



Clinical study to compare the effects of *natrum mur*, *ignatia*, *sepia graphites* in mental symptoms of cases of acute dermatitis.

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Short title: - Effects of Homoeopathic remedies in mental symptoms of acute dermatitis.

ABSTRACT

According to the previous research, homoeopathic formulations produce extremely minute particles which are also known as nano particles. When compared in bulk form, they also have co adjustor reactivity, electromagnetic characteristics, and quantum features and these medicines are used as homoeopathic individualised medicine. In various researches these medicines has shown good result when it comes to skin and mental health.

Dermatitis refers to a wide range of skin irritations and rashes produced by a variety of causes such as heredity, an overactive immune system, infections, allergies, irritating substances, and more. The symptoms of dry skin, redness, and itching are all frequent.^{1,3}

Homoeopathy can be used in dermatitis, both acute and chronic. This study was primarily aimed to compare the effects of Nat Mur, Sepia, Ignatia and Graphites in mental symptoms of cases of acute dermatitis. For this study, 36 patients were enrolled belonging to the age group of 18-60 years, of both sexes. Out of which 6 patients dropped out, so total 30 patients 11 male 19 female were taken for study. Prescription was done on the basis of constitutional totality respectively. Out of 30 patients 8 were prescribed Graphites, 8 were prescribed Ignatia, 9 were prescribed Nat Mur and rest 5 were prescribed Sepia. The patients showed positive results; statistical analysis was done by students paired 't' test and one sample 't' test due to small sample size. There was overall improvement in the patients be it Dermatitis or betterment in mental symptoms. Graphites worked most efficiently then rest of the medicine for both dermatitis and mental symptoms. Measurement of dermatitis and mental symptoms were done before and after treatment using SCORAD scale and BPRS Scale which showed great reduction in symptoms during the study period, no adverse effects were noted.

Keywords: Dermatitis, Homoeopathy, Nano medicine, Individualisation, mental symptoms.

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1. Introduction:

Dermatitis refers to a wide range of skin irritations and rashes produced by a variety of causes such as heredity, an overactive immune system, infections, allergies, irritating substances, and more.

The symptoms of dry skin, redness, and itching are all frequent.^{1,3}

In the term "dermatitis," "derma" means "skin," and "itis" means "inflammation". The word "infection of the skin" means "infection of the skin." The rashes can be



minor to severe in severity, and depending on the source, they can cause a number of problems. Dermatitis is a non-communicable skin irritation that causes erythema, scaling, oedema, vesiculation, and leaking.^{2,3,4} It is founded on a complex interaction between genes and their surroundings. Despite the fact that genetic studies have established a correlation in this case, the early life environment has a substantial impact on the immunological hyperactivity that develops in this sickness. A fundamental phase in the development of this sickness condition appears to be an immune system imbalance with favoured lymphocyte activation.^{2,3}

Dermatitis is caused by a mix of immune system activity, genetics, and environmental factors. If you have dermatitis, you may also have the following ailment, which does not cause it but is frequently observed in conjunction with it.²

- Sleep loss, Depression, Anxiety, Asthma, Allergies

The types of dermatitis include, but are not limited to:

- Atopic dermatitis (eczema).
- Contact dermatitis.
- Neurodermatitis.
- Nummular dermatitis.
- Seborrheic dermatitis (dandruff, cradle cap).
- Stasis dermatitis.

The skin, which is made up of water, protein, lipids, and minerals, is the body's largest organ. By protecting you from

pathogens and regulating your body temperature skin keeps you healthy. Heat and cold feelings are felt by skin nerves. The integumentary system includes your skin, hair, nails, oil glands, and sweat glands, among other things.^{5,23}

Three layers of tissue make up the skin:

The top layer Epidermis.

The middle layer Dermis.

The bottom or fatty layer Hypodermis.

