

# Evidence Based Homoeopathic Treatment in a Case of Long-Standing Venous Ulcer

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## Abstract

A venous ulcer, also known by the name varicose ulcer, defined as a disruption in the stability of the skin, especially the epithelial covering along the course of veins in limb, that are mainly found along the medial side of the inferior part of the leg. The main source of venous ulcer is abnormal venous hypertension in the lower third of the leg due to the weakness of valves in vein medial side of inferior part of lower limb. It is a randomized observational case study with regular monitoring of nature of ulcer based on individuals be in need off. According to the present review a dynamic, holistic, planned care which helps to promotes patient's health-related behavioural modification and self-management. Moreover, similimum selection should be based on the individuality of the patient should be reinforced after the fulfilment and magnifying in deepness of understanding the consequence of check-up and sequel of the case. This study proves that the selection of the Homoeopathic medicines based on similimum have a potential action in treating venous ulcer with proper regimen escort the healness of ulcer underneath resistor and it has also been evidenced to incite the deranged vitality in patients and bring them ease in safest form.

**Keywords:** Disruption, Homoeopathy, Similimum, Venous hypertension, Venous ulcer.

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## INTRODUCTION

An ulcer is an interruption in the endurance of the layer of epithelium <sup>[1]</sup>. The venous ulcers are mainly found along the medial sideways of the inferior portion of the limb, which originates as atypical intravenous hypertension in the subordinate of the limb <sup>[2]</sup>. Venous ulcers are the most conjoint, and foremost soreness of limb which constitute the source around 50% of all ulcers which are further challenging to reconciling devise an inordinate predisposition to relapse the former categories of long-lasting ulcers <sup>[3]</sup>. The predominance of venous ulcer devours a substantial socioeconomic influence in rapports of therapeutic care, existences off effort and condensed quality of life. Long-term therapeutics are needed to heal venous ulcers and recurrence is quite common, ranging from 54 to 78% <sup>[4]</sup>. The supreme communal origin of foreleg ulceration is high in the developed countries due to any cause of venous stasis and tissue anoxia <sup>[5]</sup>.

The venous ulcer is typically oval and is present either on the malleolus or posterior to it.<sup>[6]</sup> The venous pressure may be 40mmhg or even greater<sup>[7]</sup>. Varicose vein or deep vein thrombosis which are recanalized, ultimately developing a chronic venous hypertension around ankle that causes hemosiderin deposition in the subcutaneous plane from lysed RBCs, eczema which causes dermatitis and lipodermatosclerosis which causes fibrosis, anoxia and finally ulceration<sup>[8]</sup>. Treatment involves the management of underlying causes and associated non-surgical dressing techniques<sup>[9]</sup>. The modern treatment of varicose ulcer consists in the application of elastic compression to the leg from the toes to the knees.<sup>[10]</sup> If there is absence of pulsation felt in the dorsalispedis or posterior tibial arteries the compression is contraindicated as it may precipitate gangrene in the leg<sup>[11]</sup> ulceration and putrefication of involving tissue but devoid of pain and itching. Ulcerated skin with pus and blood are syphilitic miasm<sup>[12]</sup> which constitute the symptoms of old ulcers especially with tearing, burning, itching with hardening, red, shining and inverted edges varicose vein, offensive secretion, violent itching<sup>[13]</sup>.

## MATERIALS AND METHODS

This research is to define the common infirmity elements of varicose ulcer and to assess the protagonist of Homoeopathic medications in its super vision of cleaning and dressing. On the basis of randomized observational case study with regular monitoring of nature of ulcer based on individual's be in needs off (patient-centred approach). According to the present review a dynamic, holistic, planned care which helps to promotes patient's self-management and health-related behaviour modification. Cleaning and dressing of the ulcer was done daily with calendula glycerine for the first one week, then it reduced as per once in 2 days, and then it followed by twice in a week for the consecutive days.

### Source of Data

A case of venous ulcer 40-year-old Male, from Unit IIB was selected for the study and C&D procedures were done in IP of SKHMC Hospital daily. The patient complains of varicose ulcer in the right limb since 3 months, having a past history of varicose vein since 10 years accompanied with numbness of right lower limb occasionally. For varicose vein, surgery was underdone but again reappears. Varicosity of vein started with the complaints of pricking pain with heaviness feeling, burning sensation, edema, pus, bloody discharge and darkening of skin surrounding areas which shows hardening of skin with itching and slough presentation. Homoeopathic medicines were prescribed to the patient based on the symptom similarities (chronic totality), and the patient was subjected for daily monitoring of the ulcer on further follow-ups to evaluate the size, width and depth of venous ulcer to be assessed.

