

## A CASE OF CONTACT DERMATITIS

Name - Mr. B.T.

Age - 21 years

Occ - In share market Computer operator

DOC - 3/03/2001

C/O - Skin lower limbs since 5-6 years - below the knees upto the ankles. Starts with small eruptions à vesicular eruptions with itching ++. Itching not > by scratching; feels to scratch more once he starts. No bleeding. Itching slightly > cold applications.

Elbow since 2-3 weeks à whitish plaques with small eruption. Itching ++.

Eruptions on elbows and legs leave behind blackish discoloration.

Also has eruptions on the margins of the upper lip since 2-3 years. Painless; whitish discharge. They come and go.

Patient says that he is very thin and everyone says so to him. Weight - 53 kg.

He is lean and thin with normal appetite, thirst, stool and urine. Says that even though he eats well he does not gain any weight and many people when they meet him tell

him about it, which he dislikes. Tendency to scar formation ++.

Gums have a black line.

White spots on nails.

Desires - Sour (chatpatta - spicy + sour), fruits + esp. grapes, vegetables - peas, carrots, potatoes +

Dislikes - bitter +, brinjal

He likes winter and dislikes summer as he perspires a lot in summer. Gets lachrymation in sun. Takes a warm water bath throughout the year. Wants covering always and needs fan only if it is too hot.

He perspires on the chest and back - dorsal region, and forearm and palms. Palms were clammy.

Sleeps on abdomen and cannot sleep on the back.

P/H - jaundice 5-6 years ago; mumps in childhood

F/H - Paternal grandmother - OA knee joints with HT

Father - HT

Mother - epilepsy

Maternal grandmother -? skin problem

Mind: (The mental state of the patient is written in patient's own words)

Q. How has this illness affected you?

A. These eruption leave a black scar on my legs. I wear shorts so I don't like any scars left behind. If I go swimming or I go out in shorts, these spots become

visible. I don't like them. I don't like people asking me about them.

Q. What do you feel about it and when people ask you about it?

A. I feel - why me? Whether it is curable or not?

I have a shy type of nature. I take time to understand people, but once I understand them properly I am normal and I mix with them easily.

Q. What kind of friends you like to have?

A. Friendship should be of "real type", who helps you in need - "upar ka dhikawa nahin". He should be helpful.

I don't like showing off and greedy nature.

I love my family a lot; much more attached to my father, I cannot see him in trouble.

I don't like to see poverty - I feel why God has made them like that. How can these people live without the basic requirements in life?

I don't like cruelty done to animals.

I don't like horror movies - I feel frightened, that they will come in my dreams.

I don't like sad happenings.

Q. Tell me something about your father?

A. I cannot see my father in distress. Our yarn business stopped a year ago due to losses. I wanted to help him out any way possible; so whatever I earn now I give it to my father. I want to help him out in each and every way.

I have a fear of losing him; nothing should happen to him due to tension ++.

I have a helpful nature, I like to help everybody; I am also a religious person, I have faith in God.

Q. Tell me about your Father's nature?

A. He is shy à doesn't mix up properly with people; very good-natured; helpful person; doesn't shout and is very mild. Kind hearted and loves his family a lot. Never gives trouble to anyone. Doesn't share his troubles and tensions with the other family members, but sometimes tells me.

I like him very much; I need him ++..

I also have a lot of tension about household things and money matters. I fear sometime that how will we pay the light bill.

Q. Tell me something about your mother?

A. She is a bit hot tempered. Gets angry easily. Helpful. More social, mixes easily. But she is a bit lazy and feels sleepier.

I feel very tensed when anything affects my loved ones. When I am tensed, I feel excited à bechaini aa jati hai; I fear that something unfortunate will happen esp. if someone is coming late at home.

Q. Any other time you get tensed?

A. I get tensed when I work.

Q. Why?

A. When I work I feel there should be no problems or loss because of me - meri wajah se nuksan nahin hona chaiye. No one should suffer because of me.

If some mistake occurs I feel why I made such a mistake unnecessarily, I should have been more careful.

