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A multisystemic case complaints managed by individualized homeopathy at Dr Batra's

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Abstract
Psoriasis is a chronic, autoimmune skin condition affecting approximately 2-3% of the global population. It is marked by erythematous, scaly plaques that often cause physical discomfort and emotional distress. This case study describes a 35-year-old homemaker with psoriasis vulgaris since 2018, along with multiple comorbidities including asthma, GERD, migraine, and dietary intolerances. The disease was triggered and worsened by emotional stress, particularly the loss of her father and professional setbacks. Through a tailored homeopathic approach based on individual symptom totality, the patient experienced significant improvement in skin lesions, asthma control, energy levels, and overall well-being. The case highlights how holistic homeopathic care can address both physical and psychological aspects of chronic autoimmune diseases at Dr Batra's

Keywords: Dr Batra's, homeopathic approach, miscellaneous

Introduction
Psoriasis is a chronic, immune-mediated dermatological disorder that affects more than 125 million individuals worldwide, with a substantial impact on physical comfort, emotional well-being, and overall quality of life [1]. Clinically, it most often manifests as well-demarcated erythematous plaques covered with silvery-white scales, frequently observed on the scalp, elbows, knees, and lower back. The disease has a relapsing-remitting course and can present at any age. While the precise etiology remains uncertain, psoriasis is thought to result from a complex interaction of genetic predisposition, autoimmune dysfunction, and environmental triggers such as infections, stress, and trauma [2, 3]. Common signs and symptoms include itching, burning, pain, the Auspitz sign (pinpoint bleeding on removal of scales), and Koebner phenomenon (lesion development at sites of trauma). Some patients may also exhibit nail dystrophies and psoriatic arthritis, which affects approximately 30% of individuals with the condition [4]. Psoriasis is further associated with systemic complications including cardiovascular disease, type 2 diabetes, obesity, and psychosocial conditions like depression and anxiety [5]. Conventional treatment approaches—such as topical corticosteroids, phototherapy, and systemic immunosuppressants—often yield temporary relief but may be accompanied by adverse effects with prolonged use [6]. In contrast, homeopathy offers a holistic approach that addresses both physical symptoms and underlying emotional triggers. Through individualized prescriptions based on the totality of symptoms, homeopathy aims to correct internal derangements and achieve sustainable improvement in chronic autoimmune conditions like psoriasis [7].

Case Profile
A 35-year-old homemaker from a middle-class Bengali family has been struggling with multiple chronic health conditions that have progressively affected her physical and mental well-being. Over the past 4-5 years, she experienced a significant weight gain of around 20 kilograms, which she attributed to her declining health and restricted physical activity. She has been dealing with prediabetes, asthma requiring inhalers two to three times daily, recurrent migraines, gastroesophageal reflux disease (GERD), and diagnosed intolerances to both gluten and lactose. In March 2023, she suffered an anterior cruciate ligament (ACL) tear, further limiting her mobility and compounding her feelings of lethargy, low energy, persistent bloating, and acidity. Alongside these health concerns, she has been experiencing a distressing skin condition since 2018, initially appearing as a few guttate scaly lesions on the

scalp and progressively spreading to the inframammary region, anterior abdominal wall, chest, legs, and inner thighs. The itching has been severe and intolerable, often leaving her mentally and physically drained. Her skin condition remained unrelieved despite undergoing allopathic treatment under Dr. Aindrajit Panja in 2022, including the use of medicated shampoos like Mycobloc. She also suffers from dyslipidemia and is on medication for the same. Her past history reveals typhoid in childhood and the aforementioned ACL tear, while her family history includes diabetes and hypertension on her father's side. Mentally, she has endured ongoing stress due to life's unpredictability, with her father's death from cardiac arrest being a deeply traumatic event. She was once employed in graphic design and even ran her own shop, but the post-lockdown financial crisis forced her to shut down the business, adding to her emotional strain. Married for seven years and without children, she reports moderate appetite and thirst, average build, and no addictions. She describes a strong liking for sweets, experiences moderate sweating and sleep, and menstruates regularly. Her daily life has been significantly impacted by the combined burden of chronic physical ailments, emotional stress, and dermatological suffering, leaving her feeling overwhelmed, isolated, and consistently unwell.

