



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

URTICARIA TREATED BY HOMOEOPATHIC MEDICINE USING BY BBCR: A CASE STUDY

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ABSTRACT: Urticaria is a kind of disorders that shows a well-defined skin reaction pattern, namely the development of itchy wheals everywhere on the skin. It may be acute or chronic. A 46 year female reported with complaints of urticaria. Case taking was done followed by repertorization using BBCR and LYCOPODIUM as individualized medicine.

KEYWORDS: URTICARIA, HOMOEOPATHY, LYCOPODIUM, BBCR.

INTRODUCTION:

Urticaria is a kind of disorders that shows a well-defined skin reaction pattern, namely the development of itchy wheals everywhere on the skin. Wheals are short-lived elevated erythematous lesions ranging from a few millimeters to several centimeters in diameter and can become confluent. Hives usually cause itching, but it also burn or sting. They can appear anywhere on the body, including the face, lips, tongue, throat, or ears. They vary in size and may join together to covers big areas known as plaques. They can last for hours, or up to one day. Angioedema is also as like hives, but the swelling occurs beneath the skin instead of on the surface.^[1] Lifetime prevalence rate of urticaria was 8.8% (95% CI 7.9-9.7%) for all types of hives. Lifetime prevalence for Hives was 1.8% (95% CI 1.4-2.3%), and prevalence for the 12 months before assessment was 0.8% (95% CI 0.6-1.1%), and 70.3% were female.^[2]

Angioedema is characterized by deep swelling around the eyes and lips and sometimes of the genitals, hands, and feet. It generally lasts longer than hives, but the swelling usually goes away in less than 24 hours.^[3]

Rarely, angioedema of the throat, tongue, or lungs can block the airways, causing difficulty breathing. This may become life threatening.

When in response to histamine, blood plasma leaks out of small blood vessels in the skin, Urticaria occurs. Histamine is a chemical which released from specialized cells along the skin's blood vessels.^[3]

Allergic reactions, chemicals in certain foods, insect stings, sunlight exposure, or medications can all cause histamine release. It's often impossible to find out exactly why hives have formed. The common foods that aggravate hives are nuts, chocolate, fish, tomatoes, eggs, fresh berries, and milk.^[3]

Signs and Symptoms of Urticaria:

- ✓ Patches on skin red colored welts (wheals), which can appear anywhere on the body
- ✓ Wheals are vary in size, change shape, and appear and fade repeatedly as the reaction runs its course.
- ✓ Itching, can be severe
- ✓ In angioedema Painful swelling (of the lips, eyelids and inside the throat).
- ✓ There is tendency in sign and symptoms to get flare with triggers such as heat, exercise and stress.
- ✓ A tendency for signs and symptoms to persist for more than six weeks and to recur frequently and unpredictably, sometimes for months or years

Short-term (acute) hives appear suddenly and clear up within a few weeks. [4]

CASE STUDY:

Mrs. Xx, 46 Year Old, married, Hindu, female, middle socio- economic status reported in OPD of Swasthya Kalyan Homoeopathic Medical College on 10 Jan. 2019. She had been suffering from Urticarial rashes for two year.

PRESENT COMPLAINTS:

Urticarial rashes occurred at any time. The rashes appeared daily and persisted for 1 hour to 2 hours. Wheals and red coloured eruptions occurred all over the body but more on the upper extremities & leg & right side of abdomen. She felt itching and burning alternately. Rashes are < salt, raw food, bathing & washing & warmth.

H/O PRESENT COMPLAINT:

Patient was apparently well 2 year back. Then gradually developed itching & burning on body by aggravating factors. She was taking some modern medicine for itching allergies.

CLINICAL PRESENTATION:

Sharply demarcated Giant wheals, red, elevated nodular eruptions with itching & burning.

PAST HISTORY:

Typhoid 8 year ago – hospitalized for 3 days.

FAMILY HISTORY:

Father: Age: 67 year, H/o Hypertension since 10 - 12 year,

Mother: Age: 64 year, H/o Asthma since 15 year.

Sibling: Brother: age: 40 year, healthy/Alive.

