



Cellulitis And Its Homoeopathic Management: A Case Report

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ABSTRACT

Cellulitis is an infection of the deep dermis and subcutaneous tissue, presenting with expanding erythema, warmth, tenderness, and swelling. It is commonly caused by trauma, insect bites predominantly affecting face and extremities.

KEYWORDS: Cellulitis, Homoeopathy,

INTRODUCTION

Cellulitis is a bacterial infection involving inflammation of the dermis and subcutaneous tissue. The legs and the face are the most common sites involved, though it can occur on any part of the body. Infection may follow a small scratch or wound or incision or insect/snake/scorpion bite. It is common in diabetics, immunosuppressed people and old age. ¹

Causative Agents

- Commonly due to *Streptococcus pyogenes* and other Gram-positive organisms which leads to release of streptokinase and hyaluronidase causes spread of infection.
- *Streptococcus aureus*
- *Klebsiella*
- *Pseudomonas*
- *Hemophilus influenzae*.

Clinical Features

- Fever, toxicity (tachycardia, hypotension).
- Swelling is diffuse and spreading in nature.
- Pain and tenderness
- Redness and inflammation of the skin
- Shiny area with stretched warm skin. ¹
- Tender regional lymph nodes may be palpable which signify severity of the infection.

COMPLICATIONS

- Secondary Infection
- Toxic shock Syndrome
- Osteomyelitis
- Endocarditis

HOMEOPATHIC MANAGEMENT

Belladonna - The skin is markedly red and swollen giving it a shining appearance. Pain which gets worse by touch. The character of pain is that it appears and disappears suddenly. Cellulitis with dryness of skin with much heat.²

Lachesis - Blue black swellings in severe cases of Cellulitis. For pus filled dissecting wounds. Cellulitis in old age. Condition better by appearance of discharge and warm applications.²Symptoms tend to be worse on the left side of the body and during and immediately after sleep.

Apis Mellifica - Swelling of the affected area along with much burning and stinging type of pains. Burning pain relieved by applying something cold over skin and the pains that rapidly shifts from one part to another. Rosy hue of skin with much sensitivity towards touch. Cellulitis from result of honey bee sting. For swelling with a puffy appearance that worsens with heat & pressure, especially in afternoon, better with cold applications, open air, movement, and sitting upright.²

Ledum Palsture - Cellulitis resulting from Insect Bites. This natural medicine is used in cellulitis when there is coldness of affected part with tearing type of pains. It can be used in long standing cases of cellulitis in which the skin colour changes from blueness to green.

Calendula Officinalis - Cellulitis that has come after surgical cuts. This medicine acts very efficiently not only as a curative but also as preventive for excessive suppuration/pus formation on the skin in cellulitis developing post surgically. If applied locally to the wounded skin after an injury it helps as preventive for cellulitis.²

CASE REPORT

A 75 years old female patient came to the OPD ON JAN 07-01-2024 with complaints of swelling left lower limb and severe throbbing type of pain over left lower limb since 20 days.

HISTORY OF PRESENTING COMPLAINTS – The patient was apparently healthy and suddenly she injured her left foot 20 days back in farm which is stab like injury, she applied turmeric powder on it, but she noticed that sine 6 days the swelling over the left foot and ankle joint which gradually spread in upward direction upto the knee joint with throbbing type of pain and burning sensation which gets aggravated on standing, night, on touch of clothes and cold water and ameliorated by fanning. Associated with bluish black discolouration and itching of left foot followed by exfoliation of the skin which gets aggravated on scratching and ameliorated by rubbing. There's H/O Hypertension since 10 years uses allopathic mode of treatment.

MENTAL GENERALS

The patient is very loquacious, she spoke about her village, her family and friends and her daily routine without asking any questions about it. She is dictatorial, since childhood she was the decision maker of the home. Now she has 2 sons both are married, but still her decision is the last in her family, what she told is mandatory to all. She is very religious, goes to temple daily since her childhood and always thinks of God.

