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Case Report

ATOPIC DERMATITIS WITH HOMOEOPATHIC MEDICINE *GRAPHITES*: A CASE REPORT

Arun Kumar Jamadade^{1*}, Basavaraj S Adi².

¹ Associate Professor, Department of Anatomy, Bharatesh Homoeopathic Medical College, Belagavi, KA.

² Associate Professor, Department of Pharmacy, Bharatesh Homoeopathic Medical College, Belagavi, KA.

Abstract

Atopic Dermatitis is a chronic pruritic dermal condition influencing 20 to 25% of children, 35% or more it will endure into adulthood. It is very common, especially in developing, developed countries and among individuals who have a tendency to develop allergies. The Rationale of this case report is to exhibit atrophic dermatitis connected with psychical symptoms in a patient, and good improvement of atrophic dermatitis occurs when homeopathic management focuses on mental symptoms. Here, A 28-year-old male diagnosed with atrophic dermatitis, presented with symptoms of Eczematous patches/lesions on the face with associated symptoms of sadness and depression for two years. The patient was taking anti dermal medications for the same complaints, but there was only palpitation relief of the complaints. So, the patient consulted for homeopathic treatment for permanent cure. After the detailed homeopathy case taking, Materia Medica and Repertorization *Graphites* 30C were prescribed. It showed good improvement in all complaints. There was a significant improvement in eczematous patches, along with marked improvements in the SCORAD Index following six months of homeopathy management. These findings conclude that atrophic dermatitis treated with homeopathy (*Graphites*), the cure was accomplished. It is accepted that homeopathy may be effective in the treatment of atrophic dermatitis with cautions selection of medicine as per the totality of the symptoms of the individual.

Keywords: Atopic Dermatitis, *Graphites*.



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*Corresponding Author

Arun Kumar Jamadade,

Associate Professor, Department of Anatomy,
Bharatesh Homoeopathic Medical College, Belagavi,
KA.

Email: dr.arunkumarjamadade@bhmc.edu.in

INTRODUCTION

Atopic dermatitis called as atopic eczema. It is a chronic inflammatory dermal condition related with epithelial, immune and ecological factors. Atopy is characterized as an inherited inclination to produce IgE (immunoglobulin E) antibodies because of moment measures of regular natural proteins such as pollen, dust vermin and food allergens. Dermatitis gets from the Greek "derma" which means skin and "itis" which implies inflammation. The confusion brings in significant morbidity and unfavourable affects nature of life. Not just patients are influenced by the social disgrace of an obvious skin condition, but the extreme itching characteristic of the disease frequently prompts to skin injury and significant rest disturbances. Atrophic generally begins during childhood with a ceaseless dispatching, backsliding course the aliment can endure into adulthood in around one fifth of patients.

Homeopathic writing review uncovered a case analysis done on atopic dermatitis and burdensome issue on a multiyear old male patient through Graphites 1M. The state of patient was steady following a half year and follow up of the patient for next one year with no repeat of skin symptoms. Homeopathy is a treatment dependent on 'like cures like' rule. Homeopaths generally utilized profoundly weakened cures so as to invigorate one mending properties of bodies. Thus, homeopathy is a comprehensive methodology utilized for some, if not most, ceaseless conditions including Atrophic dermatitis.

CASE REPORT

A diagnosed case of Atopic Dermatitis (AD), 30 years old male patient visited to the OPD of Bharatesh Homoeopathic medical college, Belagavi, Karnataka on 2019. Chief complaints are burning, redness as well as itching over the face and genital area. Skin is eruptions and oozing out a sticky exudation since 6 to 7 months. All skin complaints aggravated by warmth and at night time. Patient was diagnosed with atrophic dermatitis by local dermatologist. He prescribed allopathic medicines for similar complaints for last 5 months back. Allopathic medicines are anti fungal, anti histamine as well as steroid local application etc., past history showed that he underwent treatment for chicken guny. Patient mind is great tendency to start, timid, introverted, unable to decide, music makes her weep, apprehensive, despondency, indecision, want

of disposition to work. Rough, hard, dryness of skin over the lower limbs and hands.

Patient headache in morning on waking, mostly one side. Burin on vertex region. Face feels as if cobwebs were on it. Smell abnormally. Face is burning and stinging. Nausea and vomiting alternative. Constrictive pain in stomach. Abdomen is must loosen clothing. Very fetid gas preceded by colic. Stools are large, difficulty, knotty stools. Sometimes stools of brown fluid, sore anus, itching, lump stool, conjoined with threads of mucus. Varies of the rectum.

Skin examination: Skin is rough, persistent dryness of portion of skit unaffected by dermatitis, hard skin. Eruptions and oozing out a sticky exudation. Rawness in bends of limbs, groins, neck, behind ears. Unhealthy skin, swelling of feet. All skin complaints aggravated by warmth, night, during and after menstruation. Amelioration by dark, wrapping up.

Systemic examination: CVS: S1 and S2 normal, Respiratory system: B/L air entry +, CVS: No abnormality, CNS: Nothing Abnormality defected, Per abdominal: Soft and no organomegaly.

