

Utility of Homoeopathy as an “Add-On” Therapy, in the Management of Acute Adenoviral Conjunctivitis; An Evidence Based Case Report

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ABSTRACT

“Pink eye” or “eye flu”, a highly contagious acute “adenoviral conjunctivitis”, is currently an outbreak in India. It is not a life-threatening disease, yet it involves the most important organ “eye”, so people rush to the hospitals seeking treatment. Any acute disease can be effectively treated with Homoeopathy. It minimizes the suffering period and helps the patient to recover speedily. This article highlights the utility of Homoeopathy as an “add-on” therapy in the treatment of acute adenoviral conjunctivitis with an evidence-based case report.

Key words: Pink Eye, Eye Flu, Adenoviral Conjunctivitis, Homoeopathy, Add-on Therapy

INTRODUCTION

Adenoviral conjunctivitis is most common eye infection worldwide. This is highly contagious infection, and known to have greatest epidemic potential. Transmission of the disease is by droplets of infected body fluids, primarily by tears or respiratory secretions and by fomites on towels, eye glasses, door knobs, soaps, etc.

Signs and Symptoms: Infected persons presents with conjunctival hyperemia of bulbar and palpebral conjunctiva, follicular reaction in palpebral conjunctiva, chemosis (conjunctival edema), ocular itching and irritation, epiphora (excessive lachrymation), watery or yellow discharge from eye, photophobia, and foreign body

sensation. Systemic symptoms include fever, headache, fatigue, pre auricular lymph adenopathy. The infection first starts in one eye, and spreads to other eye in 70% cases, but in milder form.

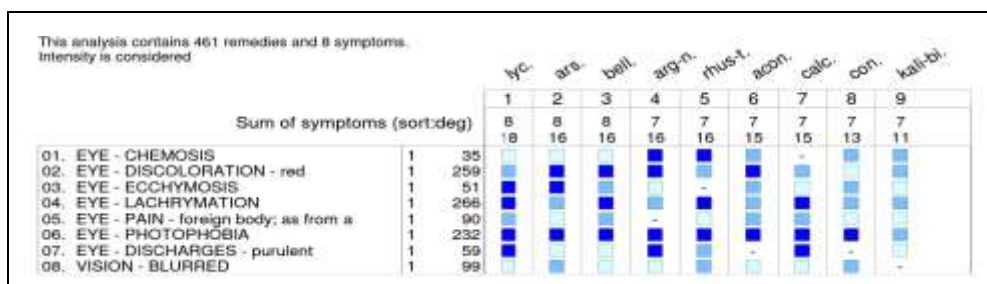
General management:

If infection is present, patient should isolate himself to prevent spread of infection to others. Touching and rubbing the eye, sharing the personal items with others, contact lenses are to be avoided. Hot fomentation can be applied to the eye for relief of pain. Consult the physician and use medication/eye drops till symptoms subside.

Homoeopathic management: As adenoviral conjunctivitis effects “eye” the most sensitive and important organ, and is very fast in its spread, many people opt for allopathic treatment, to prevent risk of damage to eye. Even though Homoeopathy is not opted as primary line of treatment for this disease, it can be opted as an “add on” therapy for limiting the course of disease and for fast recovery.

The following are the remedies occupy front grid on repertorising common symptoms of the disease → Belladonna, Apis, Euphrasia, Argentum Nitricum, Kali Bic, Rhustox, Hepar Sulph, Mercsol, Arnica, Crotales Horridus, Phosphorus.

Repertory sheet:



CASE REPORT: A female patient, house wife, of age 30 yrs visited OPD on 27.7.2023, with swelling and inflammation of left eye. Her husband got viral conjunctivitis 2 days back, being in same house, patient also contracted with infection. There was swelling of left upper eyelid on waking up in the morning on 25.7.2023. Eye was dry with little redness.

Next day there is stitching pain in the right eye. The redness gradually increased and became severe within 1 day. There is little Lacrimation. Patient used same eye dropper for both the eyes, instead of separate eye dropper bottles for each eye, the infection has spread to right eye also. Patient started antibiotics from day one, but did not find much relief so visited Homoeopathic OPD.

