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UNDERSTANDING ECZEMA WITH HOMOEOPATHIC INSIGHT

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➢ ABSTRACT :-

The term eczema derives from the greek work ‘to boil’. The terms eczema & dermatitis are used synonymously. Eczema is not a specific disease entity but a characteristic inflammatory response of the skin to both exogenous & endogenous agents. Erythema, oedema usually typically ill-defined. Papules, vesicles & occasionally bullae. Exudation, fissuring Scalling

➢ **KEY – WORDS :-** Eczema, Types, Differential Diagnosis, Therapeutics

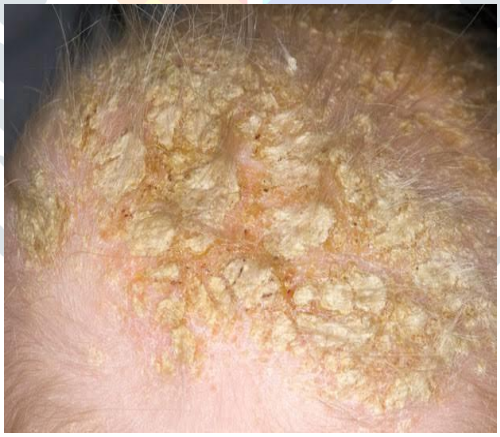
➢ **DEFINITION:-** The term eczema derives from the greek work 'to boil'. The terms eczema & dermatitis are used synonymously. Eczema is not a specific disease entity but a characteristic inflammatory response of the skin to both exogenous & endogenous agents[2].

➢ PATHOPHYSIOLOGY :-

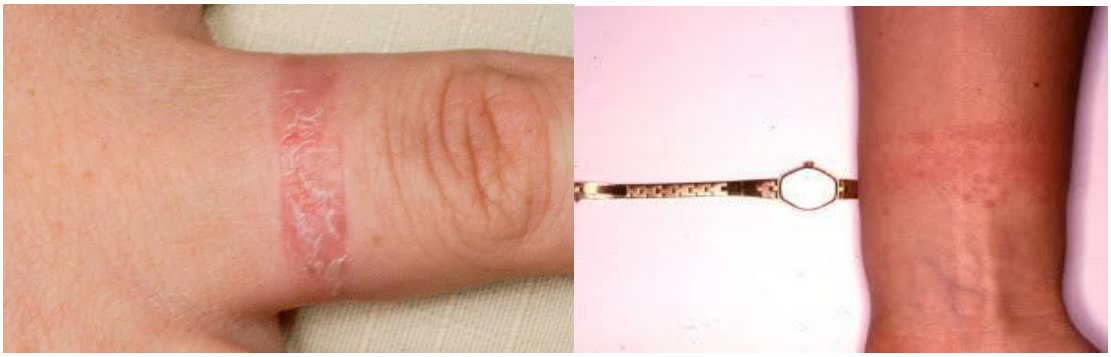
- Eczema describes a clinical pattern which can be acute or chronic.
- Acutely epidermal oedema (spongiosis) & intra-epidermal vesiculation (producing multilocular blisters) predominates.
- Chronically there is more epidermal thickening (acanthosis), vasodilatation & T-cell lymphocytic infiltration of the upper dermis also occur.

➢ TYPES[2] :-

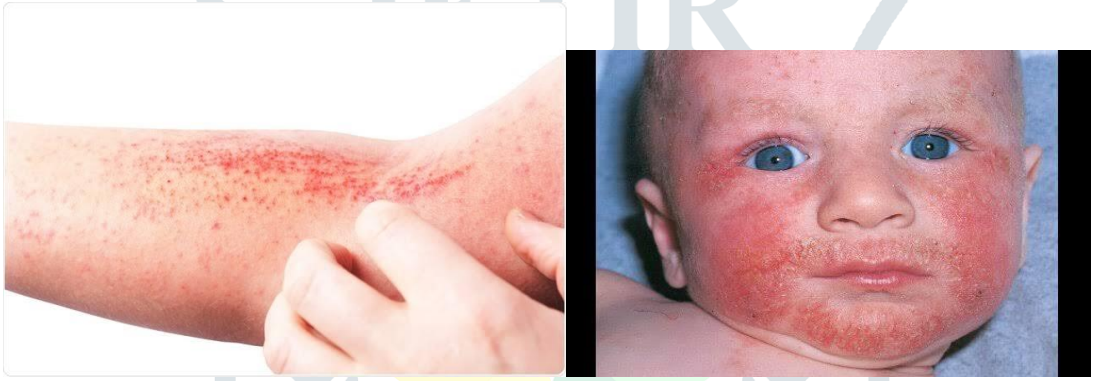
1. **Seborrhoeic Eczema :-** This is an erythematous scaly rash affecting the scalp, central face, nasolabial folds, eyebrows, central chest & upper back. It may be due to overgrowth of MALASSEZIA YEAST[2]. When it is severe, it resembles psoriasis. Severe seborrheic eczema can be a marker of immunodeficiency, including HIV infection.



