

## EFFECTIVENESS OF THE KENT'S REPERTORY OF THE HOMOEOPATHIC MATERIA MEDICA IN THE TREATMENT OF CHRONIC DERMATOSIS

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### ABSTRACT

**Background:** Chronic dermatosis is any disorder involving lesions or eruptions of the skin. These are conditions affecting, skin, nails, hair and glands.<sup>[1]</sup> It is a non-specific term and is used to denote almost every kind of lesion prevailing for sometime upon the skin. The disorders of the skin, unlike other diseases, are not only in themselves tormenting to the patient by their presence but the other and the more important side of the coin is their cosmetic implications. The easy visibility upon the surface makes it a social taboo, which harms the patient at a much deeper level, producing a number of psychological disturbances as lack of confidence, loss of socialization, loss of interest

in work, depression, anxiety, hopelessness etc. Such patients in a hurry, to get to of their complaints adopt the most hazardous mode of treatment offered by the modern medicine by application of ointments, lazer removal of lesions, cauterization, surgical excision, etc., which only acts to add fuel to the fire. Such a treatment leads to a quick but temporary relief, as afterwards either the lesion become recurrent or the patient goes on to develop some more severe disease which now affects the vital organs, increasing the suffering of the patient and is much more difficult to treat. **Aim:** To show the effectiveness of Kent's Repertory of Homoeopathic Materia Medica<sup>[2]</sup> in treatment of Chronic Dermatitis. **Methods:** This is a prospective study which was carried out in the O.P.D. and I.P.D. of Mahesh Bhattacharyya Homoeopathic Medical College & Hospital, Howrah. This study was done on 30 patients of skin diseases chosen randomly, a well selected homoeopathic remedy was administered internally and Kent's Repertory of Homoeopathic Materia Medica<sup>[2]</sup> was consulted for

assistance in medicine selection, all the cases were repertorised using the same and final selection of medicine was done after consulting *Materia Medica*.<sup>[3,4,5,6]</sup> **Results:** The results were very encouraging. Out of the 30 patients in the study 30% of the patients were completely free of their skin lesions and were better both on mental and physical plane. 66.66% patient in study showed marked improvement in the skin lesions until their last follow up. They were physically and mentally well but the skin lesion did not disappear completely till the last follow up. 3.34% of the patients under study shows aggravation in the skin lesion.

**KEYWORDS:** Repertory, chronic dermatosis, skin, *Materia Medica*, internal application.

## INTRODUCTION

Skin is the largest organ of the body. It is constantly exposed to the environment around us. It is the first organ to receive changes taking place around us. Our skin is not only affected by the external environment but also by the internal environment. Dr. Stuart<sup>[7]</sup> close says, “The abscess and fistula act as if they were the vent or exhaust of the disease affording temporary safety to the vital organs, close the exhaust and an explosion follows.” Dr. J. Henry Allen<sup>[8]</sup> says that, “The skin is the mirror or reflector of the internal stress, the internal dynamis, the internal workings of this human machine. It has in the skin, its reflectors, its kaleidoscope, its kinetoscopic views of its internal movements, and its multiple shadings of disease, its lights and its shadows that go to make up a picture, thrown upon that human canvas, the skin, showing much of perverted life action in the organism. Pathologically speaking, we look upon the outer man for signs, for markings or pencillings that tell of the kind of life within the organism itself.” In *Organon of Medicine*<sup>[9,10]</sup> it is clearly mentioned that those affections, alteration and ailments appearing on the external parts, that do not arise from any external injury or that have only some slight external wound for their immediate cause, are produced in quite another manner and their source lies in some internal malady. All true medical treatment of a disease on the external parts of the body must therefore be directed against the whole by means of internal remedies if it is wished that the treatment should be judicious, sure, efficacious and radical. The present study aims to treat the skin ailments by using homoeopathic medicines given internally using the Kent’s Repertory of Homoeopathic *Materia Medica*.<sup>[2]</sup>

