

Study of Cases of Dermal Allergies by BBCR Repertory with the Help of RADAR Software

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Abstract: *Current scenario of polluted environment and disturbed lifestyle has led to an increase in the number of cases of dermal/ skin allergies. To treat the same, anti allergic drugs are not able to provide a permanent cure. Hence, I conducted a study to identify the efficacy of Homoeopathy in the treatment of dermal allergies. For analysing, evaluating, repertorizing and finally selecting the remedies, I choose Boger Boenninghausen's Characteristic Repertory (BBCR) through R.A.D.A.R 2.2.16 software. The dermal allergies considered for my study were classified under 4 types ie. Urticaria, Contact Dermatitis, Drug Allergy and Atopic Dermatitis. These included Type I and Type IV hypersensitivity reactions. For the purpose of this study, I excluded Type II and Type III hypersensitivity reactions as they involve systemic diseases which is the basic exclusion criteria for my study. Results were compared on various parameters like DQLI (Dermatological Quality of Life Index), IgE levels, AEC (Absolute Eosinophil Count), Pruritus 5-D Scale, Itch (VAS-Scale), Burning (VAS- Scale), Pain (VAS- Scale). Considering all the parameters, out of 50 cases, 18% showed marked improvement, 32% moderate improvement, 36% mild improvement, 2% had no change, 8% got worse and 4% dropped out. The findings of the above study concluded that 86% of the cases responded to the indicated homoeopathy similimum by using BBCR through RADAR. This study also proved the utility of BBCR using RADAR in cases of dermal allergies.*

Keywords: Dermal Allergy, RADAR, BBCR, Urticaria, Contact Dermatitis, Atopic Dermatitis, Dermatitis, Hypersensitivity

1. Introduction

Dermal allergy/ skin allergy is a hypersensitivity reaction involving skin in response to an allergen/antigen or internal/external stimuli.

Allergic diseases are quite common and they have increased in frequency over the last few decades. More than 30% of the population suffers from allergic diseases.

Mona Iancovici Kidon in her journal article "Allergy and Clinical Immunology" addresses Allergy as the "plague of the 21st century," and shows her concern about its ever rising number [11].

Various forms of classifications of dermal allergy exist; laid down by different authors, but for the purpose of this study, I shall be taking the following classification which is majorly based on type of lesions, cause and pathology [5]:

- Urticaria
- Contact Dermatitis
- Drug Allergy
- Atopic Dermatitis

I am choosing the repertory Boenninghausen's Characteristics Materia Medica & Repertory with Word Index by C.M. Boger for my case study on dermal allergies because this repertory focuses more on Location. So, in one sided cases and in cases with fewer symptoms, I can choose a remedy based on location of skin allergy. Also, as this is a repertory of Hahnemannian's time, the authenticity and vast remedy coverage is assured. The repertory is based on following concepts [1]:

- Doctrine of complete symptom
- Doctrine of pathological generals.
- Doctrine of causation and time

- Clinical rubrics
- Evaluation of remedies
- Fever totality
- Concordance

With the advancement of time, newer technologies are available to save time and give better efficiency. R.A.D.A.R is one of the best computer programmes for repertorization. It offers to choose from many repertories for repertorization. My mode of repertorization would be RADAR because it offers me to repertorize faster with my choice of repertory in a very efficient manner.

In Homoeopathy, clinical researches have time again shown its impact on the lifestyle enhancement and significant improvement in cases of dermal allergies like contact dermatitis, insect allergies, urticaria etc. The hypersensitivity reactions are fundamentally psoric reactional mode. Dermal allergies have their causation rooted in the constitution of an individual in addition to genetic background. Conservative medicine/ allopathic practitioners have mentioned in every literature that there is no cure for dermal allergies and only the symptoms can be managed. This is because, conservative treatment is searching for a solution not in the prime causative factor that lies in the basic constitution of an individual but only in external symptoms and visible pathology; unlike in Homoeopathy which treats the root cause and the constitution. Hence, the main aim of my proposed study here will be to further study the effectiveness of homoeopathy in dermal allergies.

2. Materials & Methods

The study has been conducted on the patients of OPD/IPD and peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic College & Hospital.

Inclusion Criteria

Any case where Dermal Allergy is present on the basis of symptoms. Patients of all age groups and both sexes were considered for the study.

Exclusion Criteria

Cases having any pre-diagnosed pathological or systemic diseases.

Investigation

Skin- prick test for specific suspected allergens based on clinical history, Immunoglobulin IgE, AEC (Absolute Eosinophil Count), CBC (Complete Blood Count)

Research Technique

It was an explorative study. The study was undertaken at OPD, IPD & peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College and Hospital. Any case where Dermal Allergy was present on the basis of symptoms was taken for case study. Assessment and reassessment were based on symptomatic improvement. Each case followed up at an interval of 7-30 days. Results were compared on various parameters like DQLI (Dermatological Quality of Life Index), IgE levels, AEC (Absolute Eosinophil Count), Pruritus 5-D Scale, Itch (VAS-Scale), Burning (VAS-Scale), Pain (VAS- Scale), Lesions and Erythema. Data of the sample size 50 was statistically analysed to show 95% confidence limit. T- test was done to show the efficacy in post test results.

