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Indicidualistic Homoeopathic approach in the treatment of irritant contact dermatitis: A case report

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Abstract
Irritant contact dermatitis is skin disease develop due to contact with an irritating or toxic agent like detergent, solvents, cement, chemical products, acids or alkalic agents. Which develop due to constant friction or overexposure of the irritating agents [1].
A case of 54year female present with the complain of itching, bleeding and burning after scratching, fissures and exfoliation of the skin from both the palm with dryness of the skin since3 years which was treated with homoeopathic medicine arsenic album selected after repertorization. Selection of medicine was done according to the homoeopathic law of individualization. Constitutional approach was followed to get the needful result.

Keywords: Irritant dermatitis, skin irritation, homoeopathy, *Arsenicum album*, palm fissures

Introduction
The term 'dermatitis' and 'eczema' are synonymous. Eczema can either acute or chronic.
There are different types of dermatitis-

- Endogenous eczema-atopic eczema, seborrheic eczema, discoid eczema, gravitational eczema.
- Exogenous eczema-irritant eczema, allergic contact eczema, photodermatitis.

Contact dermatitis is the result of allergic reaction to an irritant of the skin. Contact dermatitis is not inherent but it is due to the environmental or occupational exposure to the allergen's patients with the abnormal skin barrier function are more likely to develop contact dermatitis. Clinical feature of allergic and irritant contact dermatitis is similar but there are differentiating feature like allergic contact dermatitis are likely to have acute presentation like intensely itchy and results in erythema, oedema and vesicles. While in irritant contact dermatitis the eruption like dry, itchy, scaling, erythema, fissures and lichenified skin due to chronic exposure of the irritants [2].
Irritant contact dermatitis-This may be due to physical irritant like air conditioning, prosthetic limbs, personnel protective clothing, and repetitive mechanical trauma. Chemical irritants like detergent, alkalis, acids and solvents. Dermatitis occurs soon after exposure, severity depends on the concentration, quantity and duration of exposure of irritant [3].
Strong irritant has acute effect, whereas weaker irritant cause chronic eczema, especially hands, after prolonged exposure. Most of the occupational eczema are irritant eczema.
In the patients of contact dermatitis there is a Patch testing which is been used to identify the allergen or irritant.
General Management of the irritant contact dermatitis is avoidance of the irritant, use of protective clothing like gloves, in modern medicine use of tropical steroid is advised [3].
Homoeopathy treatment is bases on the principle of individualization, where disease is not treated merely on the name of disease but is treated by stimulating the vital force which was deranged by using the nature's law of cure. In aphorism 6 of organon of medicine, Dr Hahnemann stats that the physician must be unprejudiced. In homoeopathy holistic approach is followed for the treatment of contact dermatitis [4].

Case Report
A case of 54 year female present in the OPD at Mahavij homoeopathic clinic on 05/12/2023, with the complains of itching, bleeding and burning after scratching, fissures and exfoliation

of the skin from both the palm with dryness of the skin since 3 years, itching^{+++} aggravated by application of detergent mostly while washing cloths and utensils, which are better by applying coconut oil, skin had deep fissures which bleed more during winter. In past 3 years she had taken lots of modern medicines, ointments, injections which gave her temporary relief but was not cured, she had also taken homoeopathic medicine like petroleum ointment from pharmacy but no relief. along with the skin complain patient was known case of hypertension and was on the medication (amlodipine 5 mg). She has 3 children (G_3 P_3 L_3 D_0 A_0) all are by normal delivery and healthy.

Past history: She had ringworm 10-12 years back which was treated with allopathic medicine. hysterectomy was done after her 3rd child.

Family history: Nothing significant found in family history.

Personal history
- Thermal-Chilly
- Diet-vegetarian
- Appetite-satisfactory
- Thirst-thirsty, want little sip of water frequently
- Desire-not specific
- Aversion-not specific
- Micturition-day 4-5times, night once in midnight
- Bowel-once a day, satisfactory
- Sleep-sound, sleep left side or on back
- Dreams-doesn't remember

Life space
Patient belong to low socio-economic status, she is a housewife, she got married at young age, her husband was working as peon in private school, On interrogation with her husband, he told that she is always cleaning the house, always want everything at its place, her husband further explain that if her daughter had cleaned the room she will again clean that room, she is afraid of being alone she never stay alone at home, on asking her about fear she told that she always want somebody beside her, she don't want to stay alone, she told that she had fear of ghost.

General physical examination
- Height-155 cm
- Weight-56kg
- Tongue-clear
- Eye-clear, hyperopia
- Nail-no abnormalities
- Skin-dryness, fissures, itching, bleeding in palm of both hands.
- There were no signs of oedema, cyanosis, pallor or lymphadenopathy.