## MATERIALS AND METHODS

**Study setting:** A prospective study was carried out in the O.P.D. and I.P.D. of Mahesh Bhattacharyya Homoeopathic Medical College & Hospital, Howrah from November 2012 to November 2015. **Selection of sample:** 30 subjects suffering from various skin complaints were randomly selected for the study. **Inclusion criteria:** the subjects of all age groups and of both sexes were included. **Exclusion criteria:** Those suffering from any life-threatening diseases, not willing to take part in the study, having genetic diseases of the skin, T.B of the skin, leprosy & cancer of the skin were excluded from the study. **Treatment:** It was given according to the laws and principles of Homoeopathy, taking the totality of the symptoms of the patient into consideration and forbidding any kind of external application on the lesions. Potency, dose and repetition was selected following strict homoeopathic principles. Kent's Repertory of Homoeopathic Materia Medica<sup>[2]</sup> was consulted for assistance in prescription, all the cases were repertorised using the same and computer software that was used for repertorisation was Homopath Classic and final selection of medicine was done after consulting Materia Medica.<sup>[3,4,5,6]</sup> **General non-medicinal management:** It includes appropriate diet, regimen and proper lifestyle modification was given to the patients.

## OBSERVATIONS

**Table 1: Sex Ratio in of Patients in study (Figure:1).**

Sex of the patient during study	No. of Patient	Representation in %
Total Male patient in study	16	53
Total female patient in study	14	47
<b>Total</b>	<b>30</b>	<b>100</b>

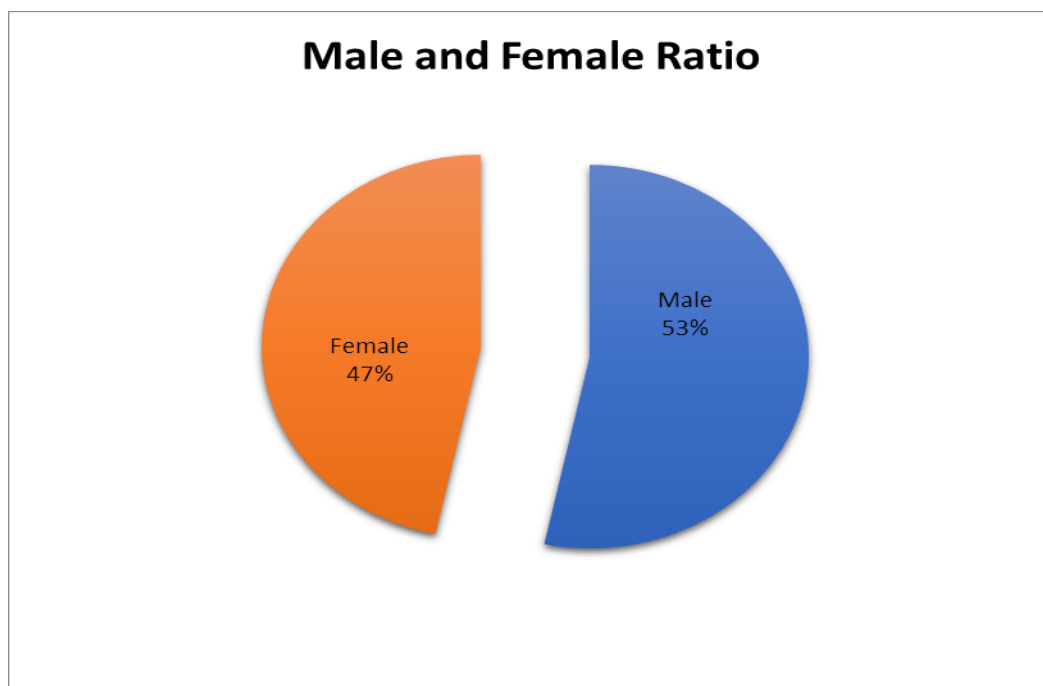


Figure:1

Table 2: Representation of Predominant Miasm of Patients in study (Figure:2).

