

Clinical verification of Natrum Mur in cases of atopic eczema: A case series.

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Abstract

Background: Eczema isn't just a painful and inflammable skin problem. For many, it is a health burden and a drain on the quality of life. If not treated on time, the disease may flare up, resulting in significant itching and discomfort. A gradual increase in the prevalence of eczema has been observed recently and it can be ascribed to environmental changes consequent to rapid development all over the world. The upward trend is also true in Indian context.

Objective: The objective of the study was to assess the utility of Natrum. mur medicine in cases of atopic eczema.

Materials and Methods: study design-retrospective analytical study. Study population-cases of atopic eczema during attending OPD of Dr. V. H. Dave Homeopathic medical college. Sampling method- purposive sampling where Natrum mur was indicated and prescribed. Pre-treatment and post treatment scores are considered for final analysis of the result.

Results: Out of 5 cases, 2 cases i.e., 40% cases were cured, 2 cases (40%) were significantly improved and 1 case (20%) were moderately improved.

Conclusion: Natrum mur can be useful medicine in cases of atopic eczema in different age groups, genders. The symptoms of Nat mur clinically verified were Causation Prolonged deep silent grief or sorrow, Depressed, sad, disappointment in love, Eczema location axilla, Craving for salt, <perspiration, Summer, sea shore, Thirst++.

Keywords: Eczema, Natrum mur.

Introduction

The term eczema means to boil out, because it seems that the skin is "boiling out" or "oozing out" in eczema. Eczema, clinically manifests as pruritus, erythema, edema, papules, vesicles, scaling, and lichenification. The feature that predominates depends on the stage acute eczema is exudative while chronic eczema is dry, scaly, and often lichenified, hyperkeratosis and acanthosis [1].

Eczema isn't just a painful and inflammable skin problem. It causes skin to become itchy, red, and dry even cracked and leathery, and can appear on any part of the body. If not treated on time, the disease may flare up, resulting in significant itching and discomfort. A gradual increase in the prevalence of eczema has been observed recently and it can be ascribed to environmental changes consequent to rapid development all over the world. We come across many cases of eczema being cured with Homoeopathy effectively both in the literature as well as in day-to-day practice [2].

We may find inherited tendency for eczema. We may find patients whose family members have history of eczema or hay fever or asthma. This is linked to allergic endogenous factors.

This is known as atopic triad. Many children with atopic eczema (up to 80%) will develop hay fever or asthma.

In practice, mixed eczemas are much more common than pure entities. History and clinical observation are helpful in establishing the exact etiological diagnosis. The case of the patient suffering from eczema must be studied from all angles. Multiple predisposing, precipitating, exciting and aggravating factors should be taken into consideration.

They are

Irritants: physical, chemical, mechanical or electrical

Sensitizers: plants, cosmetics, clothing, occupational hazards, shoes, etc.

External infections: streptococci, staphylococci, fungus, etc.

- Mental and emotional conflicts, strains and stresses
- Dietary errors
- Allergic tendencies
- Internal toxemias
- Drugs and vaccination

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- State of nutrition
- Climate: temperature and humidity
- Personal habits
- Age and sex [3,4].

This disease condition of the skin can be divided into two major types, depending on the cause. The first one is 'Exogenous eczemas' where there is a definite external or environmental trigger factor for the condition and where genetic influence plays a minor role. The second is the 'Endogenous eczemas', where the eczema results not from some exogenous factor, but occurs due to some constitutional or genetic factors, where there are internal precipitating factors or processes responsible for the condition.

Though these two form the two major types of this condition, in a few cases one can observe that both internal and external factors may be responsible.

A few conditions under each of the main types are

- Exogenous Eczema
- Contact dermatitis
- Infectious eczematoid
- Endogenous Eczema
- Atopic dermatitis
- Seborrheic dermatitis
- Discoid eczema
- Pompholyx
- Gravitational eczema
- Lichen simplex chronicus dermatitis.

An estimated 10% of the population experiences eczema at some point, and it most commonly begins during the first year of life. Research shows more cases in industrialized countries. A tendency to eczema is very likely to be inherited. If one parent has eczema, hay fever, or asthma, there is a 50% chance that the child will have one or more of these related disorders (which physicians refer to as the "atopic triad"). Samuel Hahnemann, the Father of Homeopathy, recognized both the depth of the problem and the inherited tendency of eczema back in the early 1800s. He classified it as belonging to the "Psoric Miasm," which he described as an inherited tendency toward skin conditions as well as other physical, mental, and emotional patterns [5].

