

# Atopic Dermatitis: Case Series of Individualized Homoeopathic Treatment

Mousumi Das<sup>1</sup>

<sup>1</sup>PGT, Department of Paediatrics, National Institute of Homoeopathy, Kolkata

## ABSTRACT

Atopic dermatitis is a common, chronic, intensely pruritic, relapsing inflammatory skin disease that affects both children and adults. Atopic dermatitis is often the originating of a series of allergic disorders, mentioned as the "atopic march". There are numerous risk factors correlated with AD development. However, only two have always been related, and they are (1) family history of atopy and (2) loss of function mutations in the FLG gene. Topical anti-inflammatory therapy with topical corticosteroids or topical calcineurin inhibitors treatment are available in conventional therapy but sometimes it has been reported that patients are also benefited from Homoeopathic treatment. Four patients who presented at the outpatient department at National Institute of Homoeopathy, Salt Lake, Kolkata with Atopic dermatitis and a family history of asthma, allergic rhinitis were treated with constitutional homoeopathic medicine. Details of consultations, treatment and assessment are summarized. A constitutional treatment thus eliminates the symptoms locally and internally as well as long-lasting relief from complaints. Common remedies include Mercuris Solubilis, Sulphur. This case series shows positive results of homoeopathy in the treatment of Atopic dermatitis.

**Keywords:** Atopic dermatitis, Family history, Individualized Homoeopathic treatment, Case series, repertorisation.

## INTRODUCTION

Atopic dermatitis is a common, chronic, intensely pruritic, relapsing inflammatory skin disease that affects both children and adults<sup>(1-3)</sup>. Atopy described as an inherited proneness to produce immunoglobulinE (IgE) antibodies which lead to abnormalities in the epidermis and the immune system. Dermatitis gets from the Greek word "derma," which signify skin, and "itis," which indicates inflammation<sup>3</sup>. Atopic dermatitis often the originating of a series of allergic disorders, mentioned as the "atopic march<sup>4</sup>." The word "atopic" specify a link with allergies. Atopic dermatitis is not always due to an allergic reaction, it is commonly correlated with other allergic disorders: up to 60 percent of people with atopic dermatitis develop asthma or hay fever (allergic rhinitis) later in life, and up to 30 percent have food allergies<sup>4</sup>. If a single

parent is atopic, there is more than a 50% chance and if both parents are affected up to 80% chance of offspring will be affected<sup>1</sup>. Generally, in infancy, it includes the cheeks, and over time, as it resolves over the cheek area, extensors tend to get involved, and by 2 years of age flexural distribution predominates. The acral pattern is mostly seen in the adult population but may uncommonly be seen in children<sup>5</sup>. Indian Dermatology Expert Board Members (DEBM), agreed to use the term "atopic dermatitis" (AD), which can be used as a synonym for "atopic eczema" or "endogenous eczema<sup>6</sup>". The prevalence of AD is approximated to be 10% to 30% in children and 2% to 10% in adults, with a two- or threefold rise over the past 3 decades in industrialized nations<sup>7</sup>. Hallmarks of atopic dermatitis include dry, itchy skin and red rashes<sup>4</sup>. Conventional treatment of

atopic dermatitis includes topical corticosteroids, phototherapy, application of emollients, Immunomodulators<sup>8</sup>.

A case series presented with atopic dermatitis during follow-up has provided positive results about the effectiveness of homoeopathic medicine in atopic dermatitis.

## CASE SUMMARIES

### Case no- 1

**Patient Information:** A 10-month-old boy belonging to a lower-middle-class status reported at the outpatient department of the National Institute of Homoeopathy, Kolkata on January 03, 2019. The patient presented with very dry erythematous patches of dermatitis on the cheek with Severe itching and crusting over the left-sided cheek for the last 6 months which was gradually increasing in size. Pruritis aggravated, especially at night. They had been using several lotions on the face but no improvement. No other medical history was remarkable. There was a history of asthma

