

Treatment of chronic dishidrosis

A DL, male, 36 year-old, married, 3 children, contractor.

First visit on May, 3th, complaining from hay-fever (antecedents of bronchitis during childhood) and dishidrosis for the last 20 years. At this moment, he showed very serious affection of soles (Fig. 1).

Clinical diagnosis: hay-fever; dishidrosis.

Dynamic prognosis: Slight injury.

Miasmatic diagnosis: Overt Egotrophy (Masi Elizalde's classification)

Symptoms and Themes

- * Paroxistical sneezing, worse at night in bed.
- * Desire for green vegetables.
- * Headache due to lack of sleep
- * Feeling as if the foot was wet, hot, as if feverish.
- * The odor of perspiration changes after eating meat.
- * Repeated dream: "Gliding over a smooth surface, very close to the ground, it shrivells".
- * "Bursting bubbles": "it begins as if small bubbles, they burst and form bigger bubbles, bubbles full of pus, I make them burst, but they appear at other places" (soles); "Every now and then, small bubbles around the eye, I make it burst". Had spontaneous Pneumothorax 4 years ago.
- * "Attachments": our attention is called by a peculiar use of words related to "attachment". To explain insomnia, he states that isn't able to find "an attachment"; concerning the beginning of dishidrosis says he has "no analogy". Insomnia after disattaching from his business partner. Says he was never attached to his father.
- * Quarrelling.
- * Positiveness, dictatorship.

Case Analysis

Our attention was caught by two semiological features: the dream of gliding over a smooth surface that shrivells and the theme of "bursting bubbles". We weren't able to find the former neither in the materia medica nor the repertories. Hence, we searched for the latter straight in the materia medica, obtaining a list of remedies (Table 1). These remedies were analyzed and *Natrium carbonicum* was chosen as the best match. On the other side, Masi Elizalde taught that one of the deepest features of *Nat-c* is its relation to "attachment", and sodium carbonate acts physiologically as a buffer substance.

Prescription

Natrium carbonicum LM 6, 10 succussions, 1 drop diluted in half a glass of water, daily. The LM scale was chose in order to avoid any risk of homeopathic aggravation.

Follow-up

21 days later, the patient returned saying that the skin problem was worse, the skin had opened up in some areas and he felt burning pain, as if something was cutting his skin. On the other hand, insomnia had vanished, relatives and friends said his mood had improved. The patient himself said he was feeling calmer, not so susceptible to small problems in his job. Hay-fever vanished too.

Dreamed that "I went out with my wife and children to attend to some matter. I left her and the kids and went to a train station. When I came back, I found my youngest playing at the house's roof and the girls in the street. She had left the kids alone! She said she had to learn how to milk the cow with some guy". Explains he felt "indignated, I wanted to beat her up. She went out to milk the cow and left the kids! I thought 'Milking a cow is more important than watching the kids?'"

We understood that the patient had improved: felt subjectively better, relatives and friend (objective witnesses) confirmed emotional improvement, all symptoms improved but for the skin affection, which had actually worsened (homeopathic aggravation). We interpreted his dream as a process of anger release at the level of imagination, important as this patient told us he used to suppress emotions.

Later course

We saw this patient every 15 days, increasing dynamizations by 2 every 15 days. The skin affection gradually improved until full healing in August, when he was sued by a former employee, which affected him very deeply. Dishidrosis returned, which was checked merely by increasing succussions of the last dynamization he had taken (LM 16) to 50. We chose this procedure as this had been the dynamization that had resulted in full recovery. (Fig. 2)

From a miasmatic point of view, the patient began to have insights concerning the actual psoric causes of his suffering, which allowed him to establish a healthier relationship with his environment.

The patient was discharged on October, 18th (after 5 months of treatment).

Discussion

We chose to publicize this case as it's necessary to make the effectiveness of Homeopathy widely known. This patient had been suffering from severe dishydrosis for 20 years, attended by failure of all conventional remedies. Traditional homeopathy resulted in a full and quick recovery.

Secondly, this case serves to illustrate some particular points of Homeopathy: the first prescription elicited improvement "from inside outward", "from the head to the

toes", attended by homeopathic aggravation of the latest and most superficial symptom to appear (Kent's Healing Law).

Concerning the procedure for the selection of symptoms and remedies, we'd like to remind the readers that "individualization" doesn't merely allude to the modalities of symptoms, but the whole clinical approach must be adjusted to every single particular case. In our case, the theme of "bursting bubbles" was evident enough as to guide the choice of the remedy.

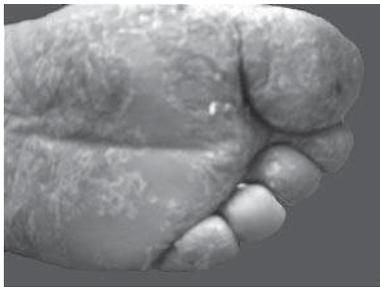


Figure 1 - Lesion at the beginning of the treatment (June, 2004)



Figure 2 - Image of the end of the treatment

Tabela 1 - Medicines connected to the theme "burst & bubbles" in the materia medica pura (Programa Radar)

X-ray	Natrium muriaticum
Carduus benedictus	Phosphorus
Chelidonium	Pulsatilla
Colocynthis	Sarsaparilla
Curare	Silicea
Fórmica	Staphisagria
Graphites	Sulphur
Helleborus	Taraxacum
Mezereum	Natrium carbonicum