Inflammation and pruritus dominate the clinical picture of established disease. Also associated are xerosis, a tendency for acquiring specific skin diseases, and a relationship to mucosal allergies. Thanks to recent research, the underlying causes of this complex disease are beginning to emerge. Because inflammation is essentially a defence mechanism mediated by both the innate and adaptive immune systems, the disease now has an immunological basis. Thanks to a group of pioneering dermatological experts, we are now beginning to understand how inflammation is induced by a basic defect in the epidermal skin barrier.^{6,7,8}

The pathogenesis of dermatitis is multifaceted and multifactorial, with factors such as barrier dysfunction, alterations in molecular mediated immune responses, IgE mediated hypersensitivity, and environmental factors all contributing to the disease.⁷

Dermatitis has a complex aetiology, and genetic variables have been shown to differ amongst racial groups⁹⁻¹¹. Because environmental factors have a role in the aetiology of dermatitis, epidemiology



differs widely from country to country^{11,12}. The incidence appears to be increasing in impoverished countries.¹³ owing to increased urbanisation, pollution, and Western diet consumption, as well as obesity¹². Dermatitis prevalence was high in Africa and Latin America, at 12–14 percent and 6–10 percent, respectively, in the International Study of Asthma and Allergies in Childhood (ISAAC) Phase 3, whereas values were lower in Asian-Pacific countries, the Eastern Mediterranean region, and the Indian subcontinent, at 3–6 percent; among 6- to 7-year-old children, AD prevalence was high in Asian-Pacific countries, Africa, and Latin America.⁽¹⁴⁾

The majority of people are stressed on a daily basis. When mild amounts of stress are encountered alone, they have little effect on the body. Stress, on the other hand, can be harmful if it occurs frequently or for an extended period of time². Even while stress is often thought to be psychological, it has physical consequences. One of the areas where stress can manifest itself is the skin¹⁵⁻¹⁹.

During inflammatory responses, the body, particularly the skin, communicates with the brain through a variety of sensations such as pain, heat, itch, and discomfort. Anxiety and sadness, as well as fatigue and hazy thinking, can result from these feelings. Controlling dermatitis flare-ups brought on by psychological stress may aid in the reduction of anxiety and depression symptoms^{18,17,19}.

There is a complex relationship between psychological stress and dermatitis. The HPA axis, a network encompassing the brain, pituitary gland, and adrenal glands that create hormones, is activated when we are stressed. The HPA axis raises the quantity of cortisol circulating in the body, a "stress hormone."^{15,16}

Some skin conditions, such as dermatitis, can be caused or aggravated by stress. Stress manifests itself in two ways: mental/emotional and physical.^{17,18}

The healing procedures of homeopathy are based on well-established rules and concepts. Homeopathy is a disease treatment that takes a holistic approach. It claims that no sickness is localized without affecting the entire body. We're all aware that each physical discord is accompanied by a shift in mental or emotional condition, and vice versa. Because the disease affects the entire body, both physically and psychologically or emotionally, a complete image of the patient is required to match the homeopathic of a well-chosen cure.

There are the following homeopathic medicines that are helpful in the treatment of dermatitis:

1. Graphites:

This is an excellent treatment for dermatitis that is crusty, wet, yellow, and sticky, particularly in the folds of joints such as the elbows, knees, and groin. Eczema of the lids; wet and fissured eruption; lids red, borders covered with scales or crusts. Dry, cracked, red, itchy, and painful skin can occur. The patient is



depressingly miserable. There is a sense of despondency, despair, and severe depression, as well as discouragement and a lot of crying. Graphites, like all carbons, have antipsoric properties. They are especially effective in individuals who are stout, fair-skinned, and tend to skin irritation and constipation. Metals have a strong inclination to begin timidly. Unable to make a decision, a lack of motivation to work, and fidgety while at work. Rough, harsh, and persistent dryness of the skin that is not affected by eczema. Keloid and fibroma at an early stage. Acne and pimples.

2. Natrum Muriaticum:

Dry eruptions, particularly on the hairy scalp's edges and joint bends. Eczema; raw, red, and inflamed; made worse by salt and exposure to the sea. Their symptoms appear after sadness, shock, or rejection, such as in unrequited love, and they tend to dwell on their misfortune for a long period.

