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CASE REPORT

A CASE REPORT ON SUBCONJUNCTIVAL HAEMORRHAGE

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Abstract

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Key

Subconjunctival
haemorrhage
Injury,
Arnica Montana

Word-

(SCH),
Inflammation,

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Subconjunctival haemorrhage is the term given to breakage of blood vessels on the surface of the eye resulting in extravasation of blood on the surface of the eye. Case Summary: A 37 yrs male presented with haemorrhage from left eye from 1 day. He had a history of eye injury from foreign body. He was also suffering from the inflammation, eye discolouration and pain in his left eye; Systematic case taking followed by repertorisation of the totality of symptoms was done by Synthesis Repertory using RADAR software in order to choose the individualised remedy were Arnica Montana, Aconitum Napellus, Calcarea, Sulphur and Hepar sulphuris were shortlisted.

INTRODUCTION

Subconjunctival haemorrhage (SCH) is a common benign condition of the eye that has characteristic features, such as the painless acute appearance of a sharply circumscribed redness of bleeding underneath the conjunctiva in the absence

of discharge, and inflammation in contagious areas. Reduction in visual acuity is not expected. It can vary from dot-blot haemorrhages to extensive areas of bleeding that render the underlying sclera invisible. Histologically, SCH can be defined as haemorrhage between the

conjunctiva and episclera, and the blood elements are found in the substantia propria of the conjunctiva when a subconjunctival vessel breaks. The incidence of SCH was reported as 2.9% in a study with 8726 patients, and increase with age was observed, particularly over 50 years of age. It is thought that this significant increase depends on the increase of prevalence of systemic hypertension after the age of 50 years; also, diabetes mellitus, hyperlipidaemia, and the use of anticoagulation therapy becomes more frequent with aging. Generally, SCH is most often seen in the inferior and temporal areas of the conjunctiva, but trauma causes localized haemorrhage at the site of injury, especially in the temporal areas. The fibrous connections under the conjunctiva, including elastic and connective tissues, become more fragile with age, and this can be the reason for easy spread of haemorrhage in older patients. Traumatic SCH is more likely to remain localized around the site of impact compared to diffuse SCH-associated systemic vascular disorders. SCHs are observed more often in summer, and this is related to the high frequency of local traumas in this season.¹

Subconjunctival Haemorrhage Causes

Coughing, sneezing, straining, or other similar actions most commonly cause subconjunctival haemorrhages. This

is because they briefly raise blood pressure in your veins. That quick pressure rise can cause capillaries to break.

Trauma to the eye can also cause subconjunctival haemorrhage. Even rubbing your eyes too hard might cause capillaries to break.

Less common causes of subconjunctival haemorrhage include:

- Diabetes
- High Blood Pressure
- Medicines that can make you bleed easily (such as aspirin or blood thinners like Coumadin)

Rarely, subconjunctival haemorrhage is caused by a blood clotting disorder or other blood problem that affects your whole body.²

CASE HISTORY

Personal Data

- Name: Mr. X
- Age: 37 years
- Sex: Male
- Address: T. Camp, Rudrapur, Uttarakhand
- Dated: 12/03/2022

Presenting Complaints

The patient complains of redness of left eye since 2 days after history of injury from a foreign body. He also complained of pain in eye along with inflammation. He also suffers from fullness of abdomen after eating very often since 2 years.

Physical Generals

- Appetite: Good
- Thirst: Thirsty
- Desire: Sour
- Aversion: Fatty food
- Intolerance: Nothing specific
- Bowel: Satisfactory, Regular
- Bladder: Clear, profuse
- Sleep: Refreshing
- Perspiration: Profuse, Generalized
- RHC: Hot patient

Mental Generals

- Anger³⁺
- Consolation aggravation³⁺
- Want to be alone (company aversion)³⁺
- Memory sharp²⁺
- Dreams of animals²⁺

Provisional Diagnosis

Subconjunctival Haemorrhage³

Totality of Symptoms

- Aversion to company
- Consolation aggravation
- Desire for sour things
- Injury of eye from foreign body
- Bleeding from eye
- Red discoloration of eye
- Inflammation of eye
- Pain in eye
- Fullness of abdomen after eating