CASE ANALYSIS (REPERTORIZATION)

After analyzing the totality of symptoms, the physical and mental, particulars were considered for framing the totality of symptoms. The case was repertorised with the help of homoeopathy software.

TOTALITY OF SYMPTOMS

1. Music makes her weep.
2. Burning on vertex.
3. Eye lids red and swollen.
4. Inner ear dryness, eruptions.
5. Constriction pain in stomach.
6. Must loosen clothes.
7. Skin eruptions.
8. Skin oozing
9. Skin sticky exudation.
10. Every little injury suppurates.
11. Rawness in bends of limbs, behind ears.
12. Rawness bends of groins.
13. Complaints worst by warmth, night.
14. Complaints better by dark and wrapping up.

Diagnosis

Atopic Dermatitis (AD)

Prescription

07.06.2019 - *Graphites* 30/1dose,

Placebo 30 / BD x ten days

FOLLOW UP

DATE	SYMPTOMS	REMEDY
17.06.2019	Itching on face+ and private area+ Rough, hard, dryness of skin over the lower limbs and hands. Cracks in mouth, toes. Rawness in bends of limbs, neck, behind ear, groins area. Chronic diarrhoea, mild abdominal pain.	<i>Graphites 30 one dose</i> For fifteen days
01.07.2019	Itching on face+ and private area+ Rough, hard, dryness of skin over the lower limbs and hands – mild better Cracks in mouth, toes – mild better Rawness in bends of limbs, neck, behind ear, groins area+ Chronic diarrhoea, mild abdominal pain+.	<i>Placebo 30 BD</i> For fifteen days
16.07.2019	Itching on face+ and private area better Rough, hard, dryness of skin over the lower limbs and hands – mild better Cracks in mouth, toes – mild better Rawness in bends of limbs, neck, behind ear, groins area+ Chronic diarrhoea, mild abdominal pain+.	<i>Placebo 30 / BD</i> For fifteen days
30.07.2019	Itching on face better and private area better Rough, hard, dryness of skin over the lower limbs and hands – better Cracks in mouth, toes – better Rawness in bends of limbs, neck, behind ear, groins area+ Chronic diarrhoea, mild abdominal pain better.	<i>Placebo 30 BD</i> For fifteen days
16.08.2019	Itching on face better and private area better Rough, hard, dryness of skin over the lower limbs and hands – better Cracks in mouth, toes – better Rawness in bends of limbs, neck, behind ear, groins area better. Chronic diarrhoea, mild abdominal pain better.	<i>Placebo 30 BD</i> For thirty days
17.09.2019	Itching on face better and private area better Rough, hard, dryness of skin over the lower limbs and hands – better Cracks in mouth, toes – better Rawness in bends of limbs, neck, behind ear, groins area better. Chronic diarrhoea, mild abdominal pain better.	<i>Graphites 200/1 dose</i> <i>Placebo 30 BD</i> For thirty days
18.10.2019	Itching on face improved and private area improved Rough, hard, dryness of skin over the lower limbs and hands – improved Cracks in mouth, toes – improved Rawness in bends of limbs, neck, behind ear, groins	<i>Placebo 30 BD</i> For fifteen days

	area improved. Chronic diarrhoea, mild abdominal pain reduced.	
18.11.2019	No Itching on face improved and private area. No Rough, hard, dryness of skin. No cracks in mouth, toes. No Rawness in bends of limbs, neck, behind ear, groins area. No diarrhoea and abdominal pain.	<i>Placebo 30 BD</i> For fifteen days
03.12.2019	No complaints and No recurrence	<i>Placebo 30 BD</i> For fifteen days

Figure 01: Before treatment**After Treatment****Figure02: Before treatment****After Treatment**

DISCUSSION

Homoeopathy is an arrangement of therapeutics which treats the patient not the disease. It additionally focuses on rapid, gentle and permanent reclamation of health. In this case report Graphites *homoeopathic medicine* was chosen based on individualization and this medicine was fruitful in the treatment of Atrophic Dermatitis as well as reduced the associated complaints of the patient. After Repertorization numerous medicines were competing with particular *Natrum mur, sulphur etc.*, but after conference with Materia Medica Graphites with ensuring higher potencies from 30 C to 200 was

recommended according to reaction of medicine which follows the standard principal of homoeopathy.

Initial better on dermatological and psychical symptoms were found viable with treatment by Graphites 30 and afterward improvement was reduced and the condition became stop. After that, Graphites with increasing potency (200) was given. The patient improved in all aspects and she did not complaint for any side effects or negative consequences. After 6 months of this homoeopathy prescription, stable improvement was found in Atrophic dermatitis and associated complaints and

also complete remission was achieved in all domains. The patient continued the follow-up for next 4 months with no recurrence of skin symptoms and psychical symptoms (Figure 01,02). Treatment and follow-ups with responded with Graphites.

CONCLUSION

Homoeopathy system of medicine is a safe, without side effects from of the management with more effects. This case reports of Atrophic dermatitis with association complaints that managed to homoeopathic constitutional treatment with Graphites. Homoeopathy might be a useful new treatment methodology for Atrophic dermatitis and further investigations and clinical preliminaries are needed to set up whether it might be efficacious in the treatment of this disorder.

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CONFLICT OF INTEREST

None declared.

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