### Sampling - Simple Random Sampling

In this case prescription is based on the individual symptom and chronic totality ensuing a comprehensive case enchanting that resolve through the benefit of a standardised case taking constructed from the clinical presentations by analysing and daily monitoring of cleaning and dressing illustriously with reference from the standard manuscript books of Materia Medica and affording to strategies of Organon of Medicine. Prescription and repetition are navigated to be complete, conferring to the ethics, as laid down in the

Organon of Medicine. The progression gauges are essentially through the basis of symptomatic aid [Fig 1]. After medication the nature, size, width and depth of the ulcer was remnant to assess improvement of patient is manifested with the aid of portraited with the successive follow ups given in the Table 1.

**Table 1: Progress of the patient**

S.No	Date	Follow up	Medicine prescribed
1.	6/11/2019	Varicose ulcer with pricking type of pain persist. Oedema and burning sensation persist. Inguinal pain persists as same. Heavy feeling sensation with pus and bloody discharge persist. Discoloration and darkening of skin around the ulcer persist. Hardening of skin in surrounding areas persist. Itching and slough presentation persist. B.P: 110/80mmof Hg	Rx 1) Lycopodium 200/1D (St) 2) B. Dics 1 X BD 3) SG 3 X TDS
2.	7/11/2019	Pricking type of pain slightly better. Oedema and burning sensation persist. Inguinal pain persists as same. Heavy feeling sensation with pus and bloody discharge persist. Discoloration and darkening of skin around the ulcer persist. Hardening of skin in surrounding areas persist. Itching persists Slough presentation slightly better.	Rx 1) Saclac 1D (HS)
3.	8/11/2019	Pricking type of pain slightly better. Oedema and burning sensation persist. Inguinal pain slightly better. Heavy feeling sensation with pus and bloody discharge persist. Discoloration and darkening of skin around the ulcer persist. Hardening of skin in surrounding areas persist. Itching persists Slough presentation slightly better.	Rx 1) Saclac 1d (Hs)
4.	9/11/2019	Pricking type of pain slightly better. Oedema and burning sensation persist. Inguinal pain slightly better.	Rx 1) Saclac 1D (HS)

		<p>Heavy feeling sensation with pus and bloody discharge persist.                      Discoloration and darkening of skin around the ulcer persist.                      Hardening of skin in surrounding areas persist.                      Itching slightly better.                      Slough presentation slightly better</p>	
5.	10/11/2019	<p>Pricking type of pain better.                      Oedema and burning sensation persist.                      Inguinal pain better.                      Heavy feeling sensation with pus and bloody discharge persist.                      Discoloration and darkening of skin around the ulcer persist.                      Hardening of skin in surrounding areas persist.                      Itching slightly better.                      Slough presentation better.</p>	<p>Rx                      1) Saclac 1D (HS)</p>
6.	11/11/2019	<p>Pricking type of pain better.                      Oedema and burning sensation slightly better.                      Inguinal pain better.                      Heavy feeling sensation with pus and bloody discharge slightly better.                      Discoloration and darkening of skin around the ulcer persist.                      Hardening of skin in surrounding areas persist.                      Itching slightly better.                      Slough presentation better.</p>	<p>Rx                      1) Saclac 1D (HS)</p>
7.	12/11/2019	<p>Pricking type of pain better.                      Oedema and burning sensation slightly better.                      Inguinal pain better.                      Heavy feeling sensation with pus and bloody discharge slightly better.                      Discoloration and darkening of skin around the ulcer persist.                      Hardening of skin in surrounding areas slightly better.                      Itching slightly better.</p>	<p>Rx                      1) Saclac 1D (HS)</p>

		Slough presentation better. Cleaning and dressing has been done to the patient daily from 6/11/2019 TO 18/11/2019.	
8.	21/11/2019	Pricking type of pain better. Oedema and burning sensation slightly better. Inguinal pain better. Heavy feeling sensation with pus and bloody discharge slightly better. Discoloration and darkening of skin around the ulcer persist. Hardening of skin in surrounding areas slightly better. Itching slightly better. Slough better	Rx 1) Lycopodium 0/3/4D (HS) 2) B. DICS 1 X BD 3) SG 3 X TDS
9.	25/11/2019	Pricking type of pain better. Oedema and burning sensation slightly better. Inguinal pain better. Heavy feeling sensation with pus and bloody discharge better. Discoloration and darkening of skin around the ulcer slightly better. Hardening of skin in surrounding areas better. Itching better. Slough better	Rx 1) Lycopodium 0/3/4D (HS) 2) B. DICS 1 X BD 3) SG 3 X TDS
10.	30/11/2019	Pricking type of pain better. Oedema and burning sensation slightly better. Inguinal pain better. Heavy feeling sensation with pus and bloody discharge better. Discoloration and darkening of skin around the ulcer slightly better. Hardening of skin in surrounding areas better. Itching better. Slough better	Rx 1) Lycopodium 0/3/4D (HS) 2) B. DICS 1 X BD 3) SG 3 X TDS

