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Dr. Sanchana Kavitha
Dr. Gururaju Government
Homoeopathic Medical College
and Hospital, Eluru Road,
Gudivad, Andhra Pradesh,
India

Palmar psoriasis treated with individualised homoeopathic medicine graphites

Sanchana Kavitha

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Abstract

Psoriasis is a chronic inflammatory disorder with cutaneous and extra cutaneous manifestations characterized by circumscribed, erythematous, dry, scaling plaques of various sizes, usually covered by silvery white lamellar scales. It is associated with arthropathy as well as disorders such as diabetes mellitus and coronary artery disease. Therapeutic guidelines offer a wide range of topical and systemic treatments, yet a number of patients are often dissatisfied with the treatment of their disease and, in consequence, seek other alternatives. Clinical experience and studies identify a positive role of Homoeopathy in skin conditions including palmar psoriasis.

Case Summary: A 37 years old female suffering with itching of right palm with scaly eruptions. It was already a diagnosed case of palmar psoriasis. Based on characteristic symptoms, repertorial analysis and individualisation, Graphites 200C and 1M were prescribed.

Keywords: Graphites, homoeopathic management, palmar psoriasis

Introduction

Psoriasis is a common, chronic, and recurrent inflammatory disease of the skin characterized by circumscribed, erythematous, dry, scaling plaques of various sizes, usually covered by silvery white lamellar scales. The lesions are usually symmetrically distributed and have a predilection for the scalp, nails, extensor surfaces of the limbs, umbilical region, and sacrum. It usually develops slowly but may be exanthematous, with the sudden onset of numerous guttate (droplike) lesions.

Palmoplantar psoriasis is a variant of psoriasis that characteristically affects the skin of the palms and soles. It features hyperkeratotic, pustular, or mixed morphologies. Palmoplantar pustulosis, or pustular palmoplantar psoriasis, is a possibly related dermatosis characterized by small, sterile pustules that may be a type of palmoplantar psoriasis or a distinct entity. Both conditions are chronic in nature and produce significant functional disability. As such, they are associated with substantial impairment in quality of life.

Case Report

A 37-year old female patient came to my OPD, with complaining of Itching with scaly eruptions on right palm since 2years. The patient was apparently healthy 2 years ago, then she gradually developed itching over both the palms and the skin gradually became rough and black with scaly eruptions on scratching. Skin blackish discolouration with cracks. The eruptions are irregular without any discharge, they are dry and scaly. Modalities-aggravation night and winter.

Generals

She was younger child in her family. Due to financial issues at home she was unable to complete her studies further and took responsibility of the family. Got married at the age of 20 years. Her relationship with her husband is not good, her husband is irresponsible and a drunkard she had to take care of the family by working in a shop, so there are regular arguments and her husband doesn't care about her. She feels lonely as if no one is there for her to share her feelings and problems. She deeply believes in God and she is saying that God is there for her to look after everything. She wants everything to be in order and neat if not she becomes irritable and shouts.

Corresponding Author:
Dr. Sanchana Kavitha
Dr. Gururaju Government
Homoeopathic Medical College
and Hospital, Eluru Road,
Gudivad, Andhra Pradesh,
India

Patient was short statured with obese and fair complexion. She desires sweets and aversion to sour food. Her appetite, sleep, urine and bowels all are normal. She is thirst less, as she drinks less than 1 liter/day. She is a chilly patient.

GYN & OBS history

Regular cycle; 4-5 days flow; bright red in colour.
G2 P2 A0 L2 S0

Physical Examination

On Examination of skin, Inspection: Scaly eruption on right palms. Skin over the palms is scaly, rough and with cracks. Size: 3-5 cm. Shape: Irregular. Colour: Blackish. No discharge. On Palpation: No heat and tenderness. Skin is dry and rough.

Tests: Auspitz's Sign: Negative

Case analysis

In this case peculiar symptoms are:-

- Forsaken feeling.
- Fastidious.
- Religious.
- Desires sweets.
- Aversion sour food.
- Thirst less.
- Scaly eruptions on both the palms.
- Scaly eruptions with itching.
- Skin blackish discolouration with cracks.
- < - night, winter.

Selection of repertory

Based on symptoms synthesis repertory was selected.

Rubrics

Mind-Forsaken feeling-loved, beloved by his parents, want of

Mind-Fastidious

Mind-Religious affections

Generalities-Food and drinks: Sweets: Desires

Generalities-Food and drinks-sour, acid: Aversion

Stomach-Thirstlessness

Extremities-eruptions, scaly, hands, palms

Extremities-Eruptions, itching, hands, palms

Skin-Eruptions, itching, night

Extremities-Discolouration, fingers

Extremities-Cracks, fissures, hands

Generalities-Winter, agg.

Repertorial results

- Sulphur-37/12.
- Lycopodium-33/11.
- Arsenicum album-30/9.
- Graphites- 25/9.
- Merc.sol-23/9

Selection of remedy

Based on symptom similarity Graphites 200C and 1 M was prescribed.

Diagnostic assessment

Diagnosis was made based on presenting complaint and examination.

Results

After 1st prescription marked improvement was noticed. The potency and doses was done as per the guidelines of homoeopathic philosophy. The changes in signs and symptoms, as well as the medicine prescribed in every follow-up, are provided in table below. Her general condition also got better and stable.

Date	Symptoms	Drug & Dosage
04/05/2024	—	—
25/05/2024	Itching slightly decreased. Blackish discolouration slightly decreased.	Graphites-200, 1 dose; SL-15 days
16/06/2024	Blackish discolouration of skin decreased but not completely reduced. All the other generalities are normal. Itching decreased. All other generalities are normal.	Graphites-1M, 1 dose; SL-5 days SL-1 month



Before & After treatment

Discussion

In this case of palmar psoriasis, graphites covered many symptoms such as forsaken feeling, fastidious, thirstlessness, desire for sweets, blackish discolouration of

hands with scaly eruptions her built was obese with fair complexion, and she was a chilly patient. Graphites 200 and 1M are used as a individualised homoeopathic medicine. The patient who received homoeopathic treatment felt significant relief after 3 follow ups. Remedy was selected on the basis of symptoms similarity after analysing the repertorial totality.

Conclusion

Psoriasis can take many forms and palmar psoriasis is one among its various types. This case shows that through homoeopathy we can give relief to clinical symptoms as well as general restoration of health of the patient. However, a well-planned study with large sample size is required to establish the efficacy of homoeopathy in psoriasis cases.

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Conflict of Interest

Not available

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Not available

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