PATIENT AS A WHOLE:

Appetite: Easy satiety.

Desire: Sweet.

Thirst: Thirstlessness.

Stool: Satisfactory and flatus passes after stool.

Thermal: Hot patient.

Perspiration – Non offensive but staining on Cloths.

MENTAL HISTORY: She is Mild & religious. She is despair & hopeless for recovery.

MENSTRUAL HISTORY: Her menstrual cycle was almost regular and normal.

Menopausal age: 44 year

OBSTETRIC HISTORY: The patient had two FTND one male & one female child and two was aborted.

LAB INVESTIGATION: Blood - Hb. 11 gm. %, ESR-52mm./hour.

A close study of the patient’s case-history; Found that the case has strong causative modalities, other modalities, physical generals and other symptoms. This case demands Boger’s method of repertorization.

Hence the case was analyzed, evaluated and repertorized by the BCCR/CARA for which following rubrics^[5] were chosen-

1. SKIN AND EXTERIOR BODY – ERUPTION urticarious (nettle-rash) (953)
2. SKIN AND EXTERIOR BODY – ERUPTION burning (950)
3. SKIN AND EXTERIOR BODY – ERUPTION itching (951)
4. AGGRAVATION AND AMELIORATION IN GENERAL – FOOD salt, agg. (1122)
5. AGGRAVATION AND AMELIORATION IN GENERAL – FOOD raw, agg.(1122)
6. AGGRAVATION AND AMELIORATION IN GENERAL – FOOD fat, agg. (1120)
7. AGGRAVATION AND AMELIORATION IN GENERAL Bathing and washing, agg. (1107)
8. AGGRAVATION AND AMELIORATION IN GENERAL – Warmth in general, agg. (1150)
9. MIND – Despairing, discouraged, hopeless, etc (198)
10. SWEAT – staining the linen. (1079)

REPERTORY SHEET:

	Lyc	Ars	Calc	Bell	Carb-v	Nat.m	Nux-v	Phos	Puls	Sil
Weighted	24	21	19	17	17	17	15	9	22	15
Rubrics covered	10	9	9	8	8	8	8	8	8	8
Rubric grades	24	21	19	17	17	17	15	9	22	15
ERUPTIONS URTICARIOUS (NETTLE-RASH):	3	3	3	3	2	3	2	1	3	2
ERUPTIONS ITCHING:	2	1	1	1	2	2	2	1	2	3
ERUPTIONS BURNING:	3	3	1	3	3	3	3	1	3	3
FOOD SALT, AGGRAVATION:	3	3	3		3	3	1	1	2	2
FOOD RAW, AGGRAVATION:	2	1							3	
FOOD FAT, AGGRAVATION:	3	3	2	1	3	2	2	2	3	1
BATHING AND WASHING, AGGRAVATION: (COMPARE WATER)	1	2	3	3	2	1		1		1
WARMTH IN GENERAL, AGGRAVATION:	2		1	1	1	2	1	1	3	1
DESPAIRING DISCOURAGED, HOPELESS, ETC.:(COMPARE WATER)	3	3	3	2	1	1	1	1	3	2
STAINING THE LINEN:	2	2	2	3			3			

Figure-1 Showing repertorization of case from BCCR using Cara Professional (Version 1.4)

REPERTORIAL RESULT:

- **Lycopodium** 24/10
- **Arsenicum Album** 21/9
- **Calcarea Carbonica** 19/9
- **Pulsatilla** 22/8
- **Belladonna** 17/8
- **Carbo Vegetabilis** 17/8

