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RESEARCH ARTICLE

ERYTHEMA MULTIFORME: HOMEOPATHIC TREATMENT APPROACH

*Dr. Animol Gopidas

CHC, Janakpuri Branch, Dr Batra's Positive Health Clinic Pvt. Ltd, BHMS, India

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ABSTRACT

Erythema Multiforme is a rare, immune-mediated skin disorder that presents with painful, itchy eruptions, often triggered by infections or medications. A 19-year-old male with severe eruptions on his face, shoulders, and back found no relief from conventional treatments. However, homeopathic intervention led to significant improvement within three months, showcasing the potential of homeopathy to provide individualized, effective care. This paper explores the homeopathic approach in treating Erythema Multiforme.

Keywords:

Erythema Multiforme, homeopathy, skin eruptions, individualized treatment, immune disorder.

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INTRODUCTION

Erythema Multiforme is an acute, immune-mediated skin condition often triggered by infections, particularly herpes simplex virus, or reactions to medications like antibiotics or anticonvulsants. It is characterized by red, target-like lesions that can appear on the face, extremities, and mucous membranes. Common symptoms include pain, itching, and inflammation, with eruptions sometimes exacerbated by weather changes. While most cases are self-limiting, complications can include secondary infections, scarring, and, in severe forms, widespread mucosal involvement, leading to significant discomfort and potential long-term skin damage.

CASE PROFILE

A 21-year-old student, presented with sudden onset of pustular eruptions on his face and shoulders. The eruptions were reddish, semi-soft, and accompanied by severe pain (++) , intense itching (+++), and no scaling. The symptoms worsened with sun exposure, perspiration, and during the summer season. Despite taking antibiotics prescribed by multiple dermatologists, there was no relief from his symptoms. His skin condition had persisted for 1-2 years, with active and closed comedones forming pustular eruptions. Additionally, he reported recent hair loss, with 20-30 strands falling daily, mostly from the back of the scalp, although his hair texture remained smooth. He also had an oily scalp but did not experience any scaling or discharge. His skin issues were closely linked to weather changes and sweating, further aggravating his condition.

*Corresponding Author: Dr. Animol Gopidas

CHC, Janakpuri Branch, Dr Batra's Positive Health Clinic Pvt. Ltd, BHMS, India

Physical Generals

Diet	Veg
Appetite	Normal
Desire	Sweet
Aversion	Spicy
Thermal Reaction	Ambithermal
Thirst	Normal
Stools	Normal
Urine	Normal
Perspiration	Moderate, N.O, N.S.
Sleep	Sound
Dreams	N.S

Mental Generals: A short-tempered individual who often experiences anger when reprimanded, especially by his mother, who encourages him to be more independent. He is also highly anxious about his parents' health and well-being, frequently worrying about them. He exhibits a headstrong and stubborn personality. His social interactions are limited, as he describes himself as introverted and finds it difficult to mix with others. His anxiety increased when his skin eruptions appeared, causing him distress over his appearance. He is particularly concerned that society members are judging him based on his skin condition. This anxiety stems from an incident during his childhood when a conflict between his mother and a neighbor led to an altercation that frightened him. As a result, he remains anxious about family matters and is protective of his parents. Despite being average in his studies, scoring 62% in 10th grade and 72% in 12th grade, he prefers to avoid social situations and feels suspicious of others' opinions of him.

Past History: N.S

Family History: N.S

Case analysis: Repertorial totality

Repertory used	Rubrics selected
Synthesi Repertory	<ul style="list-style-type: none"> - Cares worries - Anger violent - Medicine allopathic abuse of, - Skin eruptions pustular

Repertory screenshot

MIND	Remedies	ΣSym	ΣDeg	Symptoms
1 MIND - AILMENTS FROM - cares, worries	nux-v.	4	11	1, 2, 3, 4
2 MIND - ANGER - violent	nit-ac.	4	7	1, 2, 3, 4
SKIN	ars.	4	6	1, 2, 3, 4
3 SKIN - ERUPTIONS - pustules	nat-m.	4	6	1, 2, 3, 4
GENERALS	ph-ac.	4	6	1, 2, 3, 4
4 GENERALS - MEDICINE - allopathic abuse of				

Selection of Remedy

Constitutional: Nux vomica 200 – 1 dose

Acute: Belladonna 200/ weekly, Kali sulph 6x bd

Intercurrent: Natrum Phos 200

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Redness				*
Pain				*
Pustular				*
Miasmatic predominance	Tubercular			

RESULTS

Month	Progress	Prescription
1st month	Redness, pain, and pustular discharge reduced. Skin eruptions started getting better. Discharge absent, scaling reduced, redness reduced.	Nux Vomica 200 - Daily dose for the first month, Belladonna 200 - During the first month.
2nd month	Skin condition further improved. No new eruptions, pain absent, mild redness and itching persisted. General health better.	Kali Sulph 6x - Biochemic remedy added for skin healing.
3rd month	Significant improvement in skin condition. Mild residual redness and itching present. Overall feeling better, no new lesions.	Continue Kali Sulph 6x. Maintain dietary recommendations and avoid chemical-based products.
4th month	Skin nearly healed, occasional itching, no pain or redness. Hair fall reduced. Energy level improved, overall condition stable.	Continue regular medication. Advice to focus on dietary fiber, fruits, and vegetables.
5th month	Complete healing of skin eruptions. No new lesions, redness, or itching. General well-being much improved.	Continue Kali Sulph 6x. Exposure to mild sunlight recommended, maintain diet.

The transformation



DISCUSSION & CONCLUSION

In conclusion, this case of erythema and pustular eruptions responded remarkably well to homeopathic treatment. Initially, despite prolonged use of antibiotics, the patient saw no improvement, but with Nux Vomica 200, Belladonna 200, and Kali Sulph 6x, significant relief was achieved within three months. The redness, pain, and pustular discharge reduced gradually, and no new eruptions occurred after the second month. The patient's overall well-being, skin condition, and energy levels improved consistently, demonstrating the effectiveness of homeopathy in treating chronic skin conditions like erythema.

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