

EFFICACY OF HOMOEOPATHY IN ACUTE SKIN CONDITIONS

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Abstract: *Under acute skin conditions there comes various ailments of skin like Eczemas, Anaphylaxis, Atopy, Herpes Simplex, Photo-dermatitis, Seborrhoeic dermatitis, Miliaria, Chilblains, DRESS reaction, AGEF reaction, Pompholyx etc. are a spectrum of the acute skin conditions that affects human skin and manifests as erythema, eruptions, wheals, pustulosis and often present with flaking or scaling skin or wheals, inflammation and pruritus. Homeopathy is becoming one of the most popular management option for such conditions, and it is authenticated via its principles- in Ancient Indian Literature and clinical trials are needed to test the efficacy, in order to help community, Corporates and Government to create a policy to stoppage of work loss and to improve the overall quality of living of it's citizens/employees which will be observe b the end of this study and further studies will be needed for the confirmation.*

Keywords: *Dermatitis, Erythema, Pruritus, DRESS, AGEF, Individualization, Similimum*

Materials and methods:

Inclusion criteria: Cases related to Acute Skin Conditions like Eczemas, Anaphylaxis, Atopy, Herpes Simplex, Photo-dermatitis, Seborrhoeic dermatitis, Miliaria, Chilblains, DRESS reaction, AGEF reaction, Pompholyx, Irritant Contact Dermatitis from Metals were registered and treated which presented with acuteness and severity in our OPDs.

Exclusion Criteria: Prolonged history of such skin disease, Life threatening conditions, patient on heavy allopathic medication, patient not consenting for admission/daily follow up.

Diagnostic Criteria: Case history, Lab tests done in-house laboratory esp. CBC, TEC, VEC, IgE etc.

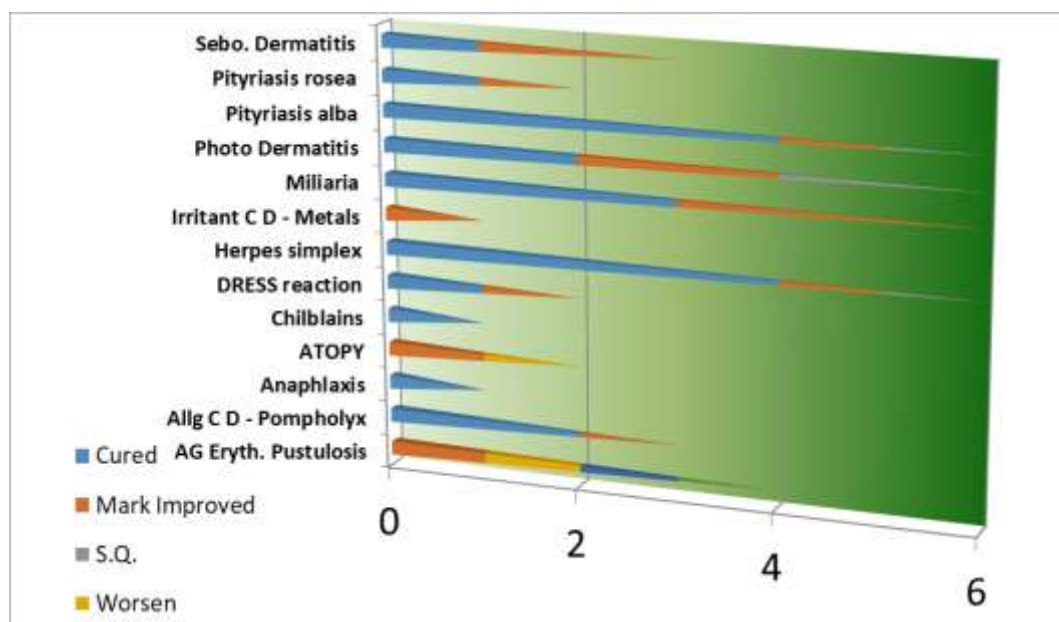
Dispensing of Medicines: From Suryaansh Arogyashala – Homeopathy Hospital at Jayoti Vidyapeeth Women’s University, Mahlan, Jaipur.

Result criteria: Observations, Lab Tests and Patient Visual Analogue Scale data to be classified as Cure/Marked Improvement/ Status Quo/Worse as per response.