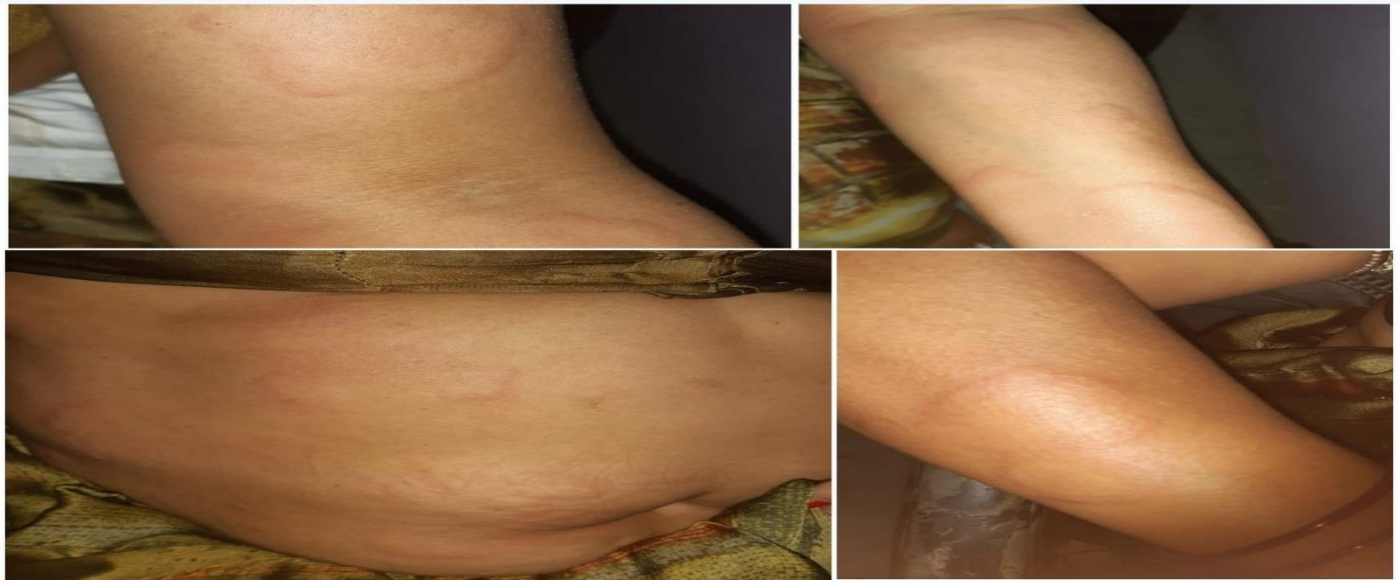
SELECTION OF MEDICINE: We have got a list of close running remedies. Patient is hot & desire sweet and her mental symptoms decide the prescription in favour of LYCOPODIUM.

PRISCIPTION:

DATE	SYMPTOMS	PRISCIPTION
10/01/2019	Chronic red Urticarial wheals with Itching, Burning Rashes are red & nodular hard.	Lyc. 200 1 Dose Stat. Rubrum 30 TDS 6 hourly * 15 Days

FOLLOW UP:

DATE	SYMPTOMS	PRISCIPTION
24/01/2019	Slight Improvement	Rubrum 30 TDS 6 hourly * 15 Days
07/02/2019	Slight improvement	Rubrum 30 TDS 6 hourly * 10 Days
19/02/2019	Status que	Lyc. 1M 1 Dose Stat. Rubrum 30 TDS 6 hourly * 15 Days
05/03/2019	Rashes decreased with decrease in burning and itching	Rubrum 30 TDS 6 hourly * 15 Days
20/03/2019	Improvement.	Rubrum 30 TDS 6 hourly * 30 Days
12/04/2019	Rashes almost subsided	Rubrum 30 TDS 6 hourly * 30 Days
10/05/2019	Improvement No episode of urticaria	Rubrum 30 TDS 6 hourly * 15 Days
24/05/2019	Improvement No episode of urticaria	Rubrum 30 TDS 6 hourly * 30 Days
21/06/2019	Improvement No episode of urticaria	Rubrum 30 TDS 6 hourly * 45 Days
09/08/2019	Improvement No episode of urticaria	Rubrum 30 TDS 6 hourly * 30 Days
06/09/2019	Improvement	Rubrum 30 TDS 6 hourly * 30 Days

PICTURE:**PRESENTATION OF URTICARIA****CONCLUSION:**

Homoeopathy has established its effectiveness in these cases and this case further proves the therapeutic power of homoeopathic medicine in cases of urticaria.

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