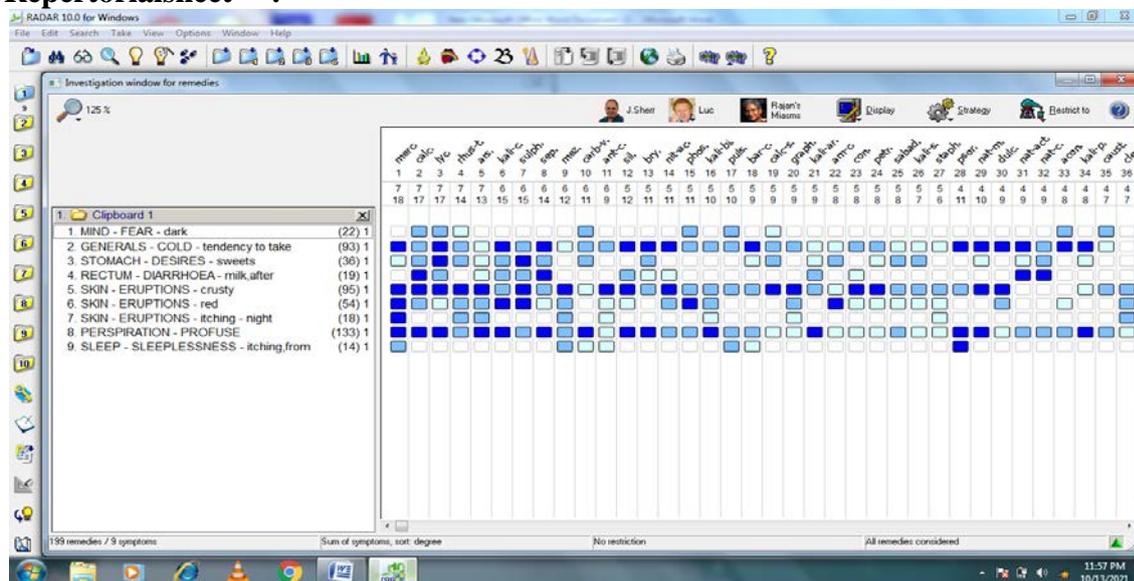
in the grandmothers, allergic rhinitis in his mother and DM, HTN in his father. Normal vaginal delivery with no delay developmental milestones and immunization were up to date. On examination, her weight was 8.5 kg, height was 73 cm. Clinically no anaemia, cyanosis, oedema, jaundice or clubbing was detected. He was afebrile.

**Diagnosis:** Atopic dermatitis

### Totality of symptoms

1. Fear of darkness.
2. Tendency to catch a cold easily.
3. Desire for sweets.
4. Intolerance for milk which causes diarrhoea.
5. Sleep was disturbed at night due to itching.
6. Eruptions were red and crusty.
7. Itching aggravated especially at night.
8. Perspiration profuse in all over body.

### Repertorialsheet<sup>9,10</sup>:



**Case analysis:** The case presented with characteristic physical and mental symptoms. After the repertorisation process with Kent's repertory and consultation with homoeopathic Materia Medica *Mercuris Solubilis* was selected. Repertorization

software used was RADAR version 10.0.28 (ck), Archibel 2007, Belgium.

**Remedial analysis:** *Mercuris Solubilis* (18/7), *Calcarea carbonica* (17/7), *Lycopodium clavatum* (17/7), *Rhus toxicodendron* (14/7), *Arsenicum album*

(13/7). Mercuris Solubilis covered all the symptoms. Night aggravation and profuse perspiration were considered while selecting the similimum.

**Remedy selection and administration:**

Mercuris Solubilis 200C was prescribed in 30 ml aqua distillata. Four doses to be taken once daily in the early morning on empty stomach. Placebo was given for a month.