Natrium muriaticum is a sea salt-based treatment used to treat dermatitis, headaches, hypothyroidism, and goitre, among other conditions. Excessive salt consumption induces deep nutritional changes in the body, resulting in not only salt retention symptoms such as dropsy and oedema, but also dry mucous membrane disturbance in the skin that is overly sensitive to all kinds of forces.²⁰⁻³¹

3. Sepia:

Sepia is especially beneficial for long-term eczema on the nose, chin, behind the ears, and genitals with extremely dry skin.

If there are other stresses at the time, such as heightened emotional demands, there may be a flare-up during pregnancy or nursing. This is particularly typical in women who have a proclivity for tiredness as a result of overexertion. They grow apathetic and listless, sometimes hostile to their own family members. They feel better when they're busy or doing intense workouts like dancing.²¹⁻³¹

4. Ignatia Amara:

Ignatia Amara affects the mucus membranes, skin, and nervous system, causing mood swings, introspection, silent brooding, and melancholy. Itching, nettle rash, sensitivity to draughts of air, and excoriation around the mouth are some of the skin symptoms. Ignatia Amara improves hypersensitivity to light, noises, pain, and emotions produced by stress or emotions. According to Kent, Ignatia is especially suited to sensitive, fragile women and infants, as well as hysterical women. Ignatia will not treat natural hysterics, but it will cure those soft, sensitive, fine-fibred, refined, highly educated, overwrought women in their nervous complaints when they develop symptoms that are comparable to those seen in hysteria.²¹⁻³¹

Objectives of this study is to assess the effects of Nat Mur, Ignatia, Sepia, Graphites in treatment of acute dermatitis. Along with that to see changes in the mental state of patients after the prescription of Nat Mur, Ignatia, Sepia, Graphites and to assess the improvement in condition of acute dermatitis.



2. Materials and methods

It is a non-randomised single blind clinical study to compare the effects of homoeopathic medicines in mental symptoms and dermatitis.

Total 30 patients with acute dermatitis having mental symptoms of both sexes, of age group 18-60 years were enrolled for the study.

2.1 Sample Selection

a) Study Site- Bharati Vidyapeeth homoeopathic medical college Pune.

b) Study Setting- Outdoor patient dept (OPD)

c) The procedure was explained to the participants and written signed consent in English as well as in the vernacular language (Marathi) was taken.

d) Allocation: Non-randomised

e) Masking: Single blind

f) Mode of intervention: Oral

2.2 Intervention

Medicine was administered to all patients in 30 size globule half an hour before meal orally on tongue, no water intake for at least 15 – 20min.

Drug was stored in Bharati Vidyapeeth Homoeopathic Hospital pharmacy, Katraj, Pune as per the rules of Pharmacopoeia (HPI), under appropriate temperature.

2.3 Sampling procedure

Patients were enrolled in this study from Bharati Vidyapeeth (Deemed to be University) Homoeopathic Medical College and Homoeopathic Hospital,

Department of Post Graduate and Research Centre. peripheral OPD.

Total 36 Cases (male & female) age groups of 18-60 years were selected based on inclusion and exclusion criteria and those who wanted to participate willingly in research.

Case taking was done according to the standard case taking proforma as per homoeopathic principles. Medical history, physical examination (including vital signs, systemic examination) was recorded on a case form.

2.4 Follow up

Each case was followed up for 2 months.

i. All the patients were duly followed up and details of the symptomatic and clinical changes were recorded and prognoses were studied.

ii. Follow up differed from patient to patient.

2.5 Inclusion and exclusion criteria

Inclusion criteria

Subjects following case definition i.e., inflammation of skin with erythema, scaling, oedema and vesiculation for not more than 3 months.

- Case definition with subject's underlying mental symptoms.



- Patient's age group from 18 to 60 years.
- Patients of both sexes will be included in the study.
- Patient with signed informed consent.
- Patient without any other systemic diseases.

Exclusion criteria –

Those under other medications. Or using any other medicine during the study period.

- Pregnant and lactating women.
- Malignancy cases.
- Recent major surgery.
- Immunocompromised cases.

- Patients requiring emergency medical care.
- Patients who have participated in any other Research study in the last 6 months.

2.6 Outcome Assessment

Outcome assessment was based on data collected from scales before and after case taking.

- 1) (Scoring Atopic Dermatitis) SCORAD
- 2) Brief psychiatric rating scale (BPRS)

2.7 Dropped out: The patient opted out of the study or attending physician did not want to keep the patient under study for any valid reason.

