

EFFICACY OF LESSER KNOWN HOMOEOPATHIC DRUGS ON SKINDISORDERS

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ABSTRACT

Skin diseases, like any other disease, are more prevalent throughout the human populace. In spite of this fact, it has not been given the importance it deserves since it does not pose a threat to the life of the affected person. As such no medicine is specific for any disease in Homoeopathy and there are a number of drugs mentioned in Homoeopathic literature having its special action on skin ailments. To know the extent of efficacy of some indigenous drugs whose fragmentary data are available in the literature, an attempt has been made to evaluate the clinical significance of a group of indigenous drugs pertaining to skin disease. Among these drugs, three drugs viz. *Calotropis gigantea*, *Hydrocotyle (Centella asiatica)*, and *Hygrophilla spinosa* have been discussed in this paper in context of their effect on Ringworm, Exfoliative dermatitis and urticaria respectively. The medicines were prescribed on the basis of totality of the symptoms in different potencies starting from 6 to 200 and in different doses depending on age constitution and intensity of the disease. It has been tried to simplify the Homoeopathic way and approach to the problems of skin disease.

INTRODUCTION

The skin represents a whole psychodynamic process of man and therefore requires an adequate understanding of its structure, function and formation. Integration of this study demands logical understanding of Psycho neuro-endo and reticule influence of

skin and its function. Skin diseases like any other disease is a wide spread one. In spite of this fact it has not been the importance as it deserves since it does not pose a threat to the life and of the affected person.

The Homoeopathic concept and treatment is totally in accordance with the nature. It helps nature to accelerate its process of cure. The internal disharmony of a person is always expressed on the least vital part of the body and while treating a case if the expression appears on the skin correcting the internal disharmony of it, is considered as a good sign, is not treated as a separate entity.

AIMS AND OBJECTIVES

As such there is no specific medicine for any disease condition in Homeopathic line of treatment and there are a number of drugs mentioned in Homoeopathic literature having its special action on skin ailments. Moreover in Homeopathic *Materia Medica*, the *Calotropis* symptomatology is fragmentary. With a view of verify the symptoms mentioned and to know the extent of efficacy, the clinical trial is being conducted in H.D.R.I., Lucknow on three drugs viz. *Calotropis gigantea*, *Hydrocotyle (Centella) asiatica* and *Hygrophilla spinosa* and the results are reported.

TYPES OF SKIN DISEASES

1. Urticaria (Nettle Rash, Hives, Angioderma, Wheals (Weals))

An allergic skin eruption characterized by multiple circumscribed, smooth, raised, pinkish,

itchy weals developing very suddenly, usually lasting a few days and leaving no visible trace. Common provocative agents in susceptible subjects or ingested foods such as shell fish, eggs, nuts, chocolate and dyes, ingested sera and contact with cats, animals insect bites extreme temperatures, exposure to detergents or dry cleaning chemicals or injection of antibiotics such as penicillin and streptomycin.

2. Exfoliative dermatitis

Any inflammation of skin is generalized as dermatitis. Typical symptoms include scaling, itching, flaking, thickening and changing colouration. Among the many causes for the occurrence of the diseases some are various types of allergic responses, bacterial and viral infections, chemical damage, insect bites, poor circulation, vitamins deficiencies and stress.

3. Ring Worm (Tinea Circinata)

Tinea circinata is the generic term used to describe contagious infection of the skin by a fungi, because the common manifestations are circular (circinate) scaly patches with vesiculation of the advancing boarder are produced by *Microsporon canis*, a parasite of kittens and some other animals. *Tinia capitis* may also be associated with this disease.

MATERIALS AND METHODS

The subjects of the present study were the patients coming for treatment from O.P.D. of H.D.R.I. The age and sex of the patients under study was taken as a variable. In the acute form of the sufferings medicines were prescribed thrice daily for a period of 3-4 days and in chronic form twice daily for a week. In the event of improvement, the drug was withdraw and the patient was kept on placebo.

Calotropis gigantea, *Hydrocotyle (Centella) asiatica* and *Hygrophilla spinosa* are Indian herbs and come under the family Asclepiadaceae, Umbelliferae and Acanthaceae respectively. The whole plant or parts of these plants are used for medicinal purpose in Homoeopathic system of medicine. The medicines were prescribed in 6, 30, 200, potencies depending upon the constitution of the person, age and intensity of the disease.

For the patients attending the O.P.D. for the treatment of the complaints, the case histories were recorded completely on Hahnemannian way. The improvement index in terms of improvement in the symptoms of disease in different patients is given below. The symptoms as found mention in Homoeopathic literature were also verified by trial.

