Conditions that manifest as vesicular or maculopapular rashes, with or without oral lesions, should be included in the differential diagnosis for HFMD. Among these conditions are:

1. Erythema multiforme
2. Herpangina
3. Herpes simplex
4. Herpes zoster
5. Kawasaki disease

6. Toxic epidermal necrolysis
7. Viral pharyngitis
8. Rocky Mountain spotted fever
9. Varicella zoster infection (chickenpox)
10. Steven-Johnson syndrome
11. Monkeypox - It becomes crucial to take into account the challenge of clinically distinguishing between HFMD and monkeypox when an outbreak is still going on.⁵

Management

- Adequate cleanliness during diaper changes and hand washing following patient interaction are essential components of proper hygiene.
- Spoons, glasses, and utensils are examples of personal objects that should not be shared and should be thoroughly cleaned with soap after each use.
- Health professionals caring for these patients may find that wearing gowns provides some protection; additionally, patients with HFMD should be segregated and the standard isolation protocols should be followed in order to prevent infection.⁶

Homoeopathic management:

For children with hand, foot, and mouth disease, the best homoeopathic remedies are Hepar Sulph, Phytolacca, Merc Sol, Borax, Sulphur, Graphitis, Natrum Mur, and Rhus Tox.

1. Belladonna –

Belladonna is a medication used to treat sore throats in patients with hand, foot, and mouth disease. When Belladonna is needed, the throat hurts and feels sore. The throat is irritated and red. A feeling of heat and dryness in the throat appears. Even while swallowing drinks, it can be very unpleasant. In throat it feels like a lump. The aforementioned symptoms accompany a fever with noticeable body heat.

2. Hepar Sulph –

Hepar sulph is an important medication for hand, foot, and mouth diseases that cause painful throats that spread to the ears. When you cough or swallow, you get pain in your throat. There are swollen crimson follicles in the raw throat. There is a mucus block in the throat. The symptoms listed above are accompanied by a fever and chills.

3. Phytolacca –

One of the main signs that Phytolacca should be used is throat pain with a noticeable burning sensation. The neck appears dark red or bluish red due to inflammation. The throat feels dry and gritty. Particularly when eating, throat pain might travel to the ear.

4. Merc Sol –

Merc Sol the sores might show up on the inside of the cheek, the tongue, and the gums. The sores' edges are crimson. The mouth is irritated. Despite increased salivation, the mouth and tongue stay moist. The mouth may have a disagreeable, foul odor. A top-notch medication for sore throats is Merc Sol.

5. Borax –

The next commonly recommended medication for treating oral sores in patients with hand, foot, and mouth disease is borax. The sores hurt and are sensitive. It's possible that the sores will bleed. Sores from eating or touching might cause bleeding. There may be a hot feeling in the mouth and a significant reddening of the mucous membrane. Additionally, the mouth feels parched.

6. Sulphur –

A useful medication for hand, foot, and mouth disease skin rashes is sulphur. Itchy rashes are possible. In the evening and at night, itching usually gets worse. Bleeding may result from scratching a skin rash. When rubbing a skin rash, burning occurs, and the skin may also hurt. Blisters may develop in addition to the skin rash in certain cases that call for sulphur.

7. Graphitis –

In situations of hand, foot, and mouth disease, graphitis is a useful medication for treating dry skin rashes. The skin that is affected is extremely rough and may also be broken. Skin is painful and raw. Another important medication for blisters on the skin that leak clear, sticky, glutinous, honey-like fluids is graphitis.

8. Natrum Mur –

When it comes to treating skin blisters in situations of hand, foot, and mouth disease, natrum mur is highly recommended. Where Natrum Mur is suggested, blisters contain a watery fluid. It's a clear fluid. There may be a stinging, prickling feeling on the skin.

9. Rhus Tox –

Rhus Tox is effective in treating itchy blisters associated with hand, foot, and mouth diseases. Clear water, yellow fluid, or milky fluid may fill the blisters. The blisters' surrounding skin is noticeably red. When Rhus Tox is required, blister itching usually gets worse after midnight. Additionally, the blisters hurt to touch.

Case report

- **Diagnosis- Hand, foot, and mouth disease (HFMD)**
- **Date of case-**20/09/2024
- **Method-**A single chronic clinical case of HFMD in a child was treated with an individualised homeopathic treatment. with pre and post photos homeopathic treatment were used for assessment of the case.
- **Patient details**
 - CASE NO.- 5870/96470
 - WARD- research o.p.d.no.04
 - NAME OF THE PATIENT- x
- **Chief Complaints:**
 - A play school going female child of 4 years, came to us with eruption on all over body from 3-4 months especially on hands and legs.
 - Itching++
 - Pus discharges some time present.
 - History of fever
- **Present Complaints:**
 - **Location-** hands and legs
 - **Sensation-**burning++
 - **Modalities-** < warmth, at night
 - **Concomitants-** non specific
 - **Duration** – 3-4 months
 - **Causation-** unknown
- **History of present illness**
 - Disease onset is gradual, course is insidious. They have taken allopathic medication which only give temporary relief to the patient.
- **Past history –**
 - Immunizations timely done
 - Fever and eruptions come and goes

- She had Typhoid fever- 2-3 year back, taken allopathic treatment.