3. Results

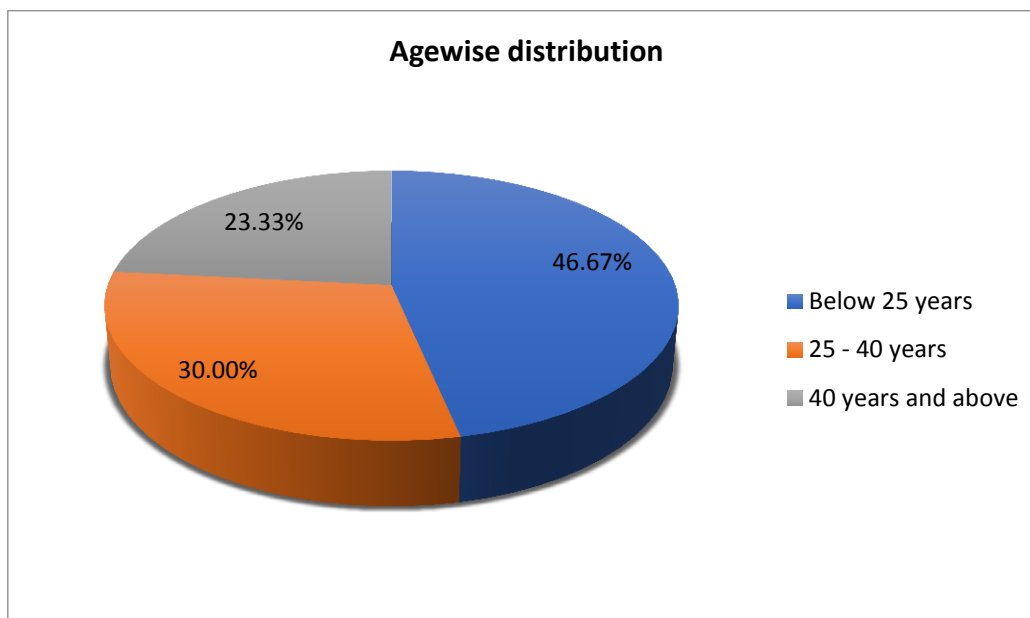


Fig.1. Age wise distribution of patients



Above table and graph shows that most 46.67% of the patients belongs to age class below 25yrs, 30 % belongs to age class 25-40yrs and 23.33% belongs to age class 40yrs and above in the study (fig 1).

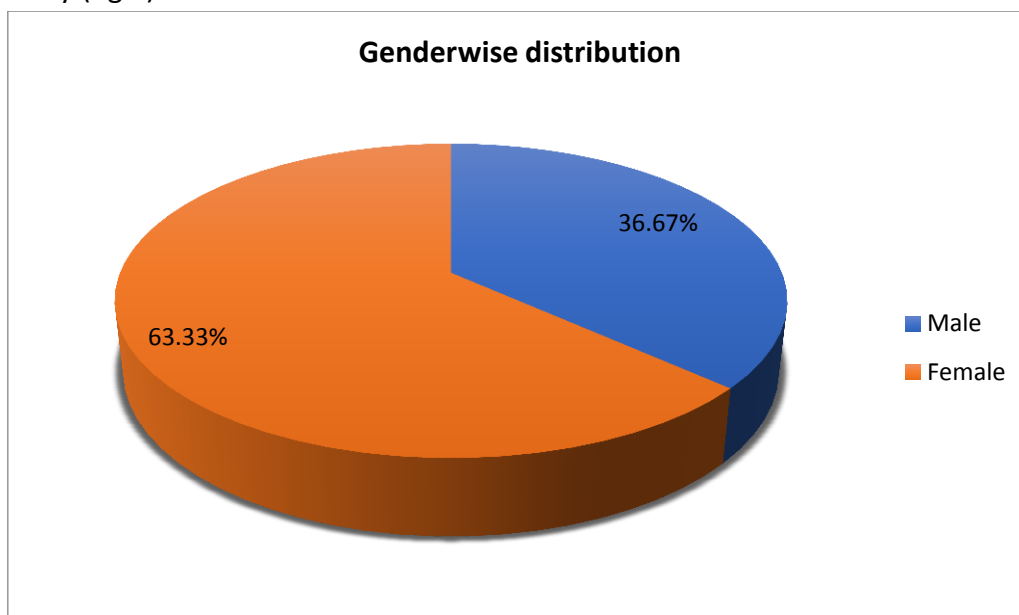


Fig.2. Gender wise distribution

Distribution of patients according to gender shows that 36.67% were males and 63.33% were females in the study. Figure 2