Predominant Miasm of patient	No. of patient with corresponding Predominant Miasm	Representation in %
Psora	13	43.33
Sycosis	10	33.33
Syphilis	0	0
Mixed	7	23.34
<b>Total</b>	<b>30</b>	<b>100</b>

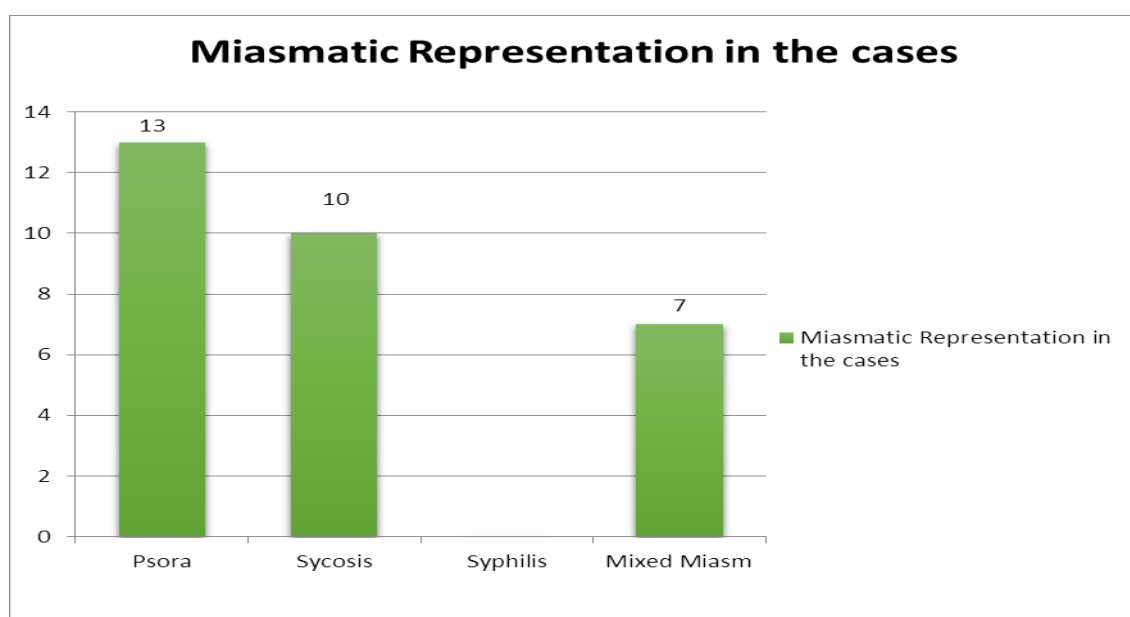
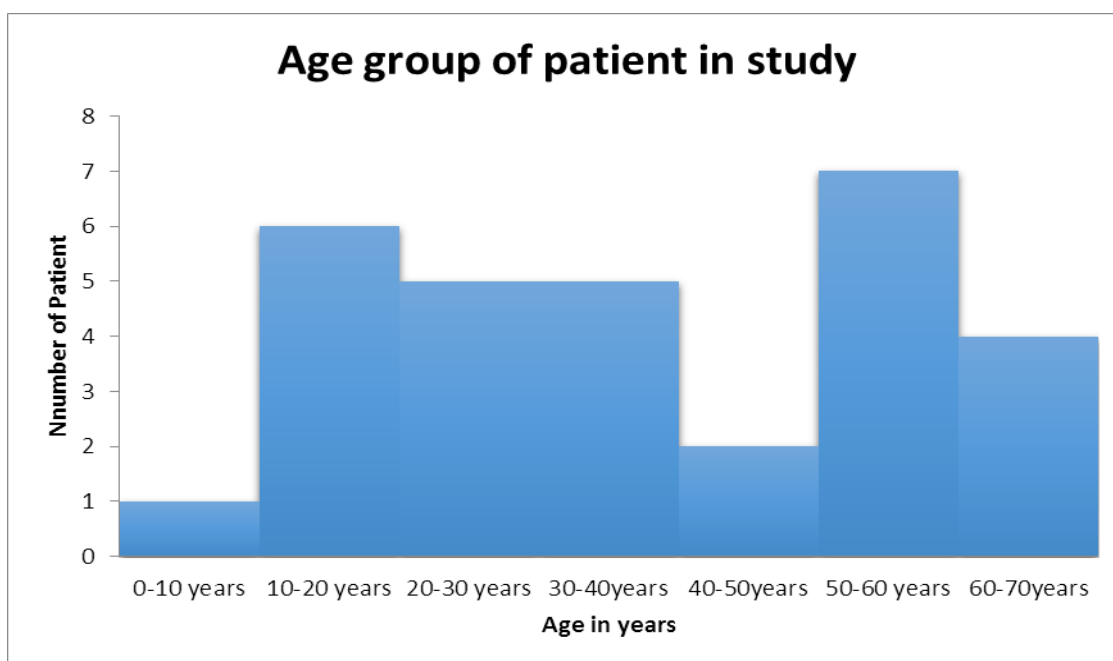


