

A Naturopathic Drug (Choornam) for Seborrheic Dermatitis Induced Stevens Johnson Syndrome - Case Report

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ABSTRACT

Introduction: Choornam is a naturopathic medicine which is using from thousands of years. In Sanskrit; the meaning of choornam is powder. Choornam is the mixture of powdered herbs and minerals. Seborrheic dermatitis is a skin condition that mainly affects the scalp. Triphala choornam is meant for skin disorders such as seborrheic dermatitis [1]. Here we are discussing a case of Stevens Johnson Syndrome that occurs due to adverse effect of triphala choornam. Stevens Johnson syndrome is a serious life threatening skin disorder. It initially characterized by red or purple rashes, then turns into blisters and scaly patches. It mainly occurs when body adversely reacts with certain drugs. A type of skin disease that found in scalp is seborrheic dermatitis. In naturopathy there have certain treatment options for seborrheic dermatitis. From that one of the important treatment option is triphala choornam.

Case Report: A 48 year old female patient took triphala choornam for seborrheic dermatitis. After 1 week she was admitted to a tertiary care hospital with the complaints of itching, rashes and scaly eruptions all over the body for 5 days. Her blood culture report shows the presence of staphylococcus warneri & staphylococcus epidermidis. ANA profile shows SM at borderline and Ds DNA positive. Her ESR and CRP levels were found to be elevated. The condition was diagnosed as Stevens Johnson syndrome. The patient was treated with antibiotics, corticosteroids, analgesics and topical agents. Here, we reporting the first case of Stevens Johnson syndrome induced by triphala choornam (a naturopathic drug) which was used to treat seborrheic dermatitis.

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Introduction

Choornam is a naturopathic medicine which is using from thousands of years. In Sanskrit; the meaning of choornam is powder. Choornam is the mixture of powdered herbs and minerals. Seborrheic dermatitis is a skin condition that mainly affects the scalp. Triphala choornam is meant for skin disorders such as seborrheic dermatitis [1]. Here we are discussing a case of Stevens Johnson Syndrome that occurs due to adverse effect of triphala choornam.

Case Report

A 48 years old female patient went to a naturopathy hospital to treat seborrheic dermatitis [fig1.] They prescribe to take choornam. After 1 week she started to experience rashes all over the body [fig2a]. She had generalised itching and scaly eruptions from rashes with discharge of liquids. Then she admitted to a homeopathy hospital for the treatment of this rashes and scaly eruptions. She also started to experience fever and pain all over the body for 2 days. She was very sensitive to cold. Thus, they referred to a tertiary care hospital for further treatment She admitted to a tertiary care hospital with the complaints of rashes all over the

body from 5 days, scaly eruptions and fever from 3 days. Scaly eruptions over face, vesicular eruptions over anterior and posterior aspects of neck (erythematous), ruptured vesicles over chest and upper back (erythematous) [fig2b]. She had regular bowel habits with mixed food habit and good appetite, her urine output were also normal. Generally patient was conscious and oriented with diffuse maculopapule, GIT was soft, but dermatology had scaly eruptions and vesicular eruptions all over the body.



During admission time her temperature - 102 °F, respiratory rate - 24 cycles/min, pulse -

110 beats/min, BP - 110/70 mmHg. Under laboratory investigation; CRP (140.7) level is elevated and ESR (30) level is slightly elevated. Her blood culture found the presence of staphylococcus warneri & staphylococcus epidermidis. ANA profile shows SM at borderline and Ds DNA positive. Dental consultation also referred as dental caries 36 and generalised mild chronic gingivitis. Patient's symptoms and laboratory parameters help to confirm that the patient was suffering with Stevens Johnson syndrome.

While the patient stayed in hospital, she was treated with Inj. Cefuroxime, T. Azithromycin for staphylococcus epidermidis as well as Cap. Doxycycline for staphylococcus warneri. Inj. Cefoperazone-Sulbactam was prescribed as broad-spectrum antibiotic (it is sensitive for both staphylococcus epidermidis and

warneri) [2]. The inflammatory responses were controlled with the help of corticosteroids like Inj hydrocortisone, Inj. Dexamethasone and her pain was treated by Inj. Acetaminophen. Also, she had itching and rashes that were treated with anti-histamines like inj. Pheniramine, T. Hydroxyzine and topical agents such as Triamcinolone ointment, Betamethasone ointment and calamine lotion for skin care. The patient's condition was recovered after 10 days of treatment and the patient felt better during discharge [fig3a,b,c.]. Here, the treatment for seborrheic dermatitis with naturopathic drug induced its adverse effect rather than pharmacological effect. So before prescribing triphala choornam conduct a sample test topically to identify whether patient have any allergy to that particular drug meant for topical application.

	<p>Figure: 1</p>
	<p>Figure: 2a</p>
	<p>Figure: 2b</p>
	<p>Figure: 3a</p>
	<p>Figure: 3b</p>

	<p>Figure: 3c</p>
	<p>Figure: 3d</p>

Discussion

Choornam is a naturopathic medicine. There have different types of choornam such as triphala choornam, kayam choornam, hinguvachadi choornam, eladi choornam and rasnadi choornam. Each type of choornam is meant for different purposes. Triphala choornam consists of three fruits such as Amla, vibhitaki, and Haritaki [3]. It is mainly applicable for seborrheic dermatitis which is characterised by scaly patches over the scalp. The choornam shows its better action towards seborrheic dermatitis and many got cured their skin condition with this triphala choornam. But unfortunately, as a coin has two sides, this choornam also shown its other side that result in an adverse event. The use of choornam cause itching and scaly patches. She admitted to the tertiary care hospital with scaly eruptions and vesicular eruptions all over the body [4].

Under laboratory investigation her blood culture had shown presence of staphylococcus epidermidis and staphylococcus warneri. The condition was diagnosed as Stevens Johnson syndrome. These organisms were treated with antibiotics, and also the patient was treated with corticosteroids analgesics and topical agents [5]. Her skin condition became almost normal during the end days of hospital stays.

Conclusion

Stevens Johnson syndrome is rare disease condition. Any drug can be adversely react with the body and cause this disease condition. In this case, a naturopathic drug triphala choornam for seborrheic dermatitis adversely react with the body. And result in itching, rashes, scaly and vesicular eruptions. That severely affects the patient's quality of life.

So whenever prescribes choornam for topical application just conduct a sample test topically [6]. If the patient having no hypersensitivity reactions then you can prescribe this drug with caution such as whenever you feel any rashes over body suddenly consult your physician. After ensuring that this drug will not affect adversely, then prescribe this kind of choornam. That helps to provide better quality of treatment and better quality of life.

Author's Contribution

Dr. Anusreeraj R S was involved to identify, collecting, reviewing and editing the case study. Remaining authors also helped for editing as well as reviewing this case study.

Ethical Approval

Collected consent from patient

Conflicts of Interest

None

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