

**Ascertaining The Effect of Dulcamara in The Treatment of Urticaria****Rakhi<sup>1</sup>, E Siva Rami Reddy<sup>2</sup>, Poonam Singh<sup>3</sup>, Parveen Sharma<sup>4</sup>, Charanjeet Singh<sup>5</sup>,  
Pranab Kumar Chakraborty<sup>6</sup>,**<sup>1</sup>PGT, <sup>2</sup>P.G. Guide, <sup>3</sup>Co Guide, <sup>4</sup>Director Academic and Research, Tantia University, <sup>5</sup>Dean/Principal, <sup>6</sup>Vice Principal, Sri Ganganagar Homoeopathic Medical College Hospital & Research Institute, Sri Ganganagar**Abstract**

**Background of Study:** Urticaria is the most common and popular presenting skin complaints, that is characterize by transient, erythematous papules or plaques (wheals) of varying sizes and shapes which are usually pruritic. Homoeopathic medicine Dulcamara clinically prescribing finds good effects on treatment and management of all types of Urticaria. So there is a study to ascertaining the effect of dulcamara in the treatment of 100 cases of urticaria for improving quality of life of urticaria patient. **Objective:** To establish that all clinical aspects of Urticaria in a specific age group of 20 to 50 years of 100 patients with their response towards Homoeopathic medicine Dulcamara. **Methods:** 100 patients of 20 to 50 years age group were taken up for this study after diagnosed, to be having Urticaria with the help of complete history taking, clinical examination of the patients, investigations and managed with homoeopathic medicine i.e. Dulcamara.. **Results:** Out of 100 cases, 52 cases (52%) showed marked improvement, 24 cases (24%) showed moderate improvement, 16 cases (16%) showed mild improvement, while 8 cases (8%) were in status quo and no any case showed worsening of symptoms.. **Conclusion:** Dulcamara is found to be effective in cases of Urticaria.

**Key word-** Urticaria, Dulcamara, Self Developed Urticaria Symptoms Scoring Index..

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**Received – 10/09/2020**

**Revised- 25/9/2020**

**Accepted – 30/09/2020**

**INTRODUCTION**

Urticaria is also known as Hives or Nettle rash, that are caused by an allergic reaction. Hives appear on the body as red, raised and itchy skin rash.

**How to Cite this Article-** Rakhi., Reddy S.R., Singh P., Sharma P., Singh C., Chakraborty P.K., Ascertain The Effect of Dulcamara in The Treatment of Urticaria. TUJ. Homo & Medi. Sci. 2020;3(3):02-09

The wheals of urticaria may be of different shapes and sizes, but usually look like nettle stings. An important feature of urticaria is that although the rash may persist for weeks, individual lesions usually disappear within a day, and often last only a matter of hours. The most common sites for urticaria are the extremities, face, with angioedema often being periorbital and in the lips. No residual discoloration remains after urticaria or angioedema unless there is an underlying process leading to superimposed extravasations of erythrocytes<sup>2</sup>. In some patients with ordinary chronic urticaria, the release of histamine from skin mast cells is triggered by factors circulating in the blood, such as antibodies directed against their own cells – a process known as autoimmunity<sup>3</sup>.

The most early description of the disease, today we call urticaria is found in "The Yellow Emperor's Inner Classic", Huang Di Nei Jing, which was written sometimes between 1000-200 years Before Christ. In chapter 64 of Basic questions (Skin Wen) urticaria is called "Feng Yin Zheng" which means wind-type concealed rash. This is still the Chinese word for urticaria which was thought to be due to excess in lesser Yin which causes obstruction of fluid in the skin<sup>4</sup>. Hippocrates who lived 460-377 BC

described elevated itching lesions caused by nettles and mosquitoes which he called knidosis after the Greek word for nettle (knido). He also mentions that the wheals can occur in patients with gastrointestinal disorders but then often with less itching. The same name was again introduced by Jean-Louis Alibert in Paris in his book on skin diseases published in 1833. Hebra used the term knidosis for the chronic type of nettle rash whereas in Andrew's and Domonko's textbook from 1963 it is used synonymously with urticaria. Several Physical urticarias were earlier mentioned: Solar urticaria was described by Borsch in 1799 but it was not until 1887 that Veiel showed that it was only solar rays and not heat from a stove or candle that was responsible. Factitial urticaria was first documented in the middle-ages since people with this condition were beheaded or burnt alive because they were assumed to be related to the devil. In the medical literature it was described by Heberden in 1767 and Gull coined the name factitious urticaria in 1859. Cold urticaria was described by Frank in 1792. Urticaria caused by heat and mental or physical exertion was published in 1924 in JAMA by Due. Pressure urticaria was described by Urbach and Fasal in 1929. Aquagenic urticaria was reported by Shelley and Rawnsley in 1964 and adrenergic urticaria

by Shelley in 1985. Urticaria pigmentosa was described by Edward Nettleship early in this career (1869) before he specialized in ophthalmology. He called it chronic urticaria leaving brown stains. Sangster named it urticaria pigmentosa and Unna discovered the mast cells in the lesions.

