

Herbal Medicine Induced Toxic Epidermal Necrolysis: A Case Report

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ABSTRACT

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INTRODUCTION

Toxic epidermal necrolysis (TEN) is a rare medical emergency characterized by wide spread skin and mucosal lesions. TEN is often associated with adverse drug reaction, usually to sulfonamides, non-steroidal anti-inflammatory drugs, antibiotics (Oshikoya et al., 2020; Gerull et al., 2011) TEN has also be reported to be associated with herbal medicine (Bonhomme et al., 2017; Gupta et al., 2016). This paper reports a case of toxic epidermal necrolysis (TEN) in a 10-year old female following ingestion of a herbal mixture. The objective of the study to highlight the adverse effect of self-medication and indiscriminate use of herbal medication.

CASE REPORT

A 10-year old female being managed in the Children's emergency room (CHER) of the University of Benin Teaching hospital on account of generalized blistering and peeling of skin following ingestion of a herbal mixture "DR ALADDIN'S 7 KEYS HERBAL MIXTURE". There was a positive history of cough and malaise, for which the mother gave her septrin (a sulfonamide). This was followed by the appearance of skin rashes about 24 hours later which was associated with urticaria and itching of the eyes. As a result, the mother resorted to

use of "DR ALADDIN'S 7 KEYS HERBAL MIXTURE" which the patient drank daily. About two days later the patient developed blisters all over her body, severe oral and erosions/ulcerations with the markedly erythematous and swollen eyes which led to her being brought to the hospital. Ruptured blisters resulted in large areas of desquamated erythematous skin lesions. The oral medicine team immediately commenced intramuscular (IM) methylprednisolone 40mg daily for a week, along-side management by other specialties. Patient was converted to oral prednisolone and topical steroid oral rinse daily for 4 weeks as her oral lesions improved.

CONCLUSION

This case report addresses the fact that severe hypersensitivity reaction can occur with the use of herbal medicine. As a result, active vigilance on the use of herbal medicine is thus advised. This patient's condition was due to the use of medication without proper prescription and indiscriminate use of herbal mixture. Prompt multidisciplinary management alongside immediate commencement of steroid therapy is very essential to patients' survival.

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Conflicts of interest

The authors declare that they have no conflicts of interest.

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