3. Results

The study was a successful one in terms of fulfilling objectives set for the study.

The paired t-test conducted on the DQLI scores of patients before and after administering homeopathy for skin diseases showed that the t statistic of the sample (8.68) was greater than the t statistic for 95% confidence level (2.0096). Hence, the p value for the null hypothesis was less than 0.05 and so we could reject it. Thus, we concluded that homeopathy is effective in treating the patients for dermal allergies.

The findings of the above study concluded that 86% of the cases responded to the indicated homeopathy similimum by using BBCR through RADAR. This study proved the utility of BBCR using RADAR in cases of dermal allergies.

The paired t-test conducted on the VAS scale for the pain of patients before and after administering homeopathy for dermal allergy showed that the t statistic of the sample (4.88) was greater than the t statistic for 95% confidence level (2.0096). Hence, the p value for the null hypothesis was less than 0.05 and so we could reject it. Thus, we could conclude that homeopathy is effective in treating the pain of patients with dermal allergies.

The paired t-test conducted on the VAS scale for Itch of patients before and after administering homeopathy for skin diseases showed that the t statistic of the sample (7.92) was greater than the t statistic for 95% confidence level (2.0096). Hence, the p value for the null hypothesis was less than 0.05 and so we could reject it. Thus, we concluded that

homeopathy is effective in treating the Itch of patients with dermal allergies.

The paired t-test conducted on the VAS scale for Burning of patients before and after administering homeopathy for skin diseases shows that the t statistic from of the sample (7.36) is greater than the t statistic for 95% confidence level (2.0096). Hence, the p value for the null hypothesis will be less than 0.05 and so we can reject it. Thus, we can conclude that homeopathy is effective in treating the burn of patients with dermal allergies.

The paired t-test conducted on the 5-D Pruritus scale for patients before and after administering homeopathy for skin diseases shows that the t statistic from of the sample (8.05) is greater than the t statistic for 95% confidence level (2.0096). Hence, the p value for the null hypothesis will be less than 0.05 and so we can reject it. Thus, we can conclude that homeopathy is effective in treating pruritus of patients with dermal allergies.

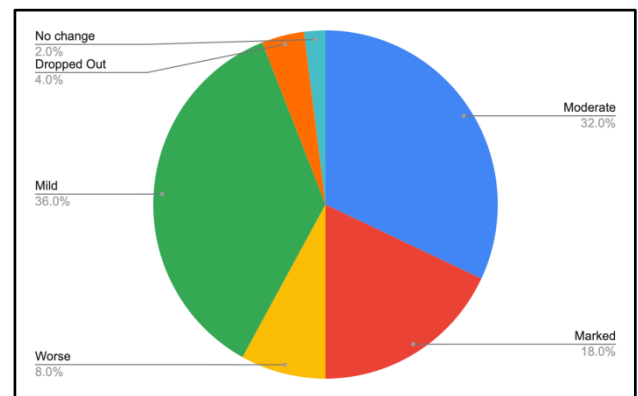


Figure 1: Graphical representation of distribution of cases as per Overall Response and final result.

Out of 50 cases, 18% showed marked improvement, 32% moderate improvement, 36% mild improvement, 2% had no change, 8% got worse and 4% dropped out.

During the study of dermal allergies, I found 58% cases having some family history of allergies. The distribution is as follow:

- 12% One sibling allergic
- 12% both parents allergic
- 28% One parent allergic
- 6% Both parents allergic.

Among the cases studied, maximum were in the age group between 20 to 40 years. Maximum male population was in the age group of 30 to 40 years while the maximum female population was in the age group of 20 to 30 years. The gender division for my study was almost equal ie. 27: 23 (Male: Female)

While comparing IgE levels in cases, only 2 were normal prior to the study whereas post the conclusion of the study, 25 cases had normal levels. Compared to 15 cases having highly elevated levels before the study commenced, only 4 cases had highly elevated levels after the study.

Among the cases studied, 46 cases were either in Elevated or Highly elevated condition as far as Eosinophil count was considered. Post the treatment, the count reduced to 5 cases which is a fall of 70% in elevated cases. Normal levels increased from 1 case to 12 cases, a jump of 1100%.

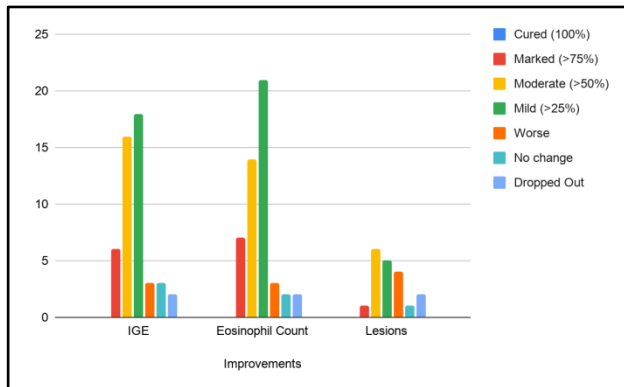


Figure 2: Graphical representation of distribution of cases of dermal allergy in relation to improvements as per IgE, Eosinophil Count and Lesions.