➤ **Family history-**

- Father, Mother and Siblings -Nothing specific

➤ **Personal history:**

- Mind- She was a shy child but co-operative, aversion to bath
- Diet- vegetarian
- Desire-sweets
- Thirst-decreased (3-4 glass/day)
- Tongue-yellow coated
- Perspiration – profuse, wets the pillow
- Bathing-aversion++
- Covering- aversion++
- Thermal reaction – hot patient
- Skin –dry and pale
- Sleep – sound
- Dream – not specified

➤ **Observation-**

She was a lean, cooperative child She had fair complexion with black hairs and eyes

➤ **Examination –general**

- Anemia – present+
- spo2 – 98%
- Nails – pinkish, healthy
- Temperature – 38°
- palms – hot to touch
- Respiration rate – 22/min
- Tongue – yellow coated
- Pulse rate – 102/min

➤ **Provisional diagnosis** - Hand foot and mouth disease?

➤ **Miasmatic diagnosis** – Psora

➤ **Prescribing totality**

- Patient complaints of eruption on all over body especially on hands and legs from 3-4 months
- Eruptions with Itching++
- Mentally patient is shy yet cooperative
- She has aversion to bathing
- Her tongue was yellow coated

- Her palms are hot to touch
- She had profuse Perspiration
- Thermally she was hot patient
- She had aversion of covering++
- She desires for sweets things.

Analysis and evaluation

- According to Dr. J.T. kent

Mental generals	Physical generals	Particulars
<ul style="list-style-type: none"> • patient shy yet cooperative. • Irritable++ 	<ul style="list-style-type: none"> • appetite –good • Patient has aversion to bathing++ • Tongue – yellow coated • Palms are hot to touch • Perspiration- profuse • Thermally hot patient • Aversion to covering++ • Desire for sweets 	<ul style="list-style-type: none"> • Patient complaints of eruptions all over body especially on hands and legs since ¼ months • Itching++, pus+ • Fever sometimes present < warmth, at night

➤ **Repertorial totality** - synthesis repertory

- Mind – timidity
- Mouth- discoloration – tongue – yellow
- Fever – children; in
- Perspiration – profuse
- Skin - eruptions
- Skin- itching –eruptions
- Generals – bathing –aversion to bathing
- Generals – uncovering – desire for

➤ **Repertorial result**

- Mercurius – 14/7
- Sulphur – 15/6
 - Aconite – 14/6
 - Pulsatilla – 14/6
 - Bryonia – 13/6
 - Lycopodium – 13/6
 - Nitricum acidicum – 10/6
 - Belladonna – 9/6

Remedies	ΣSym	ΣDeg	Symptom
merc.	7	14	1, 2, 3, 4, 5, 7, 8
sulph.	6	15	1, 2, 4, 5, 7, 8
acon.	6	14	1, 2, 3, 4, 5, 8
puls.	6	14	1, 2, 4, 5, 7, 8
bry.	6	13	1, 2, 4, 5, 7, 8
lyc.	6	13	1, 2, 4, 5, 7, 8
nit-ac.	6	10	1, 2, 4, 5, 7, 8
bell.	6	9	1, 2, 3, 4, 5, 7

➤ **Final selection of medicine with discussion**

Mercurius has been given in first given in first visit - 20/09/24 on the basis of repertorial totality and potential differential field.

➤ **Prescription**

- 20/09/24Rx

1. Mercurius sol. 200 4pills od 3 days
2. Sac lac 30 4 pills bd 7 days

- Advice to patient- to stay hydrated

avoid use of soaps and other chemical agents

Apply coconut oil for dryness and itching

➤ **Follow up**

SN	DATE	CHANGE IN SYMPTOMS	PRESCRIPTION
1	27/09/24	Patient complaints better than before slightly itching ++, Sleep for long duration after illness	Sac lac 30 ,4pills, twice a day for15 days
2	11/10/24	Eruptions are slightly present itching+ No fever No pus discharge	1. Echinacea Q for 1/a 2. Sac lac 30 4pills, twice a day for15 days
3	26/10/2024	Eruptions mildly present Itching not present No fever No pus discharge	sac lac 30 /4pills, twice a day for15 days
4.	12/11/2024	Patient was symptomless without any recurrence	Sac lac /4pills, twice a day for15 days

Date- 20/09/2024



Date- 26/10/2024



Fig. 1 - Before treatment**Fig.2 - After treatment**

Discussion:

In the given case of HFMD, homoeopathic medicine (Mercurius,) help to treat the individual and provide complete relive from the symptoms

Conclusion

This case study explores the clinical implication of integrating Mercurius medicine into constitution treatment. The findings provide valuable information to the existing body knowledge, endorsing the use Mercuries. The positive results obtained in the particular case of Mercurius support the need further research.

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