So, in reality, eczema is not "just a skin disease": it is an immune system disorder characterized by an over-reaction of an allergic nature. An allergy at the level of the lungs is called asthma; at the eye level its allergic conjunctivitis; and at the skin level its eczema. Typical allergens related to eczema include dairy, wheat, tree pollen, pet dander, dust, and mold [6].

Eczema is usually treated with creams and ointments, but the problem lies deep in the system. The treatment of eczema should start from the core of the problem. Treating the

symptom won't do the trick, as they will soon come back. Because conventional medicine views eczema as an aberrant dysfunction of the immune mechanism, treatment focuses on suppression of the immune response using topical and oral steroids, oral antihistamines, and topical anti-inflammatory drugs. While the drugs are used, the rash improves; but when they're stopped, the eczema returns. In the case of children, the hope is that the child will eventually "grow out" of the disease.

Eczema whenever treated in a wrong manner or suppressed, the derangement settles at the deeper level and hazards to other vital organs occur. Many evidences are seen where eczema is suppressed and respiratory troubles have developed. So it must be treated by such a method that causes removal of the state of suffering in its whole extent, permanently and not developing other conditions in an organism. For such a complete cure one must individualize the patient and not to forget considering exciting and predisposing causes as well as underlying miasm.

There is no specific medicine in our Homoeopathy for any disease conditions. According to principle of Homoeopathy we individualised all the cases of similar diagnosed disease so we can give the best results. Here I have also individualised all the cases and then according to reportorial result the medicine is prescribed. During this I found excellent result of NAT MUR medicine which is prescribed according to its totality of symptoms. Results are analysed after the period of 6 months of treatment. Let's have some key point's totality of symptoms of the cases

Case 1

Miss J.J.P., age- 13/F diagnosed with atopic dermatitis.

Totality of symptoms

Craving for salt ++

Desire for spices +

Constipation hard stool ++

Pt. is thirsty ++

Eczema of axilla <in summer, perspiration

Prescribed medicine: Natrum mur 200 1dose repeated every 15 days.

Result: pt. was cured within 4 months

Case 2

Miss P.N.R., age-5/F diagnosed with atopic dermatitis.

Totality of symptoms

Craving for salt+++ , likes to eat salt alone from dish

Aversion to milk+

Constipation++ hard dry stool, painful defecation

Eczema of face and bend of elbow joint

Prescribed medicine: Natrum mur 2001 dose once a month

Result: pt. Cured within 1 month.

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Case 3

Mrs. P. H.T., Age: 32/F, K/C/O atopic dermatitis.

Totality of symptoms

Aliments from long lasting sorrow

Like to be alone

Thirst +++ drinks many times

Stool hard dry, Unsatisfactory

Mapped tongue

Complain < By cold dry air

Eczema in axilla, < By mental work,

Prescribed medicine: Natrum mur 1M 1 dose every 15 days.

Result: significant improvement within 5months.

Case 4

Mr. A J. T., age-65/M K/C/O Lichen simplex eczema & D.M

Totality of symptoms

Craving for salts++.

Urine: Polyurea < at night

Involuntary urination on coughing, sneezing,

Eczema of elbow, back of knee and thighs

Itching +++

Prescribed medicine: Natrum. mur 200 OD.

Result: Significant improvement within 2months.

Case 5

Mr. D.M.M, age-31/M diagnosed with atopic dermatitis.

Totality of symptoms:

Weakness of memory

Forget address of home, become confuse can't remember own mobile number

Taking anti-depressant medicine

Eczema of back, thighs, face

Agg. At seashore, night, stress, perspiration

Prescribed medicine: Natrum mur 2001 dose every week

Result: moderate improvement within 2 months.

Result and Discussion

Out of 5 cases 2 cases (40%) were cured, 2 showed significant improvement and 1 case (20%) show moderate improvement after the 6 months of duration of treatment.

The clinically verified symptoms were [7,8].

Causation Prolonged deep silent grief or sorrow,

Depressed, sad

Disappointment in love

Eczema location axilla

Craving for salt

<Perspiration

<Summer

<Sea shore

Thirst++

Conclusion

In eczema, once the cause is identified and when it is removed, eczema does not recur. In endogenous type, constitutional inheritance is affected than environment. Natrum mur when prescribed as Constitutional medicine based on Totality of Symptoms definitely gives the best results in Atopic eczema.

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