Rubrics Selected⁴

1. Eye – injuries, from- foreign body, from

2. Generals- food and drinks – sour food, desire
3. Mind – company – aversion to
4. Mind – consolation – agg.
5. Eye – bleeding from eyes
6. Eye – complaints of eye – left eye
7. Eye – discoloration – red – injuries, after
8. Eye – inflammation – injuries, after
9. Eye – pain – sore
10. Abdomen – fullness, sensation of eating, after

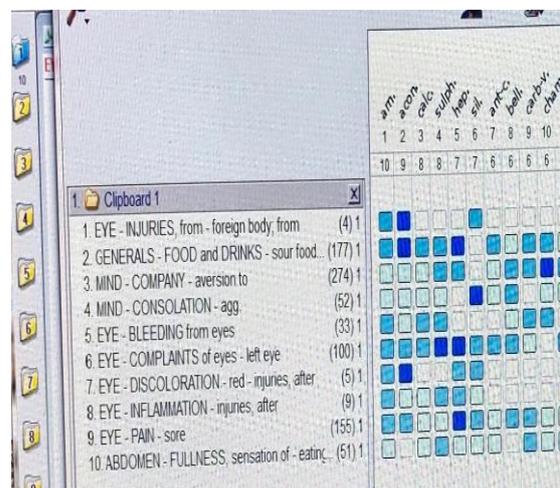


Fig. 1: Repertorial Analysis⁴

Prescription

Arnica Montana 30/6 dose

Analysis of the case

After analysis and evaluation of the case the characteristics symptoms were used to form the totality “injury from foreign body, bleeding from eye” were important particulars in this case, “desire for sour things, abdominal fullness after eating” were important physical generals

in this case and “aversion to company, consolation aggravation” were important mentals general in this case.

The selection of remedy was based on repertorisation from RADAR 10 software using Synthesis Repertory 9.1 by Frederick Schroyens⁴ with repertorial result showing top five remedies as *Arnica* (18/10), *Aconite* (19/9), *Calcarea* (18/9), *Sulphur* (15/9) and *Hepar sulphur* (18/8).

Basis for Prescription

Medicine selected on the basis of individualisation, totality of symptoms and consultation with materia medica was *Arnica montana*. Furthermore, *Arnica montana* was selected as it covers the totality of symptoms covering all the rubrics with the highest score. The case was of blunt injury and *Arnica* is one of the best medicines for blunt injuries and extravasation of blood. *Arnica montana* 30/ 4 doses for 4 days one daily with regular follow ups.

Follow – up

Date	Symptoms	Medicine
12/03/2022	Patients' 1 st visit	<i>Arnica montana</i> 30/4 doses
15/03/2022	Redness subsided	Placebo
20/03/2022	Fullness of abdomen reduced	Placebo
25/03/2022	All complaints are relieved, no associated complaints	Placebo

Patient before treatment



Patient after treatment



CONCLUSION

Homoeopathic medicine selected on the basis of homoeopathic principles proved to be very effective in this case of subconjunctival haemorrhage and shown remarkable results in the treatment. *Arnica* was selected on the basis of particulars and keeping in mind the knowledge of Materia Medica and homoeopathic philosophy. Treatment was continued only for 3 days. Medicine was given in very few doses which appeared very effective in treatment of the case.

The potency selection was done on the basis of susceptibility of the patient as stated by Dr Close⁵

- The greater the characteristic symptoms of the drug in the case, the greater the susceptibility to the remedy and the higher the potency required.

- Age: Medium and higher potency for children.
- Higher potencies for sensitive, intelligent persons.
- Higher potencies for person of intellectual or sedentary occupation and those exposed to excitement or to the continual influence of drugs.
- In terminal condition even the crude drugs may be required.

This case of subconjunctival haemorrhage re-established the strength of homoeopathy and proves the homoeopathic principles and philosophy as stated by Dr Hahnemann. It also elicited that homoeopathy can cure such type of emergency case in very few doses in a very short period of time without any aggravation and side effects.

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