Hahnemann's system of medicine is scientific and rational and was deduced by deductive and inductive logic. The law of "Similia Similibus Curentur" or let likes be treated by likes forms the basic of treatment under homeopathic system of medicine. Suffering of the sick person is treated with the medicines, which have power to create the most similar disease in the healthy state<sup>5</sup>. Health is the balanced condition of living organism in which the harmonious performance of the vital functions are tends to the preservation of the organism and normal development of the individual. Disease in nothing more than alteration in the state of health of the healthy individual which express themselves by a change to the healthy condition of the state of health of the diseased individual. In homoeopathy, we do not treat on the basis of the name of the disease. We actually depend on the person as a whole. We believe that it is not a part that is affected but the person as a whole<sup>14</sup>. Thus, we preferably prescribe constitutional medicine based on the

totality of symptoms, which Hahnemann in Organon of Medicine, 5th edition has described as follows in aphorism 7- Now, as in a disease, from which no manifest exciting or maintaining cause (causa occasionalis) has to be removed, we can perceive nothing but the morbid symptoms, it must (regard being had to the possibility of a miasm, and attention paid to the accessory circumstances, be the symptoms alone by which the disease demands and points to the remedy suited to relieve it – and, moreover, the totality of these its symptoms, of this outwardly reflected picture of the internal essence of the disease, that is, of the affection of the vital force, must be the principal, or the sole means, whereby the disease can make known what remedy it requires - the only thing that can determine the choice of the most appropriate remedy - and thus, in a word, the totality of the symptoms must be the principal, indeed the only thing the physician has to take note of in every case of disease and to remove by means of his art, in order that it shall be cured and transformed into health.

### **OBJECTIVES**

To establish that all clinical aspects of Urticaria in a specific age group of 20 to 50 years of 100 patients with their response towards Homoeopathic medicine Dulcamara.

**METHODS & MATERIAL****a) Inclusion Criteria;**

- i. Diagnosed and undiagnosed cases of urticaria only 20 to 50 years of age group will be included in the study irrespective of their sex, caste, region & duration of illness cases which came to OPD/IPD.
- ii. The patients who are fairly articulate.
- iii. The patients who have given their consent and were willing to participate in study with minimum 3-4 follow ups.

**b) Exclusion Criteria:**

- i. The Cases which do not fulfill the inclusion criteria.
- ii. Pregnant or breastfeeding.
- iii. Immuno compromised individuals (HIV, AIDS, Immunosuppressive, Drug therapy).
- iv. Cases with other systemic disorders and complications.
- v. The cases showing poor compliance.

**c) Withdrawal criteria:-** **i.** The Cases without proper follow up. **ii.** The Cases required emergency treatment during the study.

**d) Population/Sample:** Minimum 100 appropriate cases of urticaria of 20 to 50 years of age group were selected, on basis of first come first serve from OPD of Sri Ganganagar Homœopathic Medical.

**e) Age and Sex of Patients** of age group 20 to 50 years of both sexes were selected

from OPD / IPD of Sri Ganganagar Homœopathic Medical.

**f) Informed Assent-cum-Consent** document Attached in both English and Hindi.

**g) Study Duration:** The Study duration was 1 Year

h) Permission to use copyrighted proforma /studies / questionnaire Will be duly complied with

i) Plan to withdraw standard therapy during conduct of research a) Yes ✓ b) No  
c) If Yes, reason there of : As it may interfere with research

**j) Study Design** Observational, A Pre - Post study. One group pretest-posttest design is a quasi- experimental design that is used quite Often in clinical research. It involves one set of measurements taken before and after treatment on one group of subjects. The effect of treatment is determined by comparing pretest and posttest scores.

**k) Selection of tools** (i) Case study proforma (ii) Library (iii) Organon of Medicine (iv) Materia Medica (v) Encyclopedia (as necessary) (vi) Electronic search tools (as necessary) (vii) Cases of Urticaria used (viii) Assessment scales: Self Developed Urticaria Symptoms Scoring Index.