**Follow-ups:**

| Sr. No. | Date       | Medicine                      | Follow-ups                              |
|---------|------------|-------------------------------|---|
| 1.      | 03/01/2019 | Mercuris Solubilis 200/4 dose | -                                       |
| 2.      | 14/02/2019 | Placebo                       | Itch decreased, Sound sleep             |
| 3.      | 22/03/2019 | Mercurissolubilis 1M/ 1 dose  | Itch decreased, disappearance of crust. |



Fig 1: Right cheek before & after treatment



Fig 2: Left cheek before and after treatment

**Case no-2**

A 34-year-old Muslim male reported at the outpatient department of National Institute of Homoeopathy, Kolkata on November 20, 2018, with severe itching, bright redness, raised bumps on the dorsum of both feet for the last 8 months. At presentation, there were scattered patches of dermatitis on the dorsum of feet with some erosions over the feet. Itching especially

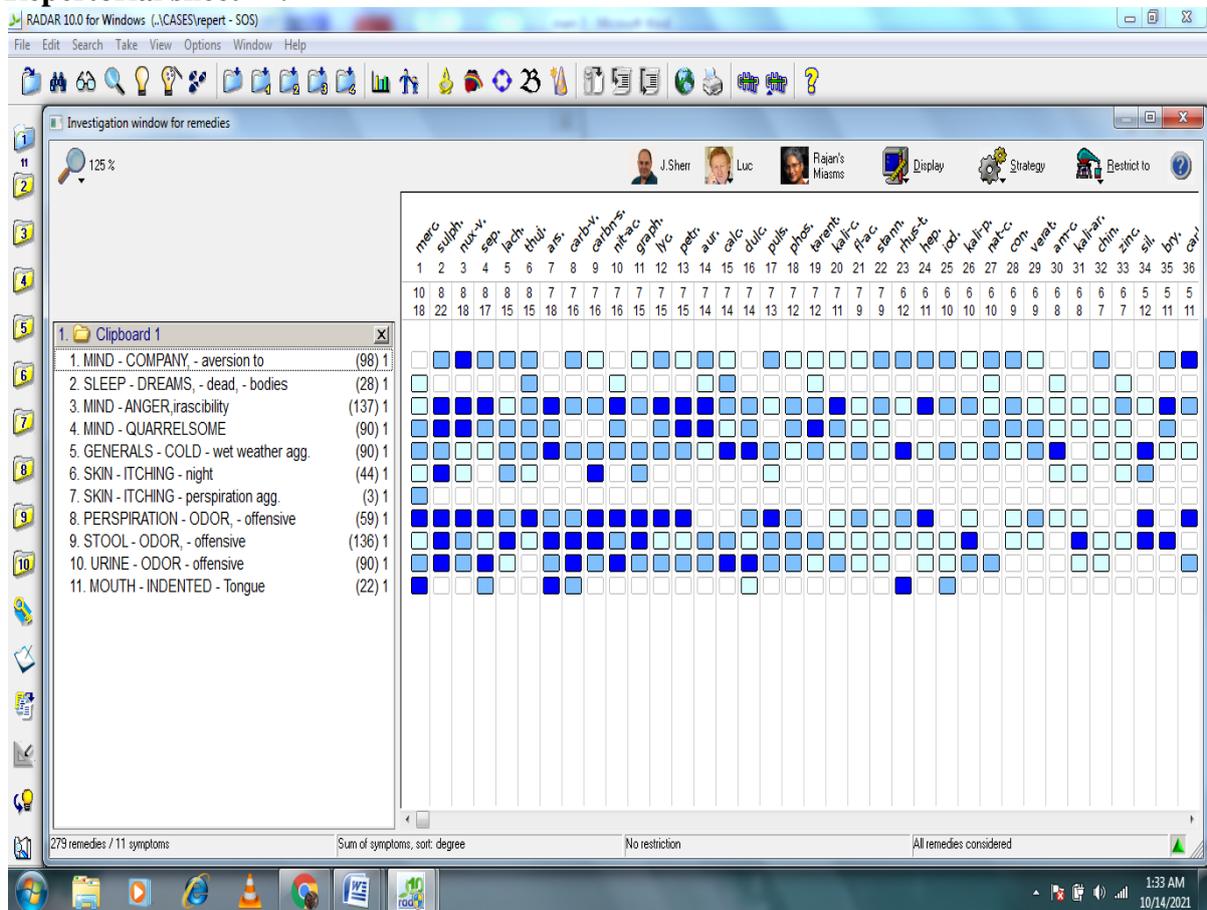
aggravated at night and in the morning so many yellow scabs formed. Itching is also aggravated by perspiration. No amelioration was mentioned by patient. He visited several times to quack Dr. and prescribed different ointments but didn't cure. The patient had a positive history of atopic dermatitis in childhood which was suppressed by using several ointments. No other medical history was remarkable. There

was a history of asthma in his mothers and grandfather. It was diagnosed by a dermatologist as atopic dermatitis. On examination, her weight was 70kg, height was 5.8 ft, body mass index was 22. Clinically no anaemia, cyanosis, oedema, jaundice or clubbing was detected. Respiratory rate 17/min, Blood pressure 140/80 mm Hg, pulse 80/min.