Location	Sensation	Modality	Concomitant/Accompaniment
Left eye → then right eye Since 2 days Continuous Progress- fast	Swollen left upper eye lid ↓ Redness and stitching pain of the left eye- conjunctiva Slight Lacrimation Slight Slight yellow sticky mucus from the eye ↓ Pain in right eye also	> Washing eyes with Hot water and hot fomentation	Irritability++

Treatment history: Allopathic Rx → Moxifloxin (0.5%) eyedrops, Loteprednol (5mg) 4 times per day, Moxifloxacin (0.5% W/W) ointment once at bed time, started since the beginning of the complaint.

Generals- Appetite good. Hunger present, no change. Thirst –less, 1-2 lts per day, Bowels regular, Urine – Normal, 4-5 times per day, clear, non-offensive. Sleep-wanted to lie down always since the complaint, doesn’t want to do any work, and feeling irritable. Perspiration slightly increased, non-offensive, wanted fanning always. Feeling hot.

Examination findings: Vitals: Normal, no fever. Heart rate, respiratory rate, pulse rate – normal.

Left eye: swollen upper eye lid, and diffuse congestion of conjunctiva, dryness present. Little slight yellow pus discharge is seen.

Right eye: moderate congestion. No lacrymation.

In both eyes Ocular movements, ocular alignment, cornea, iris, pupil- appeared normal

Acute Totality: Boger’s approach: swollen eyelid, congestion of the conjunctiva, stitching pain, thirstless, feeling hot, wanted fan.

First prescription: Apis was selected as an acute prescription, in 200 potency, TID.

Prescription and Follow-up table:

Date	Symptoms	Prescription	Allopathic Rx
27.7.2023	Eye infection, Swollen eyelid, congestion of the conjunctiva, stitching pain, thirst less, irritability. Wants fan, feeling hot.	Apis 200 3 Doses TID.	Moxifloxacin eyedrops, Loteprednol eye drops QID continued. Moxifloxacin ointment at night.
28.7.2023	Swelling and pain slightly reduced. Redness intense, slight lachrymation, stitching pain is present.	Kali carb 200 one dose, followed by Euphrasia 200 frequent doses, hourly.	Moxifloxacin eyedrops, Loteprednol eye drops QID continued. Moxifloxacin ointment stopped.
29-7-2023	Slight relief of complaint on left side. right eye also started with slight pain and swelling >> very hot applications	Rhustox 200 frequent doses. Once in half an hour.	Stopped Allopathic Rx. Euphrasia eye drops QID.
30.7.2023	Better with the complaints. Swelling reduced. Redness is intense, in both eyes, but right side is more. No other complaints.	Arnica 200, frequent doses, Once every hour.	Euphrasia eye drops QID.
1.8.2023	Redness and slight swelling is present, more at morning after waking.	Kali carb 200 one dose followed by Arnica 200, frequent doses, Once every hour.	Stopped Euphrasia eye drops.
2.8.2023	Swelling reduced, redness slightly better.	Arnica 200 frequent doses, Once every hour.	--
3.8.2023	Feeling better but redness is present	Arnica 200 frequent doses, Once every hour.	--
4.8.2023	Redness slightly reduced than previous day.	Arnica 200 TID	--
5.8.2023	Redness reduced.	Arnica 200 TID	



DISCUSSION AND CONCLUSION

Acute case may need frequent repetition and change of remedies based on symptoms expressed by vital force. In this case also the

remedies were selected and frequently changed based on presentation of symptoms by patient time to time. Apis, Kalicarb, Euphrasia, Arnica helped in improving the

symptoms of the patient. After giving Euphrasia internally, there is marked improvement in the case, so all allopathic eye drops were stopped, and externally euphrasia eye drops were started. Arnica helped in absorbing the congestion (ecchymosis) which was very intense in left eye, can be evidently seen in the picture. In 20 other cases in OPD, it is observed that there is marked improvement with Euphrasia. In 14 cases at OPD Arnica helped in absorbing residual congestion after suffering with conjunctivitis. Hence Homoeopathy can be used as “an-add” on treatment for pink eye to decrease the suffering period of patient.

Declaration by Authors

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