

Effectiveness of Homoeopathy in Chicken Pox: A Case Study

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INTRODUCTION

Chickenpox is an infection caused by the varicella-zoster virus. It is highly contagious. It causes an itchy rash with small, fluid-filled blisters. Other signs and symptoms, which may appear one to two days before the rash, include fever, loss of appetite, headache, tiredness, and malaise. Once the chickenpox rash appears, it goes through three phases: — bumps, blisters and scabbed lesions.

New bumps continue to appear for several days, so all three stages of the rash — bumps, blisters and scabbed lesions — are seen at the same time (pleomorphic rash). Chicken pox can be serious and can lead to complications such as Sepsis, Dehydration, Pneumonia, Encephalitis, and Death.

❖ DETAILS OF A CASE OF CHICKEN POX

A boy aged 14 years had come on 21st July 2023, at 7 pm, along with his mother, having rashes with itching since 2 days associated with fever since 5 days.

Chief Complaints:

Skin eruptions all over the body since 2 days.
Today, it is increased
Mainly involved chest, abdomen, back & face
Severe itching with burning.
3-4 times child cried due to severe itching since yesterday.
> scratching; but scratching causes burning;
< covering

Other complaints:

Fever since 5 days.
Given only Crocin by mother whenever fever used to come. Did not take him to doctor as fever used to reduce with Crocin
Mother said, initially it was high grade fever for 3 days, but since 2 days, fever is reduced but skin eruptions started appearing. Today skin eruptions have increased so much and child cried 3-4 times since yesterday, so she decided to see a doctor as she got scared.

Headache since 5 days
Throbbing Pain < evening.
Burning sensation all over the head & eyes. More on Vertex

Appetite decreased since 5 days.

Constipated bowels since 5 days,
Dry, Hard stool. Offensive

P/ H: No any significant past history

F/H:

F – Expired due to liver cirrhosis, alcoholic
M- Fibroid

Personal History:

Desire: Sweets, Oily, Non-veg

Aversion: Not specific

Appetite: Cannot tolerate hunger > by eating

Thirst: Thirsty

Bowels: Dry Hard stool. Offensive since 5 days.
Otherwise regular

Perspiration: Profuse, Offensive

Extremities: Burning sensation on soles < night especially in summer

General Modalities:

Fan: all throughout year. Full fan in summer

Doesn't like covering

Hot patient

Mental Status:

Lazy patient

Cheerful

Talkative.

Short tempered

Cannot tolerate contradiction

Company desire

Stubborn
Impatient.

O/E

PR: 99/min

Temp: 101.2 °F

Skin Exam:

Papules all over the body, especially on chest, abdomen, back and face

Few Blisters and fluid-filled bumps existed within a patch of dark red skin



Diagnosis:

Chicken Pox

DD of Remedies:

Phos, Ars Alb, Apis mel, and Rhux Tox are a close coming group of remedies.

Phosphorus - Burning sensation of Phos. Patient > cold app (not seen in this Patient). Cheerful, Company desire, good patience (this patient is impatient), Desire of cold things (not specific in this patient), Desire – Oily things. Aversion for sweets (Pt has desire for Sweet). Profuse perspiration. Thermal: Chilly (Thermally this patient is hot)

Ars. Alb - Burning sensation of Ars. Alb patient > heat & hot application (not seen in this Patient). Anxious, Sad, Tearful, Fearful, Short tempered, Company desire, Stubborn, Impatient (more marked in Nat mur, Sulph). Desire - Sweets, Non-Veg (Meat). Thirst - Drinks often but in small quantity (not marked in this Pt). Offensive discharges, Thermal: Chilly (patient is hot)

Apis: Severe itching < heat and > in the exposure to cool places (not seen in this Patient). Thermal: Hot

Rhus Tox - Intense itching. Irritable and Restlessness physically and mentally (not seen in this Patient). The child cannot stop scratching and may be extremely distressed because of it.

Final Prescription – Sulphur

Indication of Sulphur

Severe itching of rashes associated with burning and fever

Blisters and fluid-filled bumps existed within a patch of dark red skin.

Itching > scratching; but scratching causes burning, < covering

Burning sensation on Vertex

Burning sensation on soles < night

Dry, Hard, Offensive stool

Profuse and offensive perspiration

Hot patient

Lazy patient

Cheerful

Talkative.

Short tempered

Cannot tolerate contradiction

Company desire

Stubborn

Impatient

Desire – Sweets

Desire – Oily

Cannot tolerate hunger > by eating

Homoeopathic Treatment:

Sulphur 30 / 2 times was given for 2 days

Also advised to take nutritious diet and ORS.

Follow Up:

> 22nd July 2023

No improvement at all. Child is crying frequently.

Homoeopathic Treatment

- Sulphur 30 / 4 times was given. Doses of Sulphur increased as there was no improvement and advised to come next day for the follow up

> 23rd July 2023

Skin eruptions as it is. Few new eruptions appeared.

Itching slightly reduced. Child is not crying now

Mild fever

Headache reduced

Appetite slightly improved

Constipated bowels as it is

O/E

PR: 82/min

Temp: 99.2 °F

Skin Exam:

Papules seen all over the body

Few Blisters seen

Homoeopathic Treatment

SL 30 / 2 times was given as general symptoms improved

➤ 24th July 2023

No improvement further.

Homoeopathic Treatment

Sulphur 200 / 2 times was given. Potency of Sulphur increased as no further improvement seen

➤ 25th July 2023

Very Few new skin eruptions appeared

Itching reduced

No fever

No Headache

Appetite improved considerably

No Constipated bowels

Skin Exam:

- Skin eruptions turned into vesicles. Few skin eruptions are broken.

Homoeopathic Treatment

SL 30 / 2 times was given as improvement seen continuously



➤ 27th July 2023

No new skin eruptions are come

Skin eruptions are becoming dry

Itching reduced very much

No fever

No Headache

Appetite normal

No Constipated bowels

Skin Exam:

- Dry eruptions⁺⁺ seen
- Few skin eruptions are broken

Homoeopathic Treatment

SL 30 / 2 times was given as improvement seen continuously



➤ 29th July 2023

Skin eruptions are very much dry

No itching

No fever

No Headache

Appetite normal

No Constipated bowels

Skin Exam:

- Crusts and scabs are fallen

Homoeopathic Treatment

SL 30 / 2 times was given



➤ 31st July 2023

Phone call came

Crusts and scabs have fallen almost completely

RESULTS

- Though Chicken Pox is self-limiting disease, still we have scope in Homoeopathy.
- Very promising findings were found such as severity and duration of rashes reduced fast and even itching of chickenpox reduced fast. Cry of patient stopped very next day.
- Also, the patient did not develop any complications such as Sepsis, Dehydration, Pneumonia, etc.

CONCLUSION

Homoeopathic medicines are very effective in the treatment of Chicken pox