**Totality of symptoms:**

1. Desire for alone.
2. Easily gets angry and quarrels with others.
3. Dreams of dead persons.
4. The patient feels worse in cold weather.
5. Itching aggravated at night.
6. Itching aggravated from perspiration.
7. Perspiration was very much offensive.
8. Stool and urine was also offensive.
9. An imprint of teeth is present on the tongue.

**Repertorial sheet<sup>9,10</sup>:**



**Case analysis:** The case presented with characteristic mental and physical symptoms. After the repertorisation process with kent’s repertory and consultation with homoeopathic Materia Medica *Mercuris Solubilis* was selected. Repertorization software used was RADAR version 10.0.28 (ck), Archibel 2007, Belgium.

**Remedial analysis:** Mercuris Solubilis (18/10), Sulphur (22/8), Nux vomica (18/8), Sepia Officinalis (17/8), Lachesis (15/8). Mercuris Solubilis covered all the symptoms. Night aggravation, offensive perspiration, stool and urine offensive, indented tongue were considered while selecting the similimum.

**Remedy selection and administration:**  
Mercuris Solubilis 30C was prescribed in 30 ml aqua distillata. Two doses to be taken

once daily in the early morning on empty stomach. Placebo was given for a month.

**Follow up of the case with the timeline**

| Sr. No. | Date       | Medicine                       | Follow-ups   |
|---------|------------|--------------------------------|--|
| 1.      | 20/11/2018 | Mercuris Solubilis 30/2 doses  | -  |
| 2.      | 12/12/2018 | Placebo                        | Itch decreased, a yellow scab formed                                       |
| 3.      | 15/01/2019 | Mercuris Solubilis 200/4 doses | Patches of dermatitis on left foot decreased, itch decreased in both feet. |
| 4.      | 13/02/2019 | Placebo                        | Reddish crust decreased,itch decreased                                     |
| 5.      | 17/03/2019 | Mercuris Solubilis 1M/ 1 dose  | Patches of dermatitis are almost clear.                                    |
| 6.      | 20/04/2019 | Placebo                        | The disappearance of atopic dermatitis                                     |
| 7.      | 25/05/2019 | Placebo                        | No recurrence  |



Fig. 3: Before treatment



Fig. 4: During treatment



Fig. 5: During treatment



Fig. 6: During treatment



Fig. 7: During treatment



Fig. 8: After treatment

**Case no- 3**

**Patient Information**

A 14-year-old Muslim female reported at the outpatient department of National Institute of Homoeopathy, Kolkata on February 18, 2019, with bright redness, severe itching, sticky discharge from the right retroauricular region for the last 4 months. After scratching, the region got excoriated and ooze sticky, glutinous discharges. There was aggravation from the warmth of the bed and amelioration from washing. Several ointments were used previously but no improvement. She was