PHYSICAL GENERALS

- Appetite – Increased
- Thirst – Thirstless
- Desires – Spicy food
- Aversions - Sweets

- Perspiration – Hot perspiration on exertion.
- Bowels – Regular
- Dreams – snakes
- Thermals – Hot, cannot tolerate heat.
- Menses – Menopause obtained
- Obstetrics – G2P2L2A0 with LSCS.

SYSTEMIC EXAMINATION – O/E OF LEFT LOWER LIMB

INSPECTION - Bluish-black discoloration present. Redness present. Swelling present with leaking of clear fluid. No dilated, tortuous veins visible.

PALPATION - edema-pitting type; warm to touch. Tenderness present. Peripheral pulsations present.

TOTALITY OF SYMPTOMS

- Loquacity
- Dictatorial
- Religious
- Thirstless
- Hot perspiration
- Dreams of snakes
- Hot patient
- Bluish black discoloration of left foot
- Swelling of left lower limb
- Throbbing pain of left lower limb
- Itching of left foot
- Aggravation – night, touch of clothes
- Amelioration – fanning

REPERTORISATION CHART

Symptom	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
1. MIND - LOQUACITY (172) 3																						
2. MIND - RELIGIOUS AFFECTIONS - too accu... (70) 2																						
3. MIND - DICTATORIAL (47) 2																						
4. GENERALS - NIGHT (270) 1																						
5. EXTREMITIES - PAIN - pulsating (7) 3																						
6. GENERALS - TOUCH - egg - slight (20) 3																						
7. STOMACH - THIRSTLESS (188) 2																						
8. GENERALS - FANNED, heavy, -desire to be (23) 1																						
9. GENERALS - FLURRIES - extravasations, with (38) 1																						

REMEDY SELECTED – Lachesis is selected on the basis of the totality of symptoms.

PRESCRIPTION – Lachesis 200 single dose, sac lac 6 pills thrice daily X 7 DAYS.

Calendula ointment for local application.

FOLLOW UP

DATE	SYMPTOMS STATUS	PRESCRIPTION
10-03-2024 (1 st Follow up)	Swelling slightly decreased. Throbbing pain decreased.	Sac Lac (6 pills thrice daily) X 7 days.
17-03-2024 (2 nd Follow up)	Swelling completely disappeared. Throbbing pain on and off. Blackish discolouration reduced.	Sac Lac (6 pills thrice daily) X 7 days.
24-03-2024 (3 rd Follow up)	No pain. No swelling. Blackish discolouration disappeared.	Sac Lac (6 pills thrice daily) X 7 days.

DURING TREATMENT ON 03-03-2024.



DURING RECOVERY ON 10-03-2024.



DURING RECOVERY ON 17/03/24.



DURING RECOVERY ON 24/03/2024.



CONCLUSION

Homeopathy being the best complimentary alternate medical therapy evolves miraculously every time. It gives the best surprises for the treatment which any other mode could not show in the due time in regards with the principles narrated by Dr. Samuel Hahnemann. Homoeopathic remedies have helped the case miraculously when no specialized treatment could cure the cellulitis. In conclusion, the presented case report underscores the potential efficacy of homoeopathic treatment in managing Cellulitis. The holistic approach of homoeopathy, addressing all the aspects of the case has showcased a promising result in alleviating the discomfort and improving the overall well-being of the patient.

This case report encourages further exploration and research into the potential benefits of homoeopathy for such medical conditions where a delayed response is being witnessed in other modes of therapies. By embracing the innovative and holistic approaches, we pave the way for a more comprehensive understanding of integrative medicine, offering hope to individuals seeking alternatives for the management of every case possible.

1. Yash pal Munjal. API textbook of medicine, 10TH edition
2. William Boericke, Boericke's new manual of Homoeopathic Materia medica with repertory, third revised and augmented edition based on ninth edition.