The major remedies prescribed were Antim Crud, Apis, Arsenic, Belladonna, Graphites, Lycopodium, Merc Sol, Mezereum, Natrum Mur, Nux vomica and Petroleum.

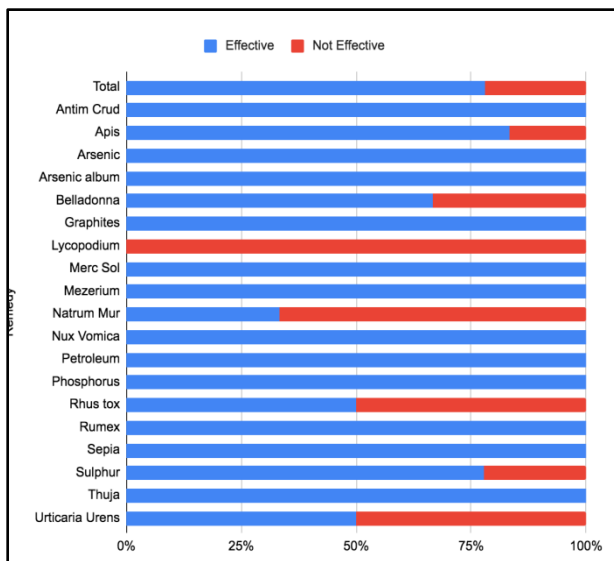


Figure 3: Graphical representation of distribution of cases as per remedies prescribed and their effectiveness.

The causes of dermal allergies included Green Tea, Emotional cause, Food, Pain Killer, Textile, Watch, Waxing, Ayurvedic medicines, Airborne, Shoes, genetic, mosquito bites and eggs. Also, 8% were idiopathic cases.

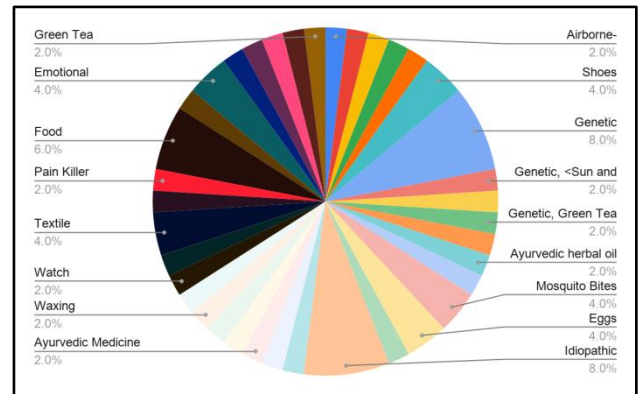


Figure 4: Graphical representation of distribution of cases per Causation

4. Discussion

Allergic skin disorders like urticaria, contact dermatitis, drug allergy and atopic dermatitis. The pathogenesis of which is linked to a complex interaction between skin barrier dysfunction, environmental factors, constitution of any individual and genetics of an individual.

After going through multiple journal articles on dermal allergies, it is evident that allopathic medicine school has deemed it as incurable and they state that only the symptoms can be suppressed.

After analysing the results of Homoeopathic medicine in cases of dermal allergy, I found the results to be positive. The study opens a window for new further research on dermal allergies.

During my study, I also analysed a total of 163 key rubrics from 15 chapters of B.B.C.R covering 16 parameters related to dermal allergy. The vast coverage of symptoms of dermal allergies and the ease of working with RADAR indicates the efficacy of B.B.C.R through R.A.D.A.R in cases of dermal allergy.

5. Conclusion

In this study, 50 subjects were selected on the basis of inclusion and exclusion criteria by using the BBCR Repertory with the aid of RADAR. Homoeopathic remedies were prescribed and the observations showed the efficacy of Homoeopathy in cases of dermal allergies.

The most common complaints are itching, erythema, pain, burning, eruptions and wheals. Studying family history, causation, symptoms and various other parameters was quite useful in understanding the cases of dermal allergies better.

The study was a successful one in terms of fulfilling objectives set for the study. This was a modest effort on my part to find the and the response in this study is quite satisfactory.

Having done my studies strictly according to Homoeopathic Principles and implementing the 't-test' to support the statistical findings, it is with a lot of confidence that I can

say that Homoeopathy is effective in cases of dermal allergies.

Also, this study needs further support by checking the recurrences when the same antigen comes in contact with the body's immune system. We cannot call it to be cured until and unless that same antigen does not provoke immune response the consecutive years also. Further studies can be done taking this study as a basis.

6. Acknowledgment

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7. Conflict of Interest

The author has no conflict of interest to declare.

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Author Profile

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