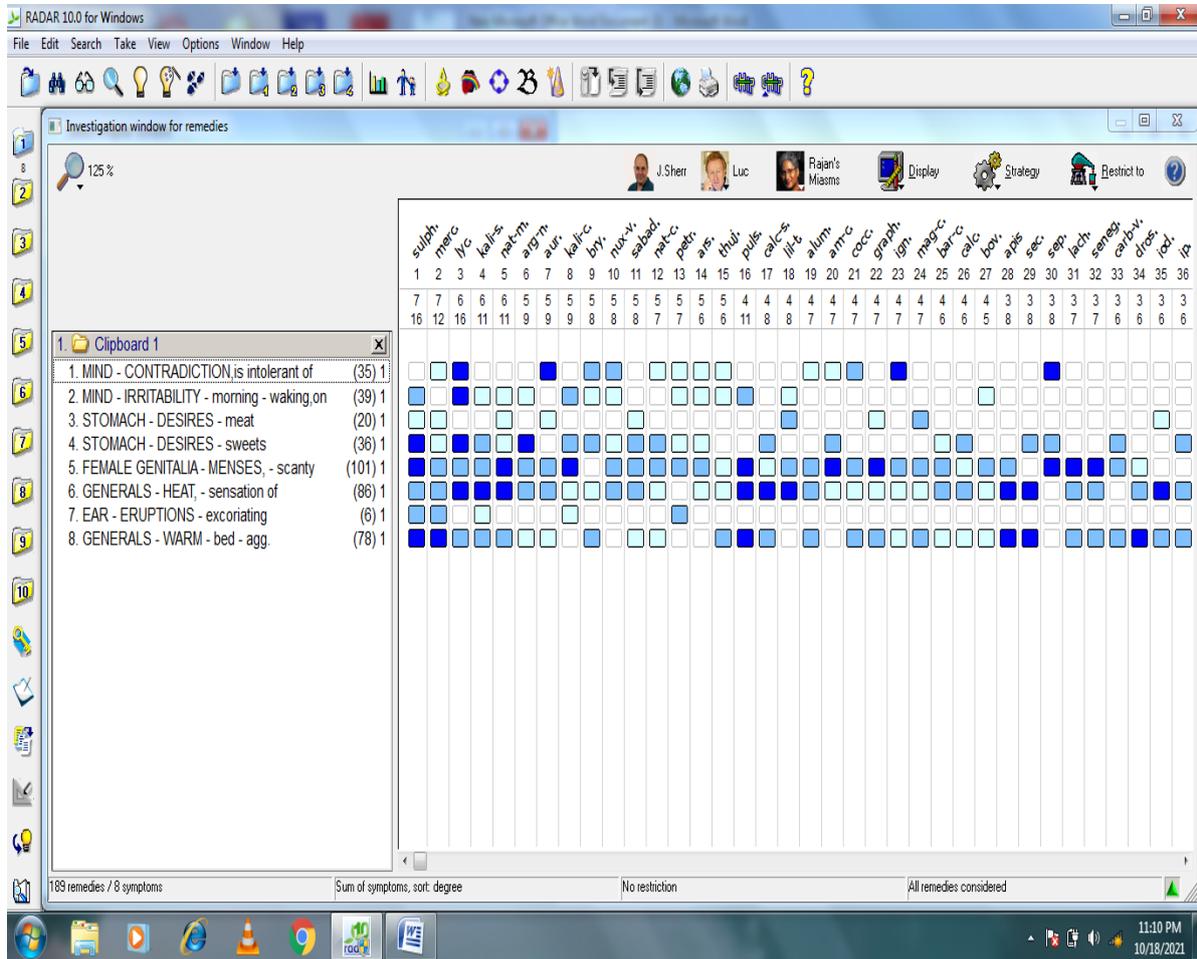
afebrile. The patient had no history of atopic dermatitis in childhood. No other medical history was remarkable. There was a history of allergic rhinitis in her elder brothers. Pulse- 75/ min. Blood pressure- 130/90 mm hg, Respiratory rate- 18/ min.

**Totality of symptoms:**

1. Feels irritable on waking in the morning.
2. Can't tolerate contradiction.
3. Desire for sweet<sup>+++</sup>
4. Desire for meat<sup>+++</sup>
5. Hot patient.
6. Itch < warmth of bed

7. After scratching eruption gets excoriated. 8. Menses scanty

**Repertorial sheet<sup>9,10</sup>:**



**Case analysis:** The case presented with characteristic mental and physical symptoms. After the repertorisation process with Kent’s repertory and consultation with homoeopathic Materia Medica was selected. Repertorization software used was RADAR version 10.0.28 (ck), Archibel 2007, Belgium.

**Remedial analysis:** Sulphur (16/7), Mercuris Solubilis (12/7), Lycopodium (16/6), Kali sulph (11/6), Natrum muriaticum (11/6). Sulphur covered all the symptoms. Desire for sweet<sup>+++</sup>, Hot patient, Itch < warmth of bed were considered while selecting the similimum.