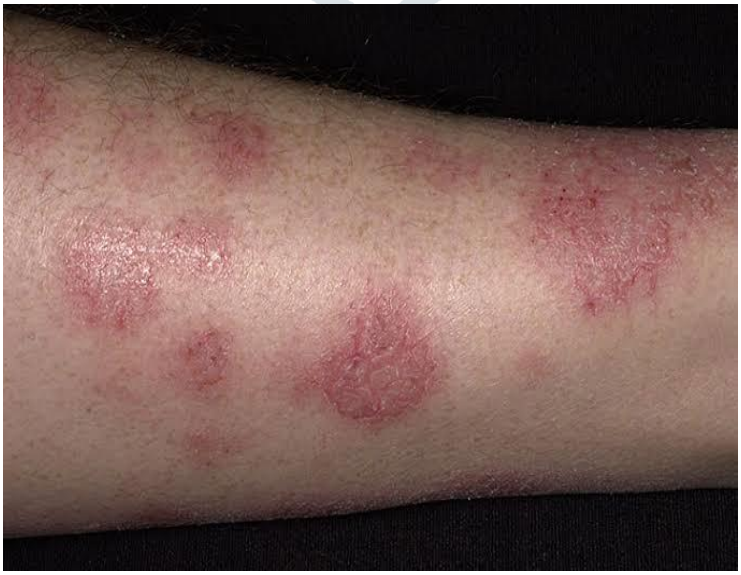
2. **Allergic Contact Eczema :-** This occurs due to a delayed hypersensitivity reaction following contact with antigens or haptens. Allergy persists indefinitely and eczema occurs at site of allergen contact and can secondarily spread beyond this. There are many common sites such as ear lobules, wrist, umbilicus etc due to earrings, watches & jeans studs.



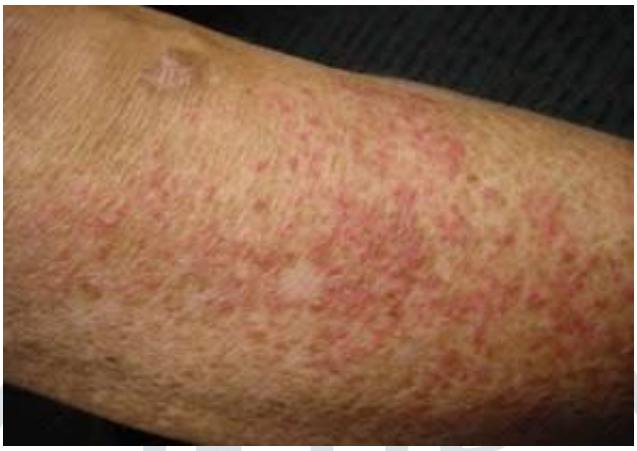
3. **Atopic Eczema :-** It is due to the genetic predisposition to form excessive IgE antibodies to inhaled, injected or ingested antigens. Patients having tendency to develop asthma, allergic rhinitis, hay fever & urticaria. Cardinal features are itch, erythema, xerosis, oedema, oozing & crusting. Primarily seen in folds but facial and trucal involvement can also be seen.