**Outcome Assessment Tool-** Urticaria Activity of Score (UAS) Several scoring

systems have been proposed using scales from 0–3 or up to 10 points. A unified and simple scoring system, the urticaria activity score (UAS), was proposed in the last version of the guidelines. Use of the UAS facilitates comparison of study results from different centres. The UAS is based on the assessment of key urticaria symptoms (wheals and pruritus). It is suitable for the evaluation of disease activity by urticaria patients and their treating physicians. Furthermore, this scoring system has been validated. As urticaria symptoms frequently change in intensity, overall disease activity is best measured by advising patients to document 24-h self-evaluation scores for several days. The UAS, i.e. the sum score of 7 consecutive days, should be used in routine clinical practice to determine disease activity and response to treatment of urticaria patients. In many studies i have found people noting down UAS for each day for 7 consecutive days and then either they have totalled the score (0- 42), or taken out the mean. But since such procedure was not possible in our setting hence, i have taken the Self Developed Urticaria Symptoms Scoring Index used questionnaire. The aim of this questionnaire is to measure the key urticaria symptoms & evaluation of disease activity by urticaria patients and

their treating physicians over the last week.

**l) Expected outcome:** Favorable.

**m) Ethical outcome:** It was approved by Institutional Ethics Committee of Sri Ganganagar Homoeopathic Medical College, Hospital and Research Institute, Sri Ganganagar for ethical guidance.

**n) Place of work:** Hospital wing of Sri Ganganagar Homœopathic Medical College, Hospital and Research Institute, Sri Ganganagar, Rajasthan.

**o) Record of work:** Case taking performa as per Organon of Medicine and the topic of dissertation and other records were duly maintained with confidentiality.

**p) Repertory:** Repertory was not used because medicine was pre selected as my project remedy.

**q) Remedy selection:** Dulcamara was pre selected as per my project remedy & prescribed according to the symptoms similarity.

**r) Placebo:** Placebo was prescribed as indicated in Organon of Medicine.

**s) Source of remedy:** Pharmacy of Sri Ganganagar Homœopathic Medical College, Hospital and Research Institute, Sri Ganganagar.

**t) Remedy application:** Potency selection, application and repetition of medicine were done according to the case and project work.

u) **Investigation:** All necessary investigations were done at this institute. If special investigations are needed, patients may be referred to higher laboratories at the cost of the patient without any reimbursement.

v) **Research Hypothesis:**

**Null hypothesis(H<sub>0</sub>):** It is assumed that homoeopathic medicine Dulcamara is not effective in the treatment of Urticaria.

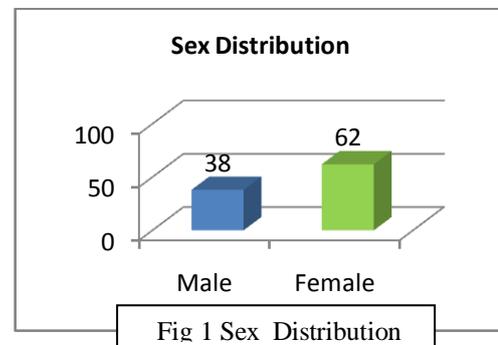
**Alternative hypothesis (H<sub>1</sub>):** In this study it is assumed that homoeopathic medicine Dulcamara is effective in the treatment of Urticaria.

The paired t-test was used for the estimation as the data were both attributes and variables. Pictorial representation of the data was done for the observation. Subjects were assessed through the following indices i.e. on the basis of Self Developed Urticaria Symptoms Scoring Index, Hypothesis was tested by using t<sup>2</sup> table and paired t-test was used to nullify the Null Hypothesis and alternate Hypothesis was established.

## RESULT

➤ Maximum incidence of Urticaria was observed in the age group 20- 25 years i.e.33 cases (33%), where as minimum incidence was in the age group 40-45 years i. e. 05 cases (5%) in my study.

➤ Maximum cases of Urticaria were observed in male patients i.e. 38 cases (38%) in comparison to female patients i.e. 62 cases (62%),



➤ Maximum number of cases i.e. 57 cases (57%) were observed from rural areas as where as 43 cases (43%) were from urban areas.