**Remedy selection and administration**

Sulphur 30C was prescribed in 30 ml aqua distillata. Four doses to be taken once daily in the early morning on empty stomach. Placebo was given for a month.

**Follow up and outcomes:**

| Sr. No. | Date       | Medicine              | Follow-ups  |
|---------|------------|-----------------------|---|
| 1.      | 18/02/2019 | Sulphur 30C/ 4 doses  | -   |
| 2.      | 25/03/2019 | Placebo               | Itch decreased. Sticky discharge behind the ear slightly decreased. |
| 3.      | 30/04/2019 | Sulphur 200C/ 2 doses | Itch decreased.Redness over the eruption decreased.                 |
| 4.      | 03/06/2019 | Placebo               | The disappearance of atopic dermatitis                              |
| 5.      | 10/07/2019 | Placebo               | No recurrence   |



Fig.9: Before treatment



Fig.10: During treatment



Fig.11: During treatment



Fig.12: After treatment

#### Case no -4

**Patient Information:** A 12 years-old Hindu female reported at the outpatient department of National Institute of Homoeopathy, Kolkata on December 17, 2019, with black scab formation on the dorsum of feet for the last 2 months. There was itching and slight sticky discharge at the site of the lesion which was aggravated at night and when going for sleep in the bed. No such amelioration was mentioned by the patient after frequently asking. There was a history of asthma in her elder sisters. History of

recurrent attack asthma in childhood. Pulse- 72/ min. Blood pressure- 110/70 mm hg, Respiratory rate- 16/ min.

#### **Totality of symptoms:**

1. Memory weak.
2. Dream of daily occupation.
3. Susceptibility for cold.
4. Hot patient.
5. Desire for sour<sup>+++</sup> and meat<sup>+++</sup>
6. Stool very hard, constipated.
7. Itching aggravated at night and when going to sleep in the bed.

## Repertorial sheet<sup>9,10</sup>:

## RESULT

After the repertorisation process with Kent's repertory using RADAR version 10.0.28 (ck), Archibel 2007, Belgium Mercuris Solubilis covered the maximum number (9) with maximum marks (18). After consultation with the homoeopathic materia medica, it was prescribed which gave a very good result.

## Prescription

Based on the totality of symptoms, Mercuris Solubilis 200/4 doses was prescribed. Placebo was given for a month. The black scab, severe itching and sticky discharges disappear on the next visit.

| Sr. No. | Date       | Medicine                       | Follow-ups                              |
|---------|------------|--------------------------------|---|
| 1.      | 09/01/2020 | Mercuris solubilis 200/4 doses | -                                       |
| 2.      | 12/02/2020 | Placebo                        | The disappearance of atopic dermatitis. |
| 3.      | 16/04/2020 | Placebo                        | No recurrence                           |



Fig. 13: Before treatment



Fig. 14: After treatment

## DISCUSSION

I have presented a case series on atopic dermatitis but ascertain the role of constitutional homoeopathic medicine in

such conditions, randomized controlled trial with a large sample size is required. In this case series, 4 case studies are presented. In each of these cases, homoeopathic

medicines were selected based on individualization and these medicines were successful in the treatment of atopic dermatitis and relieving the symptoms of the patients. Mercurius Solubilis and Sulphur have been reported in the literature as useful medicines for the treatment of atopic dermatitis, the selection of which depends upon the presenting totality. No patient complained about the side effects or any negative consequences. In the case series presented here, in 3 cases *Mercurius Solubilis* was used on a centesimal scale and in other case Sulphur was used on a centesimal scale. The treatment was not only holistic but also cost-effective. Thus, the outcome of this case series of atopic dermatitis indicates the beneficial treatment effect by an individualized homoeopathic medicine.

## CONCLUSION

I have selected the cases suffering from atopic dermatitis from the outpatient department of the National Institute of Homoeopathy, Kolkata by the random selection method. The diagnosis was made by clinical presentation. These cases emphasise the usefulness of homoeopathy in atopic dermatitis in four cases to prove the efficacy of homoeopathy in atopic dermatitis; we need more extensive research on the topic with large sample size and controls.

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