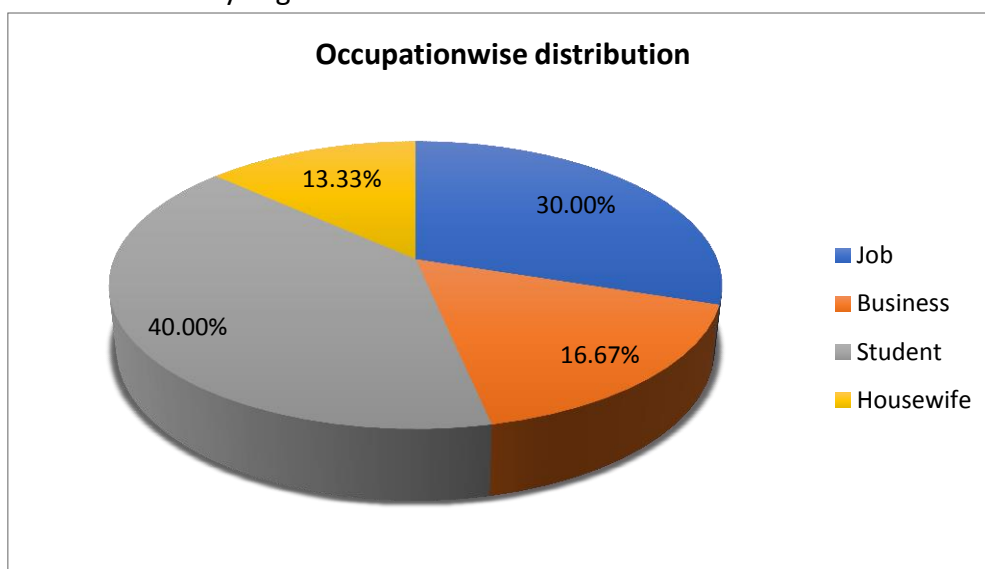


Fig.3. occupation wise distribution

Distribution of patients according to their occupation shows that most 30% of the patients were doing job, 16.67% were doing business, 40%were students and 13.33% were housewives in the study. Figure 3.