Someone should not shout at me or tell me that I have done this mistake.

Q. Can you talk to a group of people?

A. I won't be able to talk. If I not perform well people will laugh at me and make fun of me. If they laugh and make fun, then image kharab hoti hain (Image gets spoiled). Image should be maintained. People should have some respect for you. You should command some respect ++.

I want to keep myself at a certain level and people should have a good opinion about me.

Q. Can you take criticism?

A. I don't like criticism. I like to avoid it and mend it.

Q. Can you give some example about it?

A. If I fail in some subject, I avoid coming in contact with people, as I don't like people telling me about it. Basically I don't want to give people a chance to criticize me. If someone criticizes me I think, "Why I am like that? I need to be better."

Q. Any fears?

A. Fear of horror movies. Also I have a fear of losing any of my close relatives. It frightens me. I feel, "What will happen without them? How will life go on? How will I react to it? I will miss him and remember him."

Last year my grandmother expired, I miss her a lot. I miss her constant pampering.

I don't like deaths. I fear death. I was very terrified when someone so special left me. How will I cope up with it?

Q. Tell me something about your childhood?

A. I was average in studies.

Q. Any particular subject you liked?

A. I liked history a lot, especially the ancient civilizations.

Q. Why?

A. The whole concept fascinated me. It is very interesting to know that how those people lived without the basic necessities of life like electricity.

Q. When do you get irritated or angry?

A. I get irritated when someone does not listen to me. But I don't do anything. When I get angry I don't speak to that person.

I get angry mostly on myself especially at my work. I like perfection ++. I try to be perfect in all things, the best way possible → so that I have a good image and people praise me.

I am also religious, because if you are not religious God will be angry on you and you will not prosper +.

### Understanding of the case:

The patient appeared quite concerned about his image and the way he presents himself or appears in front of other people. This is seen in everything what he does, e.g. he says that he is very perfect in his work and takes care of every minor details so that people praise him and think

good about him. He does not like people talking bad about him and criticizing him and hence he does not like to participate in stage events. Even he does not like people calling him thin.

Another facet about him is his strong attachment and bonding with his family members. All his anxieties and worries are related to his family members. Anything happening to them makes him quite insecure. Also he has a lot of anxieties regarding money matters. He feels that his family might become so poor that they may not be able to pay the electricity bills and enjoy the basic necessities of life.

Also he is very sensitive in regards to cruelty and has a lot of fears.

With this understanding about his mental state and taking his physical appearance into consideration, i.e. lean and thin, and also his thermal modality, i.e. Chilly and other tubercular miasm features such as white spots on nails, Taking all these features into consideration Calc-Silicata.

Patient was prescribed Calc-Silicata 200 I dose on 10/03/2001.

When he reported on 17/03/2001, his eruptions on the elbow and legs had decreased. His itching was much better and discoloration also had improved. He had developed a throat infection, which got better on its own. His generals, i.e. appetite, sleep, stools and urine were normal. He was prescribed Placebo for a week.

On 24/03/2001 patient was much better. The lesions over the elbow had disappeared. Eruptions on the leg were reduced along with itching and pigmentation. The pigmentation around the scar had reduced along with the thickening of the skin around it. Eruptions around the lips were better. He complained of some small eruptions on the legs ?folliculitis. But there was no pain in them. His generals were normal. He was prescribed Placebo for a week.

On 31/03/2001, the pigmentation on the legs had reduced considerably. The scar on the leg, which was earlier raised, was flattening and pigmentation around it had reduced. The eruptions on the legs which he had complained a week earlier were much better. Eruptions on the lips were also better. His generals were normal. Patient was prescribed Placebo for a fortnight.

On 16/04/2001, the pigmentation around the scar had still reduced. There were no eruptions on the legs. He was prescribed Placebo for 3 weeks.

Patient reported again on 12/05/2001. He had no complaints. His appetite was normal and discoloration around the scar tissue had practically disappeared. There were no lesions around the elbow. All his generals were normal. He was prescribed Placebo for a week and then told to stop the medications and follow up SOS.