Physical Generals
Diet: Mixed
Appetite: Average
Desire: Strong desire for sweets
Aversion: Deep fried items
Thermal Reaction: Not explicitly stated, but no strong thermal intolerance reported
Thirst: Moderate; drinks approximately 2 liters per day
Stools: Reg, soft but often associated with colic in rt hypogastrium
Urine: Clear, no burning/smarting, p/h of UTI
Perspiration: Moderate
Sleep: Moderate; no major disturbances reported
Dreams: Not specified
Addiction: None
Menses: Menarche at 12 years; regular cycles; Last Menstrual Period (LMP) on 4.8.23

Examination
1. **General:** Moderately built and nourished; alert and cooperative; vitals stable.
2. **Skin:** Multiple scaly, crusted lesions on scalp, behind ears, chest, inframammary area, umbilicus, and thighs.
- **Scaling:** ++
- **Auspitz Sign:** Positive
- **Koebner Phenomenon:** Positive
- **Nails & Joints:** No changes
3. **Wood's Lamp:** Shows silvery scaling on scalp
4. **Respiratory:** Bilateral air entry; history of asthma
5. **CVS:** S1, S2 normal; no murmurs
6. **Abdomen:** Soft, non-tender
7. **Musculoskeletal:** Limited activity due to ACL tear; no active joint swelling
8. **Neuro:** No abnormalities

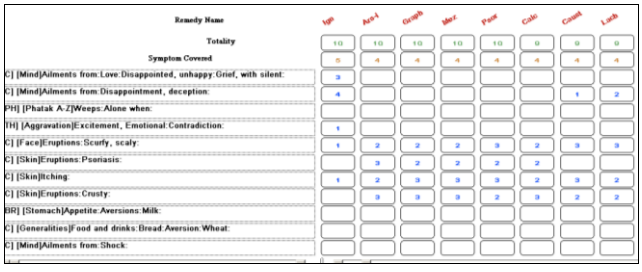
Mental Generals
The patient hails from a middle-class Bengali family and has been married for the past seven years, with no children. She was previously employed in the graphic design field and had shown initiative by establishing her own shop. However, due to the economic impact of the COVID-19 lockdown, she had to shut down the business, which left her emotionally and financially unsettled. This loss of independence and professional identity affected her confidence and mental stability.
She experienced a significant emotional setback with the sudden demise of her father due to cardiac arrest, as she was extremely close and emotionally attached to him. His loss triggered a phase of deep grief and prolonged emotional stress. She describes her life as full of ups and downs, with ongoing underlying stress being a constant presence throughout. Despite trying to maintain stability, she often feels weighed down by circumstances, particularly her health issues and the inability to conceive, which may further contribute to her emotional burden.
Her mental state reflects suppressed emotions, a sense of personal loss, and internalized struggles related to career failure, health deterioration, and family responsibilities.

Past History
- Typhoid during childhood
- Anterior Cruciate Ligament (ACL) Tear in March 2023 — currently under medication and limited mobility
- Migraine — recurrent episodes
- GERD (Gastroesophageal Reflux Disease) — complaints of acidity and bloating
- Asthma — using Combuheal 200 inhaler 2-3 times daily previously
- Gluten and Lactose Intolerance — dietary restrictions followed
- Weight Gain — 20 kg over 4-5 years due to reduced physical activity and multiple health issues

Family History
- **Father:** Suffered from diabetes and hypertension; passed away due to cardiac arrest
- No known hereditary skin conditions or autoimmune diseases reported in the family

Case analysis Reportorial totality
Mind - Ailments from - Grief
Mind - Ailments from - Disappointment, deception
Mind - Weeping - alone, when
Mind - Contradiction - intolerant of
Skin - Eruptions - scaly
Skin - Eruptions - psoriasis
Skin - Eruptions - moist - crusty

Repertory screenshot



Selection of Remedy
- **Remedy:** *Ignatia amara*

- **Constitutional Remedy:** Yes
- **Potency:** 200C
- **Dose:** Single dose once weekly (as per case need)

Reasons

- History of deep grief after father's sudden death
- Suppressed emotions with silent brooding
- Emotional stress triggering skin eruptions (psoriasis)
- Sensitive nature, easily affected by emotional events
- Loss of business, personal setbacks, and inability to express distress
- Skin itching aggravates mentally - drives her restless
- Physical ailments (asthma, GERD, migraines) linked to emotional stress

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Long-standing itching and scaly eruptions	✓	✓	✓	✓
Suppressed emotions, grief, silent suffering	✓		✓	✓
Recurrent asthma, needs inhaler	✓	✓		✓
Obesity and weight gain over years	✓	✓		
Deep grief after father's death	✓		✓	✓
Chronic skin condition since 2018		✓	✓	✓