Figure:2

**Table 3: Age group of patient under the Study (Figure:3).**

Age in years of Patient under study	No. of Patient	% Representation
0-10	1	3.33
10-20	6	20
20-30	5	16.66
30-40	5	16.66
40-50	2	6.66
50-60	7	23.33
60-70	4	13.33
<b>Total</b>	<b>30</b>	<b>100</b>

**Figure:3****Table 4: Types of skin disorder came under study (Figure:4)**

Types of Skin disorder	No. of patient suffering	% representation
Alopecia areata	1	3.33
Acne vulgaris	1	3.33
Tinea	4	13.33
Psoriasis	1	3.33
Verrucua vulgaris	2	6.66
Atopic dermatitis	2	6.66
Vitiligo	3	10
Skin tags	1	3.33
Cloasma	1	3.33
Lichen simplex chronicus	4	12.33
Ingrowing toe nail	1	3.33
Nummular eczema	2	6.66
Eczematous dermatitis	2	6.66

Contact dermatitis	3	10
Lichen planus	1	3.33
Exfoliative dermatitis	1	3.33
<b>Total</b>	<b>30</b>	<b>100</b>

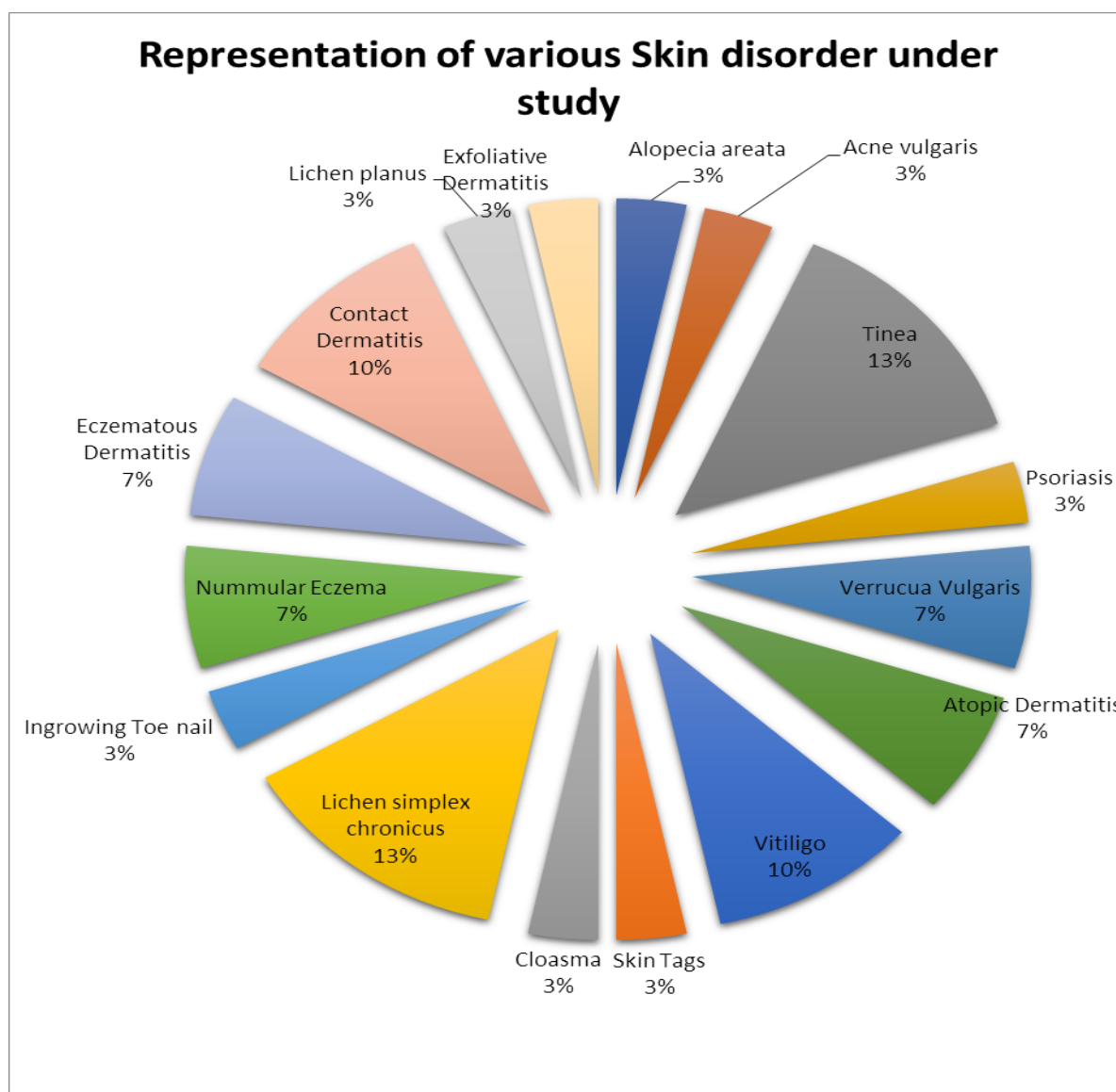
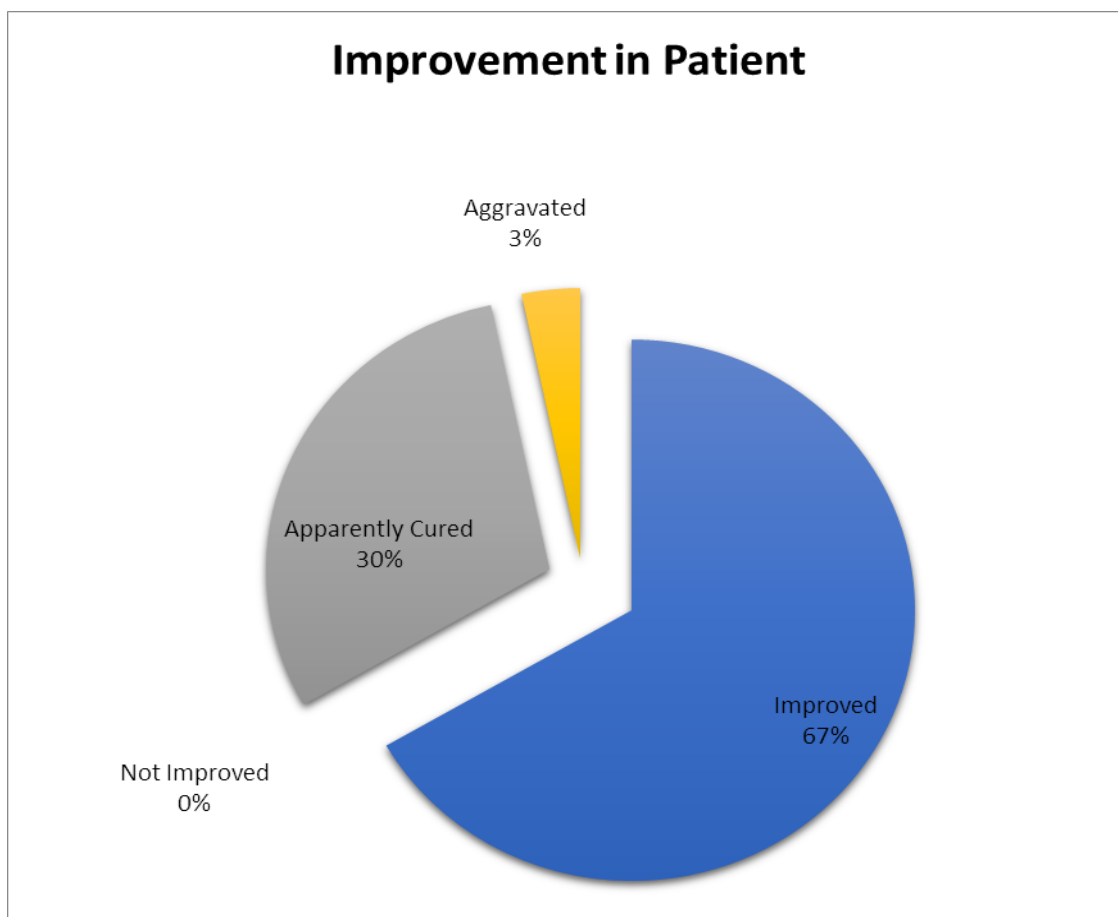