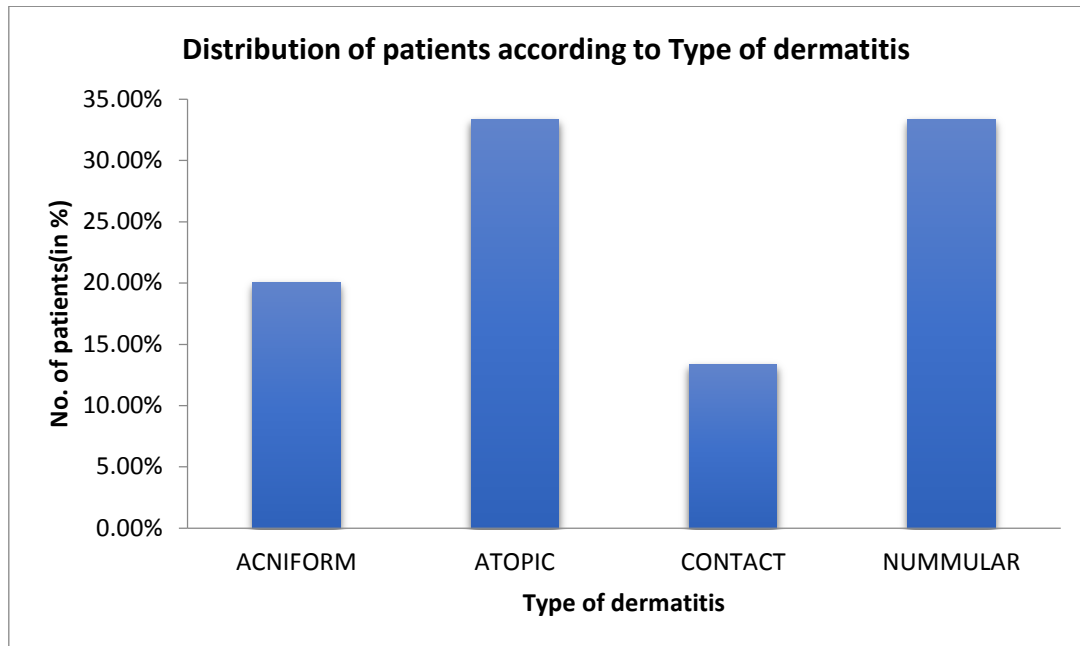


Fig.4. Distribution of patients according to type of Dermatitis
Distribution of patients according to types of dermatitis Figure 4.

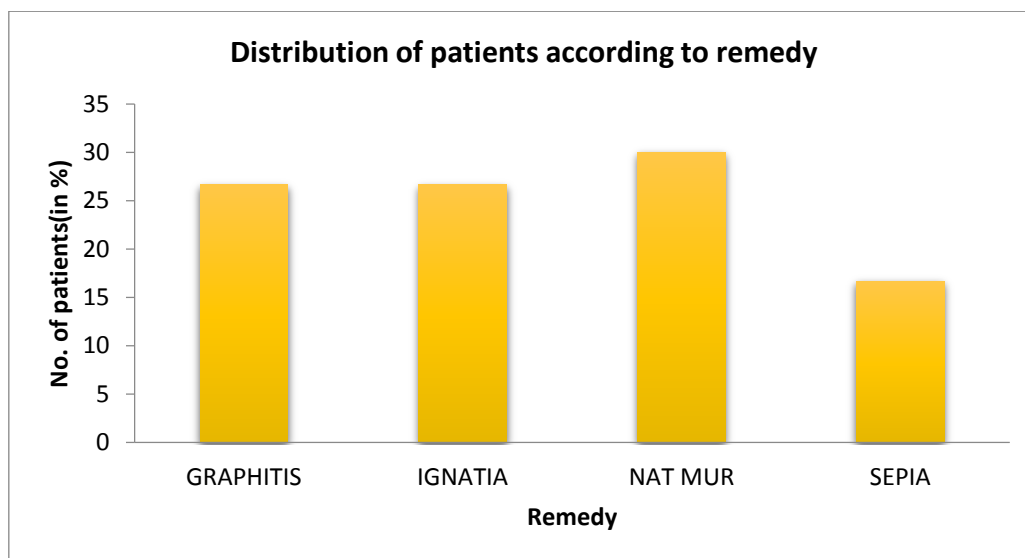


Fig.5. Distribution of patients according to remedy
According to remedy patient's distribution Figure 5

