Abstract: Dermatitis is a general term using for any conditions that cause inflammations of skin e.g. seborrheic dermatitis, contact dermatitis, atopic dermatitis etc. these conditions cause red rashes, dry skin, itching or lichenification and other symptoms. Irritant contact dermatitis occurs due to the contacts of irritants from different sources. A 56 years old male with Irritant contact dermatitis on dorsum of both hands reported for homeopathic treatment. On basis of totality of symptoms and homeopathic philosophy individualized medicine Arsenicum album 6 was prescribed. This case report with photographic evidences tries to show the positive effect of individualized homeopathic medicine for treating such type of dermatitis.

Keywords: Dermatitis, Homoeopathic philosophy, individualized medicine, Arsenicum album.

Abbreviations: Contact dermatitis (CD), Allergic contact dermatitis (ACD), Irritant contact dermatitis (ICD)

I. INTRODUCTION

Contact dermatitis is reaction of the skin to contactants. It is of two types- ACD and ICD. ICD is non immunological injury to skin; occurs from occupational, recreational or accidental exposure; manifests as acute dermatitis (from strong irritants) and chronic dermatitis (from weak irritants). Affected sites mainly hand or forearms or accidentally any site. Regarding treatment protocol, general measures to prevent and minimize the exposures to the irritants and conventional treatment also includes topical steroids. 1

Discussion12

Agents- which are responsible for ICD are wateror sweat, solvents, detergents, pesticides, abrasive dusts, alkalis etc.

Predisposing factors:

Patient factors- Dry skin and atopic individuals are more susceptible to ICD. It mainly affects the skin of face, scrotum and dorsum of hands while skin of palm and sole is rarely affected.

Environmental factors- People working in certain occupations (hair dressers, farmers) more likely to develop ICD.

Pathogenesis- Chemically directly injure skin without involving the immunologic pathway. It develops in all patients exposed to sufficient concentration of the chemicals and can develop with the first exposure itself.

Clinical features- It has a spectrum of clinical features ranging from little dryness, redness, or chapping to varying severity of dermatitis to an acute caustic burn. Depending on the strength of the irritant, patients present with: acute exudative lesions-exposure to a strong irritant and dry dermatitic lesions-if exposure is chronic and repeated to a weak irritant e.g. housewives dermatitis.

II. ILLUSTRATION OF THE CASE

Patient’s history-

Name- Mr. KB, Age- 56 years, Occupation- Farmer, Religion- Hinduism.

Present complaints- Itching of dorsum of both hands with roughness and cracks of the skin, aggravates for 3 months. Itching > warm water application.

History of present complaints- This complaint is started 3 years ago while working at field after using pesticides. The patient took both allopathy and homeopathy medicine but did not get better result. Gradually the itching and dryness of the skin of the both hands increased and after much scratching occasionally bleeding also occurs.

Past history- Typhoid at 20 years of age. Treated by allopathy.

Family history- Father suffered from osteoarthritis of both knee joints.

Physical generalities- the patient is thirsty, takes water 3 lit/day. He has craving for milk and sour things, also desire for lukewarm foods. Perspiration all over body is offensive but not staining the cloth. Hot patient.

Mental generals- Patient is restless, memory strong, detailed everything, sensitive to external impressions.

Diagnosis

It is important to differentiate ICD from allergic CD (ACD), clinically and by patch test (confirmatory test for ACD). 1 Here the diagnosis is done on the basis of the clinical examinations, clinical features- dryness, itching, redness and roughness of the skin of the hands and history of after handling pesticides.

Case analysis and evaluation of symptoms3

<table>
<thead>
<tr>
<th>Mental generals</th>
<th>Physical generals</th>
<th>Particulars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Memory strong,</td>
<td>Craving for milk.</td>
<td>Itching of dorsum of both</td>
</tr>
<tr>
<td>detailed everything.</td>
<td>Craving for sour.</td>
<td>hands with dryness,</td>
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<tr>
<td></td>
<td>Hot patient.</td>
<td>roughness and cracks of</td>
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<tr>
<td></td>
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<td>the skin.</td>
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</table>

Irritant Contact Dermatitis: Treated with Individualized Homoeopathic Medicine - Arsenicum Album

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Totality of symptoms and miasmatic analysis¹,⁵,⁶

<table>
<thead>
<tr>
<th>Totality of symptoms</th>
<th>Miasmatic Analysis</th>
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</thead>
<tbody>
<tr>
<td>Restlessness</td>
<td>Psoric / syphilitic</td>
</tr>
<tr>
<td>Memory strong</td>
<td>Psoric</td>
</tr>
<tr>
<td>Craving for milk</td>
<td>Psoric / syphytic</td>
</tr>
<tr>
<td>Craving for sour</td>
<td>Syphilitic</td>
</tr>
<tr>
<td>Hot patient</td>
<td>Psoric / syphilitic /sycotic</td>
</tr>
<tr>
<td>Offensive perspiration</td>
<td>Syphilitic</td>
</tr>
<tr>
<td>Roughness of the skin</td>
<td>Psoric</td>
</tr>
<tr>
<td>Dryness of skin</td>
<td>Psoric</td>
</tr>
<tr>
<td>Cracks of the skin</td>
<td>Syphilitic</td>
</tr>
<tr>
<td>Itching &gt; warm water application</td>
<td>Psoric</td>
</tr>
</tbody>
</table>

Selection of repertory⁷,⁸

As the case was present with prominent mental and physical general symptoms Kent’s repertory was selected for repertorisation and repertorisation done with help of Hompath classic.

Repertorisation

![Repertorisation sheet (Hompath classic)](image1)

Selection of remedy

After doing repertorisation it was seen that Calc. Sulph and Rhus tox each covered 8 rubrics and scored 20, 20 and 15 subsequently. Nat-m and Ars each covered 7 rubrics and scored 15 and 14. After consulting with materiamedica, consideration of miasm predominantly psoric and considering with the symptoms itching > warm water application, Arsenicum album was selected. ⁹,¹⁰

Final selection of remedy and potency

Arsenicum album 6, 1 dose. Lower potency in centisemal scale was selected to avoid undue aggravation.

Prescription and follow up

<table>
<thead>
<tr>
<th>Date</th>
<th>Prescription</th>
<th>Justifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>30/08/2021</td>
<td>Placebo</td>
<td></td>
</tr>
<tr>
<td>11/10/2021</td>
<td>Placebo</td>
<td>Roughness, dryness of dorsum of hands less. Itching improved.</td>
</tr>
</tbody>
</table>

The patient is still under observation.

![Figure 2- before treatment, 27/06/2021](image2)

![Figure 3- after treatment, 11/10/2021](image3)

![Figure 4- after treatment, 11/10/2021](image4)

[Declaration of the patient’s consent- was taken for sharing the images concealing identification]

CONCLUSION

The case, Irritant contact dermatitis presented here; the antimiasmatic remedy Arsenicum album was given to the patient and the follow up showing the better result in both way in patient’s relief and clinical observation. So it proves the positive effects of individualized homoeopathic medicines for treating such type of skin diseases.
References


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