Figure:4

Table 5: Improvement in patient under study (Figure:5)

Status of Patient under treatment	No. of patient	Representation in %
Apparently Cured	9	30
Improved	20	66.66
Not improved	0	0
Aggravated	1	3.34
<b>Total</b>	<b>30</b>	<b>100</b>

**Figure:5**

## DISCUSSION

Out of the total 30 patients, 47% were females and 53% were males. The study was conducted on various age groups. Out of 30 patients, 3.33% patients were in the age group of 0-10 years, 20% were in the age group of 10-20 years, 16.66% were in the age group of 20-30 years, 16.66% were in the age group of 30-40 years, 6.66% were in the age group of 40-50 years, 23.33% were in the age group of 50-60 years and 13.33% were in the age group of 60-70 years. Maximum patients were in the age group of 20-60 years. While individualizing the patient, their miasmatic background was kept in mind. 43.33% patients were predominantly of a psoric background. 33.33% patients were predominantly of a sycotic background. 23.34% of patients were of mixed miasmatic background. Out of 30 patients, 3.33% were having alopecia areata, 3.33% were having acne vulgaris, 13.33% were having tinea, 3.33% were having psoriasis, 6.66% were having verrucua vulgaris, 6.66% were having atopic dermatitis, 3.33% were having skin tags, 3.33% were having chloasma, 12.33% were having lichen simplex chronicus, 3.33% were having ingrowing toe nails, 6.66% were having nummular eczema, 6.66% were having eczematous dermatitis, 10% were having contact

dermatitis, 3.33% were having lichen planus and 3.33% were having exfoliative dermatitis. Out of the 30 patients in the study 30% of the patients were completely free of their skin lesions and were better both on mental and physical plane. 66.66% patient in study showed marked improvement in the skin lesions until their last follow up. They were physically and mentally well but the skin lesion did not disappear completely till the last follow up. 3.34% of the patients under study shows aggravation in the skin lesion.

## CONCLUSION

So, after seeing and analyzing the observations made during the course of the study, one can come to the conclusion that the most effective mode of treatment of chronic dermatosis is by internal application of a well selected homoeopathic medication after individualizing the case, keeping in view the patient as a whole and without any external application and Kent's Repertory of the Homoeopathic Materia Medica<sup>[2]</sup> is the perfect tool for assistance in reaching the similimum in case of chronic dermatosis.

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## Conflict of interest

None.

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