Vitals
- Blood pressure-130\80 MMHG
- Pulse-82/min
- Respiratory rate-16/min
- Temperature-98f

Totality of symptoms
1. Fastidious
2. Fear of being alone
3. Dry eruption on both the palm
4. Itching in both palms aggravated by detergent
5. Buring after starching
6. Hands crusty and cracks with bleeding
7. Desquamation of skin
8. Thirsty-desire for little quantity frequently

Clinical diagnosis: Irritant contact dermatitis

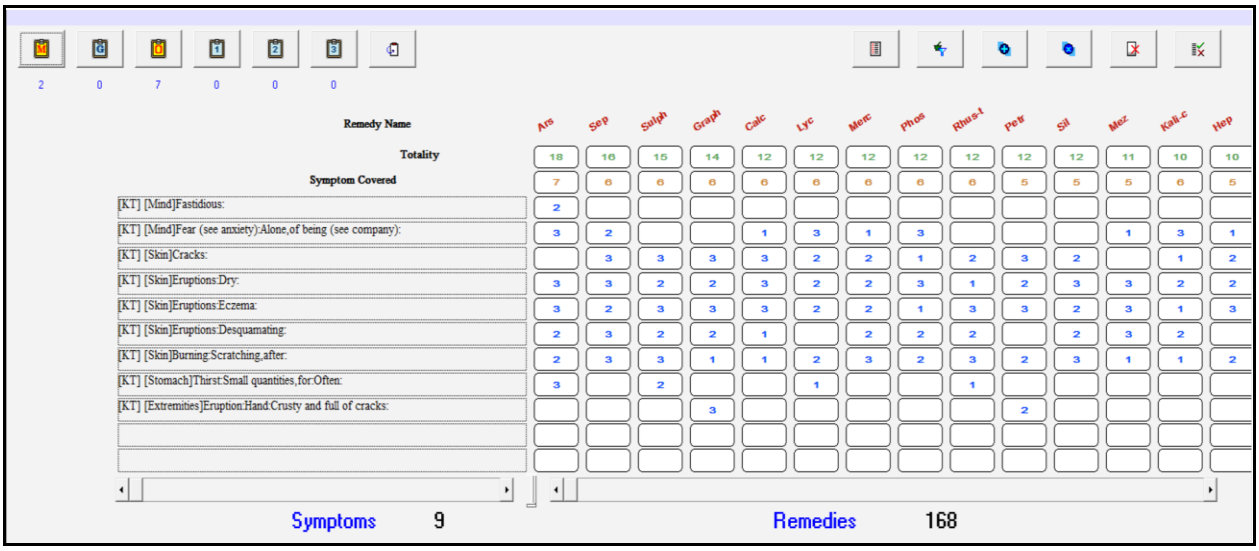
Prescription: Arsenic album 200 single dose
Sac lac 30, bd for 15 days

Auxiliary measures
- Advice to stop the use of detergent
- Apply coconut oil twice a day

Follow ups

Date	Symptoms	Remedy
20/12/2023	Dryness of both palms, Cracks and Increase itching with burning and increase exfoliation of the skin	Arsenic album 200, single dose in water Sac lac 30 bd for 15 days
5/1/2024	Decrease in itching and burning No change in cracks and exfoliation	Sac lac 30 bd for 15 days
22/1/2024	Decrease in the cracks and exfoliation of the skin and itching was also decreased.	Arsenic album 200 single dose in water Sac lac 30 bd for 15 days
10/02/2024	No new eruption was seen, decrease in the cracks and exfoliation, no itching, no bleeding.	Sac lac 30 bd for 15 days
12/3/2024	all the crack were healed, no itching, no new eruption	Sac lac 30 bd 30 days
20/4/2024	Both hands are clear without any eruption and cracks	Sac lac 30 bd for 30 days
20/05/2024	No new symptoms and medicine was discontinued	





Discussion

In homoeopathic mode of treatment physician has to treat patient as a whole not only to the particular part of the body or organ individual. In this case of contact dermatitis, we have selected medicine on the basis of individualization with the help of repertorization. there are many medicines was indicated in by repertory like sulphur, Graphitits, Bovista, phosphrous, petroleum, sepia, lycopodium and many more. We have selected medicine with highest inclusion of symptoms which was arsenic album 200, single dose was given along with the sac lac 30 bd, initially the symptoms of the patient were increased but after 15 days all the symptoms have started decreasing and patient was feeling more confident. Patient has continued medicine for 5 months and medicine was discontinued after observing for a month without any relapse of the symptoms.

Conclusion

A homoeopathic medicine arsenic album was prescribed on the basis of individualization is effective in treating a case of irritant contact dermatitis. homoeopathy is mild, gentle mode of treatment, homoeopathy medicine act upon vital force which is prime governing of the individual, homoeopathic mode of treatment act on the patient as a whole not only on the particular part of the patient, homoeopathy needs more research in the field of contact dermatitis.

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