Materials and Methods

Complete repertory was used for repertorization

Results

Month	Progress	Prescription
1st Month	Itching and scaling reduced slightly. No new lesions. Energy levels still low.	Ignatia 200C (1 dose), Bell 200C, Ferr-p 6X, Carbo veg 6C, Nat-p 6X, Arnica 1M, Calc-f 6X
2nd Month	Skin dryness improved, bloating better, occasional itching persists.	Same medicines continued. BFit medicine 4 added.
3rd Month	No new lesions. Scaling mild. Energy better. Inhaler reduced to SOS.	Continued: Bell 200C, Ferr-p, Carbo veg, Nat-p, Calc-f, Arnica.
4th Month	Itching reduced. Psoriasis patches fading. Scalp scaling improved.	Same set of medicines.
5th Month	Mild patchy scaling on abdomen. Mental state calmer. Sleep better.	Same prescription maintained.
6th Month	Weight loss 5 kg. Lesions flattened. Koebner's and Auspitz signs still mildly present.	Continued with supportive biochemics + Ignatia 200 SOS.
7th Month	No new lesions. Only behind ears and clavicle mild scaling. Redness reduced.	Continuation of Bell 200C, Ferr-p, Nat-p, Carbo veg, Arnica 1M, Calc-f 6X.
8th Month	Psoriasis under control. Scaling rare. No itch. Vertigo and back stiffness improving.	Same as above with minor adjustments.
9th Month	Patient very active. Weight reached ~64.8 kg. Psoriasis barely noticeable. Energy better.	Maintenance phase - reduced doses.
10th Month	Hair fall under control. Vertigo episodes rare. General health stable. No use of inhaler in 3 weeks.	Continued with constitutional & supportive.
11th Month	All lesions healed. No recurrence. No itching or scaling. Occasional acidity with dietary error.	Maintenance - only on biochemics. Ignatia as SOS if emotionally strained.
12th Month	Patient active, social, emotionally stable. Completely off inhaler. Maintains weight at 63-64 kg.	No active medicine. Only on dietary guidance and periodic follow-up.

Discussion & Conclusion

A 35-year-old homemaker came with a long-standing history of multiple health issues, including psoriasis with severe itching and scaling, asthma requiring frequent use of inhalers, gastric disturbances like bloating and acidity, migraine, prediabetes, gluten and lactose intolerance, and a ligament injury that limited her physical activity. Over the course of 4 to 5 years, these chronic conditions led to a weight gain of nearly 20 kg, accompanied by constant low energy and emotional stress.

She had previously undergone conventional treatment with minimal and short-term relief, particularly for her skin complaints. The psoriasis, which started with guttate lesions on the scalp, gradually spread to other body parts including the inframammary region, abdomen, chest wall, and thighs, leading to intense itching and irritation. Despite using medicated shampoos and topical agents, her symptoms persisted, affecting her self-confidence and daily functioning.

Her mental state revealed a background of emotional strain, especially following the loss of her father, to whom she was very closely attached. Added to this was the stress from having to close her self-started business after the lockdown, and the lifestyle changes after marriage. She described her life as a series of ongoing ups and downs. These unresolved emotional pressures contributed to her deteriorating health and lack of motivation.

With a clear understanding of her physical complaints, personal background, emotional history, and daily limitations, a detailed and structured plan was designed. This included individualized support through diet, exercise adjustments, and holistic treatment that she followed with discipline and regularity.

Over a period of nine months, she experienced a significant transformation. Her energy levels improved, she became more physically active, and her dependence on inhalers reduced to occasional use. The itching and scaling of her skin reduced substantially, with no new lesions appearing.

Digestive issues like bloating and acidity also subsided. Most noticeably, she lost 29 kg, bringing her weight down from 92.4 kg to 64.85 kg.

This case illustrates how chronic health issues intertwined with emotional stress can be managed with a systematic and personalized approach, leading not just to physical improvement but a more confident, energetic, and emotionally balanced state of life.

Suffering / Complaint	Before Treatment	After Treatment
Weight	92.4 kg (gained 20 kg over 4-5 years)	64.85 kg (lost 29 kg in 9 months)
Psoriasis	Multiple scaly lesions with severe itching, scabbing, and persistent recurrence	Lesions healed, no new patches, scaling and itching significantly reduced
Asthma	Required inhaler 2-3 times daily	Inhaler use reduced to SOS only
Gastric Complaints (GERD, Bloating)	Persistent bloating, acidity, heaviness, food sensitivity	Bloating and acidity greatly reduced, improved digestion
Migraine	Frequent episodes (triggered by stress/digestion issues)	Frequency and intensity reduced
Energy Levels	Constant lethargy, low stamina, restricted activity due to ligament injury	Improved energy, increased activity, mobility restored
Skin Condition	Widespread scabbing and scaling since 2018, scalp and body affected	Skin cleared, no new lesions, itching minimal
Mental State	Emotionally stressed, felt lost after father's death and business failure	Mentally stable, emotionally expressive, more confident
Sleep	Moderate quality, disturbed due to itching and stress	Improved sleep, restful and undisturbed
Dietary Intolerances (Lactose/Wheat)	Sensitive to gluten and milk; caused gastric upset	Better handled through adjusted diet and improved digestion
Exercise / Mobility	Restricted due to ankle ligament tear; low motivation	Regular physical activity resumed as weight reduced and pain lessened
Overall Outlook	Low self-esteem, tired appearance, felt emotionally overwhelmed	Brightened outlook, more enthusiastic, actively maintaining health

The transformation

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Conflict of Interest

Not available

Financial Support

Not available

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