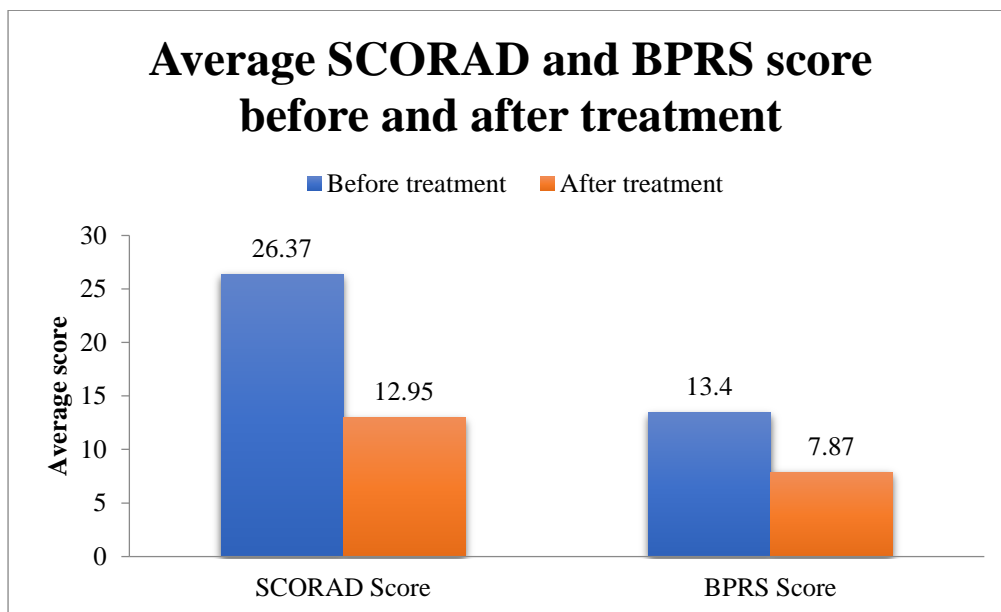


Figure 6: Average SCORAD and BPRS score after treatment
 Scores of scales SCORAD and BPRS before and after treatment Figure 6

Table 1.
Improvement in condition of acute dermatitis and mental symptoms according to remedies

Variable	Improvement		GRAPHITIS	IGNATIA	NAT MUR	SEPIA
Condition of acute dermatitis	No Significant Improvement	<i>F</i>	1	2	3	3
		%	12.50%	25.00%	33.33%	60.00%
	Significant Improvement	<i>F</i>	7	6	6	2
		%	87.50%	75.00%	66.67%	40.00%
Mental Symptoms	No Significant Improvement	<i>F</i>	2	4	3	2
		%	25.00%	50.00%	33.33%	40.00%
	Significant Improvement	<i>F</i>	6	4	6	3
		%	75.00%	50.00%	66.67%	60.00%

Distribution of remedies according to the significant improvement in condition of acute dermatitis and mental symptoms after treatment.

The patients showed positive results. There was overall improvement in the patients be it Dermatitis or betterment in mental symptoms. Graphitis worked most efficiently than Nat Mur, Sepia, Ignatia for both dermatitis and mental symptoms.

4. Discussion

Dermatitis refers to a wide range of skin irritations and rashes produced by a variety of causes such as heredity, an overactive immune system, infections, allergies, irritating substances, and more. The symptoms of dry skin, redness, and itching are all frequent.^{1,3}

Homoeopathy can be used in dermatitis, both acute and chronic. However more evidence-based data need to be collected through researches for strengthening the role of homoeopathy in cases of dermatitis. This study was primarily aimed to compare the effects of Nat Mur, Sepia, Ignatia and Graphitis in mental symptoms of cases of acute dermatitis. For this study, 36 patients were enrolled belonging to the age group of 18-60 years, of both sexes. Out of which 6 patients dropped out, so total 30 patients 11 male 19 female were taken for study. Prescription was done on the basis of constitutional totality respectively. Out of 30 patients 8 were prescribed Graphitis, 8 were prescribed Ignatia, 9 were prescribed Nat Mur and rest 5 were prescribed Sepia. The patients showed positive results; statistical analysis was done by students paired 't' test and one

sample 't' test due to small sample size. There was overall improvement in the patients be it Dermatitis or betterment in mental symptoms. Graphitis worked most efficiently then rest of the medicine for both dermatitis and mental symptoms. null hypothesis was rejected. Measurement of dermatitis and mental symptoms were done before and after treatment using SCOrad scale and BPRS Scale which showed great reduction in symptoms During the study period, no adverse effects were noted.

5. Conclusion

From the above observations, it can be concluded that homeopathic medicine i.e. Graphitis is more effective in comparison to Sepia, Nat Mur, Ignatia in case of mental symptoms of acute dermatitis. Homeopathic medicines can be used to treat dermatitis. The results have showed that prescriptions made on the base of constitutional totality in cases of acute dermatitis with mental symptoms can work to reduce the symptoms as well as provide general improvement. However, since it is a small sample study over a shorter period of time, further research needs to be done in the future considering large sample size & extending the duration of the study.

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7. Conflict of interest

Author declares no conflict of interest.

8. Author's contribution

SS has contributed in writing the draft of manuscript, SAP and SS have designed the concept and study. Both authors have reviewed and approved the manuscript.

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