Results (No. of cases disease wise with max. relieving medicines): In the study 41 cases were registered from 1st Nov. 2020 to 31st January 2020 out of which no. of cases of various diagnosis and result achieved by individualized homeopathic medication were **Pityriasis alba** 3 nos (1 Cured, 2 marked improved) (Lyc. 30), **Pityriasis Rosea** 1 no. (Cured) (Nux-V. 30); **Anaphylaxis** 1 no (Cured)(Adrenaline 30), **Atopy** 2 nos. (1 Marked Improved, 1 Worsened)(Ars.alb.30), **Herpes Simplex** 4 nos. (2 Cured, 1 Marked Improved, 1 SQ)(Rhus tox.30); **Photo-dermatitis** 8 nos. (5 Cured, 3 Marked Improved) (Canth.30), **Seborrhoeic dermatitis** 2 nos.(Both Marked Improved)(Nat.mur.30), **Miliaria** 1 no. (Cured) (Bryo. 30); **Chilblains** 5 nos.(4 Cured, 1 worsened)(Agar. M. 30), **DRESS**(Drug Reaction with Eosinophilia and Systemic Symptoms) 1 no. (Marked Improved)(Sepia 30); **AGEP**(Acute Generalized Exanthematous Pustulosis)1 no.(Marked Improved) (Merc.sol.30); **Pompholyx** 1 no. (Cured) (Graph. 30); **Irritant Contact Dermatitis from Metals** 1 no. (Marked Improved) (Hep.s.30); 17 cases got cured, 12 markedly improved, 1 remained Status quo, 2 got worsened after medication and 9 cases were dropped out, out of above 41 – Data of 32 cases was considered for evaluation as per result criteria.

	Drop outs	Cured	Mark Improved	S.Q.	Worsen
AG Eryth. Pustulosis	2	0	1	0	0
Allg C D - Pompholyx	0	1	0	0	0
Anaphlaxis	0	1	0	0	0
ATOPY	1	0	1	0	1
Chilblains	0	4	0	0	1
DRESS reaction	0	1	1	0	0
Herpes simplex	0	2	1	1	0
Irritant C D - Metals	1	0	1	0	0
Miliaria	0	1	0	0	0
Photo Dermatitis	0	5	3	0	0

Pityriasis alba	2	1	2	0	0
Pityriasis rosea	1	1	0	0	0
Sebo. Dermatitis	2	0	2	0	0
Total=	9	17	12	1	2



Diagrammatic representation of results in cases of Acute Skin Conditions

Discussion and Conclusion:

Ancient Indian literature:

When we study the ancient indian literature we found that the homoeopathic principle of similia is also used there. In Bhagvad Puran maharshi vyas told narad muni that “*The curative drug would be the one having the capacity to produce a similar disease....*”;

In Shushrut Samhita it is also been written that similar will be removed by similar one as “Samah Samam Shamayti.”

*Ancient Indian poet Kavi – Kalidasa in Ist Century BC*said that manifestation of the poison can be cured by poison itself.

So homoeopathy is based on principle which was also recognized in the ancient literature. It is dynamic in nature and homeopathic is the art of system which is known for its miraculous effect without any side effects.

The study remained quite inspiring regarding use of homeopathy for acute skin conditions as it resulted in <55% cure rate having no relapses in next two months even on exposure to same conditions; <35% were marked improved showing betterment in presenting symptoms < 80%; about 3% remained Status Quo and about 6% Cases were Worsened after giving Homeopathy and were referred, 9 cases were dropped out in initial phases not consenting for further follow up due to personal reasons.

Individualization proved to be effective tool in treatment of acute skin conditions without use of suppressive topical ointments.

By above discussions it can be concluded that Homeopathy is effective way of treating acute skin conditions by the way of individualization.

The results of study has a beneficial outcome for society who faces burden of suppressive medication and common practice of using of over-the-counter topical applications for these skin conditions often leading to bad scars, chronicity of ailments and psychological ailments like anxiety, depression, embarrassment, lack of confidence in sufferers – leading to loss of work hours in private and corporate establishments, as well as in Govt. organizations.

Result of this research can give indications for making policy for treatment of such irritating and financially depraving skin conditions by Govt. and Corporates, for efficacious management of it and securing quality of life of our employees and citizens by using medicine and homoeopathic principle can also be observed in the Ancient Indian Literature. More scope of future research is for each type of acute skin condition to be carried out individually, to know there aetiological factors for practicing preventive aspect.

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