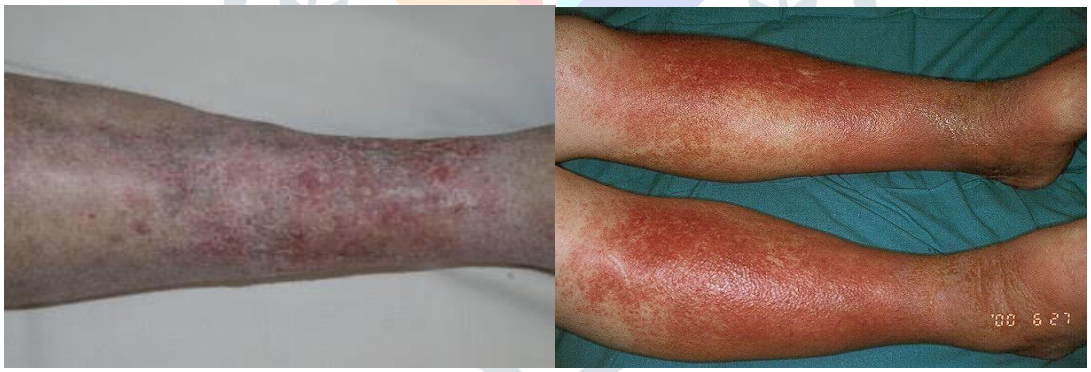
4. **Discoid (Nummular) Eczema :-** It is common & characteristically consists of discrete, "COIN- SHAPED" eczematous lesions. It is most commonly seen on the limbs of men. It can be due to any chronic itchy condition, whether primarily of the skin or secondary to an underlying disease.



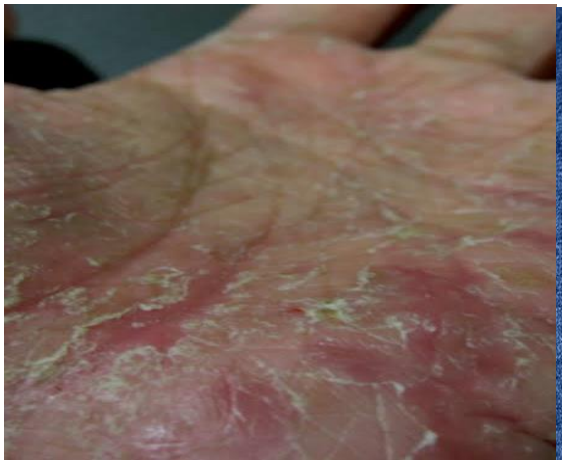
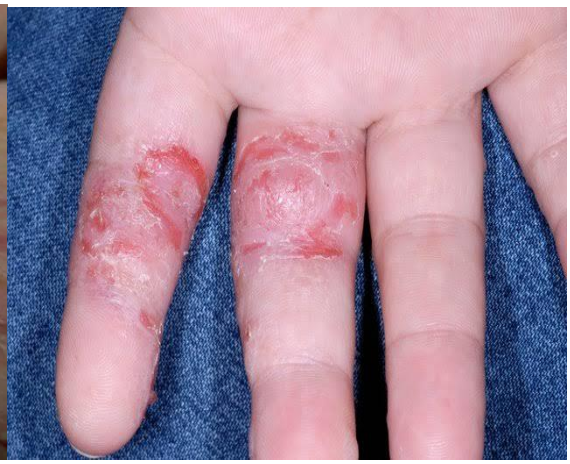
5. **Asteatotic Eczema :-** This occurs in dry skin & is common in elderly. Low humidity caused by central heating, over-washing, diuretics & cholesterol-lowering drugs predispose. The most common site is the lower legs. A 'crazy paving' pattern of fine fissuring on erythematous background is seen.



6. Gravitational Eczema :- Gravitational or 'Stasis' eczema occurs on *the lower legs* & is often associated with sign of venous insufficiency. Oedema, loss of hair, induration, lipodermatosclerosis & ulcerations may be seen. Oedema and ulcerations are treated by leg elevation and compression bandages.



7. Dyshidrotic Eczema (Pompholyx) :- Intensely itchy vesicles & bullae occur in the *palms, palmar surface & sides of the fingers and soles*. Pompholyx may have several causes such as atopic eczema, irritant & contact allergic dermatitis & fungal infection.

