

# Homeopathic Management of a known case of severe foot eczema with hypertension: A Case Report

**Dr Dharmesh R Savaj<sup>1</sup>**

PG Scholar

Department of Practice Of Medicine

Rajkot homeopathic medical college, Rajkot, Gujarat.

**Dr. Hitarth Mehta<sup>2</sup>**

MD.(HOM) Principle And Prof. HOD

Department Of Practice Of Medicine

Parul University, RHMC-Rajkot, Gujarat.

**Dr. Urmila balgaria<sup>3</sup>**

MD (HOM) Assistance prof.

Department Of Practice Of Medicine

Parul University, RHMC-Rajkot, Gujarat

## Abstract:

This case report highlights the individualized homeopathic management of known case of severe foot eczema with hypertension in a middle-aged female patient. Presenting symptoms included known case of chronic eczema foot with severe itching with thick skin with cracks, over a span of eight months, progressive improvement was observed in itching, lesion on skin, cracks as well as in associated physical and psychological symptoms. The homeopathic remedy *Acid Nitric* was administered based on holistic totality, demonstrating notable therapeutic outcomes without any adverse effects.

**Keywords:** Chronic eczema, Homeopathy, acid nitric, Case Report, Psychosomatic Symptoms, Individualized Treatment.

## 1. INTRODUCTION

Eczema, also called dermatitis, is a non-contagious, inflammatory skin disorder characterized by itching, redness, oozing, and scaling. It can be acute, subacute, or chronic in nature and involves hypersensitive reaction of the skin to various internal and external stimuli.

This case study illustrates a patient-centric, holistic homeopathic approach to managing chronic eczema.

## 2. CASE PRESENTATION

- **Name :** Somuben D Vyas
- **Age N Sex n Religion :** 40 Years /Female/Hindu
- **Education :** 10<sup>th</sup>
- **Occupation/ Marital Status/ Nationality :** Married Indian Housewife
- **Address :** Ved Road, Kataragam, Surat-Gujarat

## CHIEF COMPLAINTS:

- **KNOWN CASE OF SEVERE FOOT ECZEMA WITH HYPERTENSION.**
- Kco eczema x 8 yrs
- Left ant tibial surface , now more on foot—thickening ,itching +++++,amel. by hot application
- (em thay acid nakhi ne bali nakhu, istri adadi bali nakhu,, garam garam pani nakhi ne sasdavi nakhu)
- ❖ **ODP ( Origin,Duration,Progress )**

C/O – since 8 yrs,now progress x many month

### **ASSOCIATED COMPLAINS**

- KCO HTN X 4 DAYS ,, 150/90
- Severe Headache X 5 Yrs, agg, Night Watching, agg. Constipated When
- Mostly Frontal heaviness

### **ASSOCIATED COMPLAINS**

- Joint Pain Episodic-Changes

### **OBSERVATIONS**

- frowning with sitting with rt knee supported with hand locked n rt foot on left knee

### **PAST MEDICAL HISTORY:**

- Recurrent boils
- Ones gastroenteritis
- Whooping cough
- Had taken covid vaccine
- Purulent otorrhoea

### **FAMILY HISTORY:**

- F-Dm,Joint, Itching
- B-Dm
- S1- Head Pain
- S2-Ear Operation

### **CONSTITUTIONAL DETAILS:**

- **Physical general** :Acidity ,Redness of eyes ,Perspiration on neck with staining linen Tendency to boils

### **MENTAL/EMOTIONAL STATE:**

#### **❖ In patient's word :**

- **LIFE SPACE →→**
- Childhood→ Study- desire –likes for study –DILIGENT
- Memory –average
- Do her and others works by heart with pure conscience-CONSCIENTIOUS
- When there is gathering cant expressed herself –TIMIDITY
- Confidence low– cant sure of proper cooking result eventhough she is doing regularly
- Fear dogs --FEARFUL
- I can tolerate many pain in life - MORALS GOOD
- Introverted
- If I may wrong somebody says or not -S-CRITICS
- **MAJOR CONFLICTS WITH DERANI →**
- Its very bad for the societies s social image when two people are not talking and don't have health relationship and emotional sharing
- With sister in law 3— says u are not taking care of my father
- **REACTIONS** to situations —why she is telling despite every effot has been done



### RUBRIC-ANALYSIS AND EVALUATIONS ON PRESENT DISPOSITIONS

- Impulsive—cut slit mutilate desire to be
- Hatred who has offended her
- Suppressed her anger n emotions on critics n reproaches
- Brooding over past disagreeable occurrence

### TOTALITY OF SYMPTOMS

	Am-c	Anac	Aur	Calc	Cic	Lach	Mang	Merc	Nat-m	Nit-ac	Nux-v	Ph-ac	Sep	Staph	Sulph
	2	2	3	4	4	2	3	4	3	2	2	2	3	3	4
	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	2	2	3	4	4	2	3	4	3	2	2	2	3	3	4
HATRED persons, of o	1	1	2	1	1	1	1	2	2	1	1	1	1	1	1
ERUPTIONS eczema	1	1	1	3	3	1	2	2	1	1	1	1	2	2	3

### 3. TREATMENT AND FOLLOW-UP

- ☐ NIT ACID 10M SINGLE DOSE (acc to disease pathology and patient's age )
- ☐ Rx – NITRIC ACID 10M -23/5/24
- ☐ SAC LAC 6-6 1 MONTH

#### 1<sup>ST</sup>- F/U -18/6/24

lesion better over many areas/itching better /no cracks/no bleeding

#### 2<sup>ND</sup> – F/U -15/7/24

Much better iin lesions –itching – cracks/Generals also better/No new lesions

#### 3<sup>RD</sup> – F/U– 2/9/24

Almost 90 % Better In Every Ways



#### 4. DISCUSSION

This case demonstrates a successful homeopathic intervention for chronic eczema and its associated psychosomatic manifestations. The holistic understanding of the patient's mental, emotional, and physical symptoms guided remedy selection.

- *ACID NIT* was selected for emotional reactions constitutional totality: impulsive traits, psychosomatic presentation.

Homeopathy facilitated improved chronic eczema with all its ailments, emotional stabilization, and enhanced general well-being, without the need for conventional remedy.

#### 5. CONCLUSION

Individualized homeopathic management, when applied thoughtfully, can provide effective complementary care in chronic eczema. The case supports the role of holistic prescribing in addressing both physical and emotional components of chronic illness.

Further studies with controlled methodology are warranted to validate these findings on a broader scale.