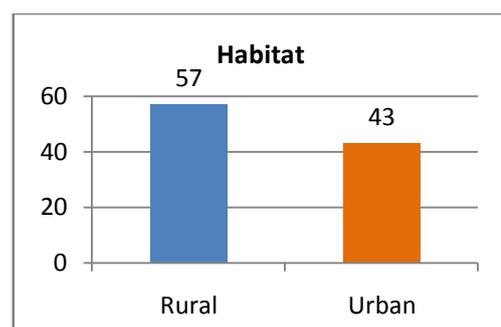


Fig 2 Habitat

➤ Maximum number of patients were observed from middle economical class i.e.66 cases (66%) followed by lower economical class i.e. 22 cases (22%), only 12 cases (12%) were from Higher economical class, out of 100 cases.

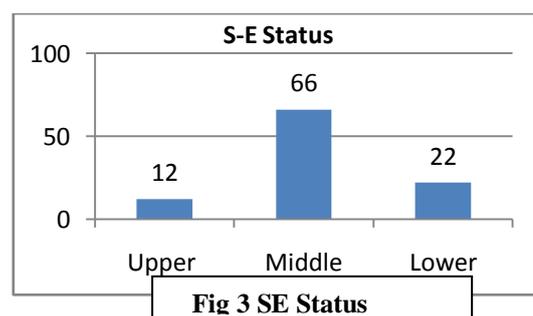
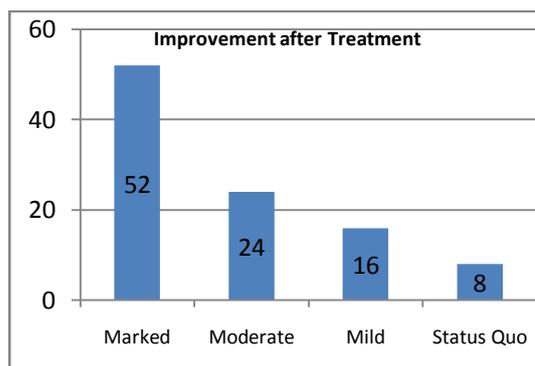


Fig 3 SE Status

- Maximum i.e. 70 (70%) cases came by indirect approach & 30 (30%) cases came by direct approach for the treatment,
- Out of 100 cases, 52 cases (52%) showed marked (improvement of more than 70%), 24 cases (24%) showed moderate improvement (40-70% improvement), 16 cases (16%) showed mild improvement (1-40% improvement), while 8 cases (8%) in status quo (No Improvement, 0%) and no any case showed worsening of symptoms.



**Fig 4- Response after Treatment**

## CONCLUSION

100 cases of Urticaria were prescribed Dulcamara in required potency. The effect of medicine was observed for a period of minimum interval of 7-14 days. Maximum incidence of cases of Urticaria was observed in the age group 20-30 years this may be due to hormonal changes, stress, physical as well as mental (emotional), and life style changes. Incidence of females were more than in males as females are more exposure to hormonal changes and

careless about their health and diet as compared to males because they are busy in their household works. Middle socio-economic group were more prone to Urticaria due to their long working hours, stress and environmental pollution in their background. In this study the patients were mostly students are may be due to in the catchment area of the hospital, a lot of students resides and furthermore the stress over them related their studies and academic achievements to reach up to highly set goals & expectations of their parents is another factors to induce Urticaria. Maximum cases had itching in various parts (100%), followed by wheals or eruptions(88%), aggravated from cold and damp (66%) severe burning or as if heat emanating (44%), few also had linear marks (28%), angioedema (12%), and few had stinging pain (32%) in their presenting complaints. The results that came out were positive and gave a lot of satisfaction as a physician, because not only were the patients relieved of the distress due to Urticaria but they were now no more dependent on the anti- allergics which themselves are very harmful. This is a small —sample size study with —small duration which proved to be a drawback in achieving precise figures but still the study helped in demonstrating the firm foothold of Homoeopathy in the cases of Urticaria.

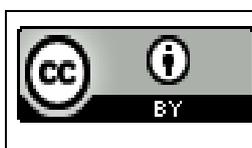
The treatment was also very cost effective for all the patients as the medicines and consultation were almost free of cost. The patients got relief from their symptoms and their quality of life also showed improvement. Homoeopathy is the form of treatment that has shown an overwhelming positive response in treating the cases of Urticaria. Continuing experience and research in this field will help in a big way to make Homoeopathy more useful and effective in the cases of Urticaria. on the basis of the above study it can be concluded that Homoeopathy definitely opens a ray of hope to the sufferers of Urticaria patients. Homoeopathy besides relieving the symptoms makes a person happy by giving them health.

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**Conflict of Interest: None**

**Source of Support: Nil**



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