



From Practice - For Practice Henoch Schönlein Purpura

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The word “purpura“ is derived from the Purple snail (purple), and medicinally it refers to exanthematic capillary hæmorrhage into the skin, the subcutis or mucous membranes, which is triggered by disorders in the clotting function or damage to the vascular wall or connective tissue. The disease picture was described in the second half of the 19th Century by the internist Johann L. Schönlein and the pædiatrician H. Henoch, and was named after them. Other synonymous names for this dermal bleeding are: rheumatoid purpura, immune-complex purpura, or hæmorrhagic type of purpura anaphylactoides.

Henoch-Schönlein purpura is one of the hæmorrhagic diatheses, i.e. one of the diseases involving bleeding. It manifests in various forms, and also in various locations. Triggers are considered to be immune disorders following infections (mostly in the course of a throat infection or other streptococcal illness), medicines or foodstuffs. Patients are most-

ly children, particularly boys, of pre-school age.

Towards diagnosis: Following certain preliminary manifestations, including feeling unwell and, in some cases, violent abdominal pain, loss of appetite, febrile episodes, very symmetrical bleeds into the skin occur in phases. These petechiæ vary in size from that of a pin-head to that of a lentil and are rarely larger, and their preferred location is the extensor surface of the upper and lower extremities, particularly around the joints, although on occasions they may be found all over the body. As well as this, there are also urticarial efflorescences, erythema similar to an erythema multiforme, and œdema, particularly on the back of the hands and feet.

The distribution varies in form:

Purpura abdominalis (Henoch) - along with the abdominal pain and bleeding in the area of the gastro-intestinal tract, there is

vomiting containing bile and blood, and blood in the stools, plus frequently hæmaturia as the expression of hæmorrhagic nephritis.

Purpura rheumatica: along with the dermal bleeding predominantly on the extensor surfaces, there are also fleeting pains in the joints; however, these are not related to genuine rheumatism. Hæmaturia and nephritis often ensue.

Purpura fulminans: this is a highly acute episode with fever, vomiting and suddenly occurring symmetrical bleeds over a large area of skin. As a secondary manifestation the thrombocyte count is depressed. In any event, this type should be treated by a doctor.

An important element in differential diagnosis is the clotting status: bleeding and coagulation times as well as the thrombocyte count are normal, which is not the case in thrombopænic purpura.

Treatment:

- 1) CITROKEHL, 2-5 drops to be given orally in warm water twice a day over 2-3 months; to improve the immune status, abstain from cow's milk products, hen's eggs and pork; the patient should drink a lot, abstain from sports and initially rest in bed. Should fever occur, daily warm baths should be taken or foot-wraps applied. To bind toxins in the body, particularly in the abdominal form, it is recommended to keep to a diet high in bulk and low in irritants, and also to give healing earth. Additionally, OKOU-BASAN 2X drops can be taken 2-3 times a day in plenty of warm water. To reduce the permeability of the blood vessels, oral doses of Vitamin C (e.g. in the shape of fruit and vegetables) are suited. In any event, foods which promote histamin excretion within the body (e.g. fermented foods such as wine, cheese, sauerkraut) must be avoided, as must histamine liberators.
- 2) Simultaneously we begin giving FORTAKEHL 5X drops in the mornings and NOTAKEHL 5X drops in the evenings; in both cases 5-10 drops orally a day of each over 2 weeks; then switch to
- 3) SANKOMBI 5X drops daily from Monday to Friday, and on Saturday/Sunday FORTAKEHL 5X in the mornings and NOTAKEHL 5X drops in the evenings. This treatment may be continued for weeks.



4) In order to prevent this a chronic manifestation (chronic glomerulopathy), at the outset of Stage 3 we should additionally give SANUKEHL Strep 6X and SANUKEHL Pseu 6X drops, alternating daily: children up to the age of 10 are given 2-3 drops twice a day, and older patients 5 drops twice a day; these may be massaged in or given orally.

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