Remedy	Lyc	Ars	Puls	Rhus-t	Sulph	Lach	Carb-v	Caust
<b>Totally</b>	<b>24</b>	<b>24</b>	<b>23</b>	<b>23</b>	<b>22</b>	<b>20</b>	<b>19</b>	<b>19</b>
<b>Symptoms Covered</b>	<b>8</b>	<b>6</b>	<b>7</b>	<b>7</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>
[Complete] [Mind]Anger:Suppressed, controlled:	1	0	1	0	0	0	0	0
[Complete] [Mind]Religious affections:	3	4	4	3	4	4	3	1
[Complete] [Skin]Ulcers:Varicose:	4	4	4	3	4	4	4	4
[Complete] [Skin]Ulcers:Edema, about:	1	0	0	3	0	0	0	0
[Complete] [Skin]Ulcers:Burning, smarting:	4	4	4	4	4	3	4	4
[Complete] [Skin]Ulcers:Discharging, suppurating:Bloody:	3	4	3	2	2	2	3	3
[Complete] [Skin]Ulcers:Itching:	4	4	4	4	4	3	1	3
[Complete] [Abdomen]Pain:Inguinal region:	4	4	3	4	4	4	4	4

Fig 1: Repertory Chart

### Assessment of effectiveness

Based on the clinical assessment the improvement of symptoms, disappearance of warning sign, diminution in the size of ulcer, decline of the width of ulcer and reduction of depth of ulcer are distinguished. The case symbolized to be succeeding over a minimum period of one month. The results will be assessed with the pre-treatment, during the treatment and intensity of post-treatment with the portrait.

## RESULTS AND DISCUSSION

Venous ulcer which prevailing in India of middle and old aged males and females due to their occupation and life style. The consequence of this learning yields up perpetually terminated the domino effects of existing and scrutinised in proportions ulcer. The success of homoeopathic medicine Lycopodium covered the enduring totality of the symptoms assorted, constructed with the indicated points by William Boericke as manifested in single dose without any repetition, the striking feature of remedy was administered, a change has come over the guiding symptoms have been taken out and the common and trivial symptom progress [Fig 2] <sup>[14]</sup>. Our homoeopathic system render numerous benefits to the mankind, the emerging new diseases will be control by the homoeopathic medicines in greater extent. In view of the minimum dose of the Homoeopathic medicine which be situated, required, besides so beneficially, assumed the barrel in the nutrition and mandate the natural life requirement be detached the strength definitely, here the curative effect trimming the minimum dose may not be overwhelmed <sup>[15]</sup>.

When the routine diet changes, pressure stockings, and pharmacological are accustomed strategies for management. Sclerotherapy an elementary insignificantly obtrusive method that insignificantly commands a seal hooked on the vein barriers from end-to-end plasma torrent impediment. This entails pervading fluid fabrication keen on the vein, and able to apt altered indications like intensification, darker lines nearby the vein outstretched skin fixes and lesions, similarly cures are accessible. Specifically, Homeopathy offers an individualistic approach of treatment for varicose vein <sup>[16]</sup> with intense complications of increased intensity of pain, revenue supreme cure is applicable day by day. For endless vein productions, may perhaps prerequisite to sanitary the ulcer, although captivating a week's interlude for revaluation of solemnity of the

dispute<sup>[17]</sup> “The more similar remedy, distinctly pragmatically the symptoms of patient enrol the peculiar, characteristic embodiment of remedy, the greater the susceptibility to the remedy, and the higher potency required”<sup>[18]</sup>



**Fig 2: Before and After Treatment**

## CONCLUSION

This case was prescribed with a cautious exploration on entirety of warning sign which remained formerly interrelated with drug symptoms<sup>[19]</sup>. Continuously assessing the intensity of upgrading of signs were renowned. Cleaning and dressing were found to be effective in the management of varicose ulcer along with Homeopathic medicines<sup>[20]</sup>. It is evident from the pictures of ulcer, the sequels of persevering the Homoeopathic Medicine Lycopodium 200 are very effective in the treatment of varicose ulcer with proper management. The appearance of ulcer, dirty look of skin, slough formation, hardening of skin, oedema around ulcer area, pus ad bloody discharge which were seen far off by standard assortment, now grasping the average limits after the prescription of Lycopodium 200<sup>[21]</sup> A case with scientific evidence for the improvement of varicose ulcer with the help of homoeopathic medicines are attached above.

All the innumerable conventions as regards the landscape of varicose ulcer, and the propositions with esteem to the flora of cleaning in addition dressing, by means of thriving as the modus operandi of homoeopathic treatment notorious by wealth of diffident adages, as given in the second aphorism, without metaphysical explanation. As per an end result, patient remained safe and instructed to devour nutrition rich in diet, fluid content and rutin. By the evidence of portrait of ulcer was appraised and therefore we able to determine that admin of homoeopathic medication Lycopodium 200 might give virtuous aid as well as symptomatic relief in long standing venous ulcers.

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