The source of the Medicines under Present Investigation

Name of the Medicine	Family	Hindi Name	Parts Used
Calotropis gigantea	Asclepiadaceae	Madar	Roots, Bark
Hydrocotyle (Centella Asiatica)	Umbelliferae (Apiaceae)	Brahma Manduki	Whole plant
Hygrophilla spinosa	Acanthaceae	Talmakhana	Whole plant

Effectiveness of Lesser Known Homeopathic Medicines on Skin Diseases

Name of the drugs	No. of cases prescribed	No. of cases found effective	% Covered
Calotropis gigantea	294	280	95.23
Hydrocotyle (Centella) asiatica	556	385	69.24
Hygrophilla spinosa	251	189	75.30

Table 1 Effects of Drugs in Terms of Symptoms

Name of the drug	Symptoms	No. of Pts. Reported	No. of Pts. Reported relief	Improvement in %
Calotropis gigantea	Ring worm like eruption with itching-on different parts of the body	153M 141 F	145 M 135 F	95.23
Hydrocotyle (Centella) asiatica	Dry, scaly exfoliative eruption withitching	229M 257 F 556 T	203 M 182 F 385 T	69.24
Hygrophilla spinosa	Urticaria with itching and burning > by cold application < by heat.	110M 141 F 251 T	83 M 106 F 189 T	75.30

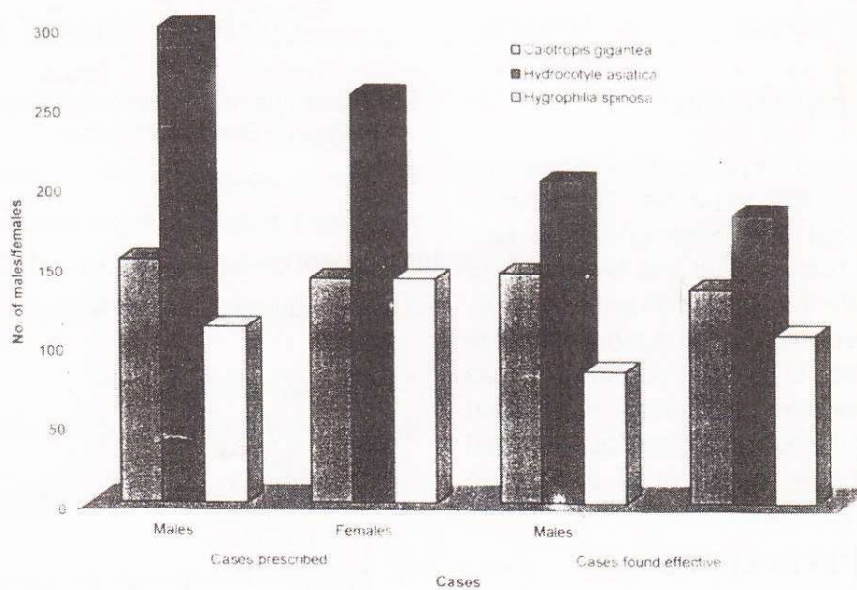


Chart 2. Effect of three drugs on skin three diseases in male and female patients

OBSERVATIONS

Total no. of 294 cases have been kept under the study suffering from Ring Worm, 556 cases under Exfoliative dermatitis and 251 in Urticaria, an overall improvement of 77.52 % was observed after the treatment.

The 95.23% patients were got relief with the drug *Calotropis gigantea* suffering from Ringworm, 69.24% with *Hydrocotyle (Centella asiatica)* with exfoliative dermatitis and lower percentage of 75.30% with *Hygrophilla spinosa*. Chart 1 shows the total number of cases

prescribed with respective drugs with their effectiveness.

The findings have been also represents in Chart 2 indicating number of patients treated (Male & Female) and percentage of relief with the respective drugs.

The other symptoms which are not mentioned in the literature but were present in the cases were also recorded and remained during the course of studies/trials are being recorded as additional symptoms and provided in the Table 2.

Table 2. Effect of Drugs in Terms of Additional Symptoms

Name of Drug	Clinical conditions	Additional symptoms
<i>Calotropis gigantea</i>	Ringworm	1. desire for undigested food particles 2. Profuse salivation during sleep 3. Bed wetting 4. Grinding of teeth
<i>Hydrocotyle (Centella asiatica)</i>	Exfoliative dermatitis	1. Burning of palm and soles 2. Loss of appetite 3. Constipation
<i>Hygrophilla spinosa</i>	Urticaria	Coryza with thin nasal discharge

RESULTS & CONCLUSION

The studies carried out so far indicate that the drugs *Calotropis gigantea*, *Hydrocotyle (Centella asiatica)* and *Hygrophilla spinosa* provided good response in the treatment of Ringworm. Exfoliative dermatitis and Urticaria. 30th potencies were found to be more effective for Exfoliative dermatitis and Urticaria whereas in cases of Ringworm, 6th potency was found very effective. Thus these drugs are found proved to be good for the treatment of the above mentioned skin disorders.

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