

Unlocking the Potential of Homoeopathy in Postoperative Contact Dermatitis

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Abstract: ***Introduction:** Contact dermatitis following suture removal is a rare but important complication that can arise as either an irritant reaction, due to direct injury from the sutures, or as an allergic response, triggered by a delayed hypersensitivity reaction. **Case summary:** This is a case of a 27-year-old female patient came to the outpatient department of Sarada Krishna Homoeopathic Medical College & Hospital, who met with an accident and was injured in the dorsum of her right foot, her bones were deformed for which surgery was done. After the removal of the sutures, she started to develop itching, followed by bleeding and burning sensation after scratching since 7 months and developed into a blackish eruption. The condition was diagnosed as postoperative contact dermatitis, according to the symptomatology she was prescribed with *Lycopodium clavatum* 200 / 1 dose every week with placebo. **Conclusion:** After 5 months of medication, she showed marked improvement which showcased the effectiveness of Homoeopathy.*

Keywords: Homoeopathy, *Lycopodium clavatum*, Postoperative contact dermatitis

1. Introduction

Postoperative exposure to various materials used for surgical wound closure and care can sometimes lead to complications such as contact dermatitis. While sutures are more often implicated as irritants than allergens, their characteristics—such as larger size, braided structure, longer duration since placement, and use of natural materials like silk or catgut—can increase their potential to cause irritation. ⁽¹⁾ Contact dermatitis following suture removal is a rare but important complication that can arise as either an irritant reaction, due to direct injury from the sutures, or as an allergic response, triggered by a delayed hypersensitivity reaction. Symptoms typically include itching, redness, and, in more severe cases, a blistering rash, which can often be mistaken for a surgical site infection. This dermatitis has the potential to impair wound healing, leading to complications such as wound dehiscence or infection. Identifying the specific allergen, whether from the sutures, tissue adhesives, or other surgical materials, can be challenging but is essential to effectively manage symptoms and avoid unnecessary treatments or interventions that could complicate the recovery process. ⁽²⁾

2. Case Description

Presenting complaint:

A 27-year-old female patient came to the outpatient department of Sarada Krishna Homoeopathic Medical College and Hospital on 29/7/2024, she is a dance teacher. She presented with a blackish eruption in the dorsum of the

right foot since 7 months. The complaint developed after she had met with an accident in the December month of 2023, she was hospitalised after the incident, investigated and was found that the bones had deformities hence surgery was done. The patient presented with the symptoms of pricking type of pain on the area of eruption, itching with bleeding (serosanguinous discharge) or pus discharge and burning after scratching which meanwhile developed into a blackish eruption. The symptoms were worse at night, after dancing, hanging down the leg, better when the leg was extended. The present symptom of the patient developed after the removal of the surgical stitches for which dressing was done regularly and was stopped after few months. She was under allopathic medication which gave her temporary relief followed by aggravation. The generals of the patient were good. No predominant mental symptoms.

Examination of the skin:

Location: Dorsum of right foot

Color: Black

Margin:

Defined Size:

Large Shape:

Oval

Pattern of Distribution: Asymmetrical

Discharge: Serosanguinous or pustular

Itching: Present

Tenderness: Present

Warmth: Nil

Repertorial chart:

	1	2	3	4	5	6	7	8	9	10	11	12
1. EXTREMITIES - ERUPTIONS - Feet - painful	(4) 1	1	1	-	-	-	-	1	-	-	-	-
2. EXTREMITIES - PAIN - Feet - night	(16) 1	1	-	2	1	-	-	1	-	1	1	-
3. SKIN - ERUPTIONS - itching	(167) 1	2	3	3	1	3	3	2	2	1	1	3
4. SKIN - BURNING - scratching; after	(98) 1	2	3	1	2	1	1	2	1	1	1	2
5. SKIN - ERUPTIONS - bleeding - scratching; after	(20) 1	2	3	1	2	-	1	-	2	-	-	2
6. SKIN - ERUPTIONS - discharging - pus	(14) 1	1	2	1	1	2	-	-	1	-	-	-
7. GENERALS - INJURIES - operation - ailments from	(37) 1	-	-	-	-	1	1	-	-	2	1	3

Medicine prescribed:

Lycopodium clavatum 200C, 1 dose per week with placebo was prescribed for 2 weeks on 29/7/2024.

Basis of selection: (3,4,5)

- Lycopodium clavatum is a right sided remedy.
- Lycopodium has eruptions on skin with violent itching
- Painful eruptions
- Chronic eczema bleeding easily.

Follow up:

Date	Presenting complaint	Prescription
19/8/2024	Complaints persists the same Itching got aggravated.	Lycopodium 200 / 1 dose per week with placebo for 2 weeks
4/9/2024	Blackish discoloration better Itching persists the same. Discharge present when scratching.	Lycopodium 200 / 1 dose per week with placebo for 2 weeks
26/9/2024	Blackish discoloration better Itching persists the same Discharge better	Lycopodium 200 / 1 dose per week with placebo for 2 weeks
30/10/2024	Blackish discoloration better Itching better than before No discharge	Lycopodium 200 / 1 dose per week with placebo for 2 weeks
25/11/2024	Blackish discoloration better Itching better than before No discharge	Lycopodium 200 / 1 dose per week with placebo for 2 weeks

Improvement photographs:

Figure 1: Before treatment - 29/7/2024



Figure 2: After treatment - 25/11/2024

3. Discussion

In the study "Irritant contact dermatitis treated with constitutional homeopathic medicine – A case report by Avinash Patel, Hanuman Ram, a 55 year old male patient developed itching and a papular rash on the dorsal side of the left forearm, which initially appeared on the left leg. Over time, the rash spread and the symptoms worsened, especially after exposure to farm chemicals like fertilizers, insecticides, and pesticides. The itching and blackish brown discoloration were aggravated by heat, such as from the bed at night. Constitutional homeopathic treatment with Sepia in 200C and 1M potencies was administered, resulting in significant improvement of the skin condition. ⁽⁶⁾

In aphorism 190, Samuel Hahnemann as stated that, all true medical treatment of a disease on the external parts of the body that has occurred from little or no injury from without must, therefore, be directed against the whole, must effect the annihilation and cure of the general malady by means of internal remedies, if it is wished that the treatment should be judicious, sure, efficacious and radical. ⁽⁷⁾

4. Conclusion

This case has unlocked the potential of homeopathic medicine in the treatment of postoperative contact dermatitis. This case demonstrates that skin lesions do not always require

external treatments; in fact, internal homoeopathic medicine can often address the condition more effectively and appropriately.

Conflict of interest: Nil

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