

Nummular Eczema and its Homoeopathic Management

**Dr. Aditi Bhinda¹, Dr. Isha Thakur¹, Dr. Saumya Sharma¹,
Dr. Komal Yadav¹, Dr. Ankita Srivastava**

¹-Post Graduate Scholar, Department of Materia Medica, Dr. M. P. K. Homoeopathic Medical College, Hospital & Research Center, Jaipur, Rajasthan (A constituent college of Homoeopathy University, Jaipur)

Abstract-Nummular dermatitis is a pruritic eczematous dermatosis characterized by multiple coin-shaped lesions. The prognosis of this condition is excellent. Different methods are commonly used in patients with dermatological diseases, with Homoeopathy being the most frequently used.

Keywords- Homoeopathy, Nummular eczema, discoid eczema Dermatitis.

Introduction¹

Eczema is a kind of dermatitis, a skin response that is expressed in different clinical and histological patterns, which can be acute or chronic in nature and are due to numerous etiological factors. It is a common expression for several disorders including atopic dermatitis, allergic contact and irritant contact dermatitis, dysidrotic eczema, nummular eczema, lichen simplex chronicus, asteatotic eczema, seborrheic dermatitis and stasis dermatitis.



Figure-1

Histopathology²

In the acute stages, there is edema of the epidermis which progresses to form intraepidermal vesicles (producing multilocular blisters), which may enlarge and rupture, but it doesn't last long and may heal in a couple of weeks. If the cause persists it may last for months or years.

In chronic stages, there is further epidermal thickening (acanthosis) with a variable degree of vasodilatation and T-helper lymphocytic infiltration in the upper dermis. **Nummular or Discoid eczema³**

Nummular eczema is a coin-shaped erythematous, scaly annular lesion that is intensely pruritic and generally involves the extremities (figure-1)⁴

Predisposition: Middle age, more in men, dry skin

Risk factor:

- Alcohol excess
- Chronic itching condition

Common locations:

Trunk, extensor surface of extremities—pretibial areas or dorsum of hands.

Treatment includes minimizing skin dryness and reducing exposure to skin irritants. In conventional treatment topical corticosteroids for mild symptoms, ultraviolet B phototherapy and systemic corticosteroids for severe symptoms are used.

General management⁵

Reassuring the patient, the patient should be advised to keep their skin well moisturized and hydrated, maintain hygiene, the patient should take a balanced diet. With proper treatment, nummular eczema can be cleared over a few weeks, although the course can be chronic and characterized by relapses and remissions. Moisturizing of the skin and avoidance of identifiable aggravating factors, such as hot water baths and harsh detergents may reduce the frequency of incidents. Differential diagnosis of nummular eczema is broad as diseases that present with annular lesions may mimic nummular eczema.

Homeopathic approach to nummular eczema⁶

Nummular Eczema can be effectively cured with Homoeopathic medicines and these medicines also prevent the tendency of recurrence. A well-taken history is a key to success in cases of eczema in the Homoeopathic system. Of course, medicines should be given based on similarity of symptoms.

Some of the remedies for nummular eczema are

S.No.	Remedy	Indications
1.	Berberis vulgaris	a.) Eczema of hands circumscribed pigmentation following eczema to us inflammation. b.) Aggravate by scratching and better by cold application.

2.	Hydrocotyle	a.) Dry eruptions, great thickening of epidermal layer, and exfoliation of scales. b.) Circular spots with scaly edges with intolerable itching.
3.	Juglans cinerea	a.) Eczema especially on lower extremities and hands, erythema and redness. b.) Ameliorate by getting heated, exercising, scratching, and rising in the morning. c.) Worse by walking.
4.	Natrium carbonicum	a.) Vesicular / edematous eruptions in patches and circles. b.) Aggravation from sitting, music, summer heat, thunderstorm, mental exertion.
5.	Natrium Muriaticum	a.) Eczema is aggravated by eating salt, at these sea shore and ameliorated by cold bathing.
6.	Natrium salicylicum	a.) Edema, red circumscribed patches, tingling, and itching.
7.	Oxalic Acid	a.) Aggravation shaving mottled marble circular patches especially. b.) Aggravate by the slightest touch and thinking.
8.	Pix Liquida	a.) The scaly eruption, cracked, itch into lacerable bleed on scratching, eruption on back of hands.
9.	Rhus Tox	a.) Worse cold, wet rainy weather and after rain, at night. b.) Ameliorate in warm, dry weather and rubbing.
10.	Tellurium	a.) Circular patches and eczema. b.) Worse while at rest at night, cold weather, from friction and touch.
11.	Veronal	a.) A circumscribed dermatitis patch on the first metacarpal phalangeal joint.
12.	Ichthyolum	a.) Alcoholism when nothing will stay in the stomach. b.) Heat and irritation and scaly eczema.
13.	Copaiva officinalis	a.) Circumscribed patches, lenticular patches with an itching mottled appearance.
14.	Fagopyrum	a.) Itching better by bathing in cold water. b.) Worse scratching touch and retiring itching of hands deep in vesicular, pustular, phlegmonous dermatitis skin hot and swollen ameliorated by cold water and coffee and aggravate in the afternoon, from sunlight and scratching.
15.	Agaricus muscarius	a.) Burning itching redness and swelling circumscribed erythematous papular and pustular and oedematous lesions. b.) Worse in open air, cold weather, and before the thunderstorm.

Discussion and conclusion

Individualized Homoeopathic medicines have an important role in the cure and treatment of diseases, but Homoeopathic materia medica also offers us many therapeutic medicines which can be applied to the totality of the presenting symptoms of the case. These medicines can be selected according to the modalities, sphere of action or location of the complaints in the case. Therapeutic medicines provide a wide scope of application in Homoeopathy.

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ANTHRACINUM - Mnemonic

The Key is 'SEPTIC' - Recall:

- **S: Septic state:**
 - Septic [from absorption or pus or other deleterious substances] fever, rapid loss of strength, sinking pulse, delirium and fainting (Pyr.). [Allen]
- **E: Erysipelas:**
 - Erysipelas when Ars. or Anth. fail to >. [Allen]
- **P: Pustules Malignant:**
 - Malignant pustule; black or blue blisters; often fatal in twenty- four or forty-eight hours (Lach., Pyr.). [Allen]

ANTHRACINUM - Mnemonic

The Keyword is 'SEPTIC':

- **S: Sloughing Gangrenous**
- **E: Erysipelas**
- **P: Parotitis (Gangrenous)**
- **T: Terrible Burning**
- **I: Indurations**
- **C: Carbuncle**

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