➢ DIFFERENTIAL DIAGNOSIS[1][3] :-

Plaque Psoriasis :- Typical lesion is a raised, well-demarcated, erythematous plaques of various size. Silver/white scales is evident & more obvious on scrapping the surface, which reveals the bleeding points. This is known as AUSPITZ'S SIGN.

Eczema :- The term eczema derives from the greek work 'to boil'. The terms eczema & dermatitis are used synonymously. Eczema is not a specific disease entity but a characteristic inflammatory response of the skin to both exogenous & endogenous agents. Erythema, oedema usually typically ill-defined. Papules, vesicles & occasionally bullae.

Lichen Planus :- It is most commonly seen on flexural aspect of wrist & forearm. It is intensely itchy & lesions are violaceous, shiny, flat-topped, polygonal papules, with a characteristic fine lacy, white network on surface. (Wickham's striae) [1][2]

➢ HOMOEOPATHIC MEDICINES FOR ECZEMA :-

CALCAREA CARBONICA[5][6][7] :- Unhealthy, readily ulcerating, flaccid. Small wounds do not heal readily. Glands swollen. Coldness of skin. Nettle rash >- in cold air. Warts on face & hands. Petechial eruptions, Psoriasis. Boils. <- from exertion, cold in every form . >- dry climate, lying on painful side. Feels ameliorated everyway when constipated. Timid child. Very much fearful Slight mental exertion aggravtes.

GRAPHITES[5][6][7] :- It is one of the top grade medicine for eczema. It works well in case of both dry and moist eczema. The key symptoms to recommend in dry eczema are excessively rough, dry skin along with intense irritation. Cracks may develop on the affected area of skin. In

moist eczema, it should be used when the skin oozes moist, sticky fluid in any part of the body-bend, such as the elbow, behind the knees, behind the ears, on one's face especially around mouth, chin & nose, on hands, between fingers, eyelids and scalp.

MEZEREUM[5][6][7] :- It is the remedy for thick, crusty eruptions with pus underneath. It is attended with intolerable itching. At times the eruptions may bleed when touched. In case of eczema on scalp gluing or sticking of hairs.

NATRUM MURIATICUM[5][6][7] :- It is a great remedy for eczema on the margins of the hairline. There is marked redness and inflammation on the edge of the hairline. The rash may ooze fluid. It may also damage the hair.

PETROLEUM[5][6] :- The indication to use petroleum in eczema is when you see deep cracks on the skin, accompanied by bleeding. Where eczema hits, the skin is dry, hard & rough. Petroleum helps to reduce the dryness of the skin and heals cracks most effectively and gently. Although cracks can develop on the skin in any part of the body, hands are the most affected which may feel the burning sensation and itching. In many cases eczema tends to get <- in winters, for which petroleum is the most frequently prescribed medicine.

PSORINUM[5][6] :- It is very effective medicine when eczema appears in the bends or the folds of the skin. Rashes may occur in the bend of the elbow, armpit, folds or area behind the ear. In case of eczema behind the ear, a discharge may ooze out, the rash may be itchy which disturbs sleep as it get <- at night.

SEPIA[5][6][7] ***:-*** Blotched, raw, rough, hard or cracked. Thick crusts on elbow, ulcers on small joints. Itching vesicles. Itching not relieved by scratching. Chloasma. Ring worm like eruptions every spring. Hyperidrosis & bromidrosis. Ichthyosis with offensive odour of skin.<- forenoon , washing, after sweat >- hot application, pressure

SULPHUR[5][6][7] ***:-*** There is voluptuous, violent itching which is <- at night, in bed, scratching, washing. Burning is the keynote. Skin surrounding the eruptions is excoriated. Psoriasis <- during spring time, in damp weather. Psoriasis alternates with various internal ailments like asthma.

➢ CONCLUSION :-

A homoeopathic physician does not treat disease, but he treats the person in the disease. So that in aphorism – 3 of organon of medicine it is written that we should know that, "What is to be cured in the disease?" We don't focus merely on presenting signs & symptoms but the exact cause or factor behind it. Homoeopathic medicines clears patinent's predispositions & render him to cure. Thus, our method is a great hope in treating & curing psychosomatic & autoimmune diseases.

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