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## Psoriasis improved homoeopathically: A case report

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### Abstract

Psoriasis is a genetically determined, systemic immune-mediated chronic inflammatory disease that affects primarily the skin and joints. A case of psoriasis has been treated with modern and other system of medicines for 27 years without significant improvement, is presented here. The treatment through individualized homoeopathic medicine for last 18 months has achieved improved quality of life, especially the skin manifestation. The basis of prescription and details of periodic assessment are provided.

**Keywords:** Psoriasis, homoeopathy, individualisation, sulphur, nitric acid

### Introduction

Psoriasis is a chronic dermatosis, characterised by an unpredictable course of remission and relapses and presence at typical site of well-defined erythematous papules and plaques, which are surmounted with large, loose, silvery scales<sup>[1]</sup>.

This is basically disease of T cells with interplay of genetic factors and environmental influences. Roughly, 1% of population is affected, but only less than 50% required aggressive treatment. Though patient can develop psoriasis at any age but mostly 2 peaks are seen once in early 3<sup>rd</sup> decade and 2<sup>nd</sup> peak is mostly seen in mid-5<sup>th</sup> decade<sup>[1]</sup>.

Psoriasis can be classify on the basis of onset, evolution and morphology such as chronic plaque psoriasis (commonest), acute guttate psoriasis and pustular psoriasis<sup>[1]</sup>.

The lesions are characterised by brownish red papules and plaques, which are sharply demarcated and are covered with fine, silvery white scales. As the scales are removes by gentle scrapping, fine bleeding points appear, termed Auspitz sign. Commonly involved site are scalp, upper back, sacral region and extensor surfaces of extremities, especially knees and elbows which are symmetrical in distribution<sup>[2,3]</sup>

Other affection in psoriasis are nails (thickened, pitted and striated), distal interphalangeal joints<sup>[3]</sup>. Patients should be encourage to expose maximum to sunlight and avoid trauma during the active phase<sup>[4]</sup>.

Homoeopathy acts better as a constitutional remedy in case of psoriasis when we consider the totality of symptoms very well. One such case, which improved satisfactorily by Homoeopathic treatment, is presented.

### Case Report

A male patient named Mr. S.S. aged 56 years old, resident of Murshidabad district (West Bengal), presented to the OPD of National Institute of Homoeopathy with the complaint of chronic itching on the knee, ankle, and fingers bilaterally with whitish bran scaly like eruption associated with burning sensation and oozing of blood after scratching since 27 years. Scratching makes him relief but causes bleeding afterwards.

**On examination:** The itching spots show Koebner's phenomenon<sup>[1]</sup> has been established well clinically and was diagnosed as a chronic case of Psoriasis. The patient took various kind of treatment, including application of ointments without much improvement. He was very tensed and anxious about his sufferings. The itching mainly aggravates at night, on water application, rainy and in winter season. The patient always feels better while scratching. Constitutionally he was lean, thin, dark complexed.

**Past history:** The patient was normotensive and non-diabetic. He has a past history of malaria, jaundice, bleeding from nose and diarrhoeal tendency.

**Physical general:** The patient was hot, but he has intolerance too for the rainy and winter weather.

He has a good appetite and can't tolerate the hunger. He is always hungry daily at 10-11 a.m. in morning and had a desire for salty, much fatty foods, meat, extra salt with every food. Tongue was moist clean, elongated. Thirst for cold water. He has to go to closet everyday early in the morning. All the discharges like sweat, urine, and stool had offensive odor. Urine is burning during and after passing. He sees various dreams like travelling, etc.

**Mental general:** He was very irritable, easily angered with

quarreling in nature, introverted, and prefers to stay alone.

**Miasmatic analysis of the case**

As per the book “The Chronic miasms with repertory” by J. Henry Allen, psoriasis has a syco-psoric foundation and this fact has been recognized by a number of pathologists [5].

**The symptoms considered for repertorisation [6] (using “Synthesis 9.0” by “RADAR10.5.003”) are seen in Table 1.**

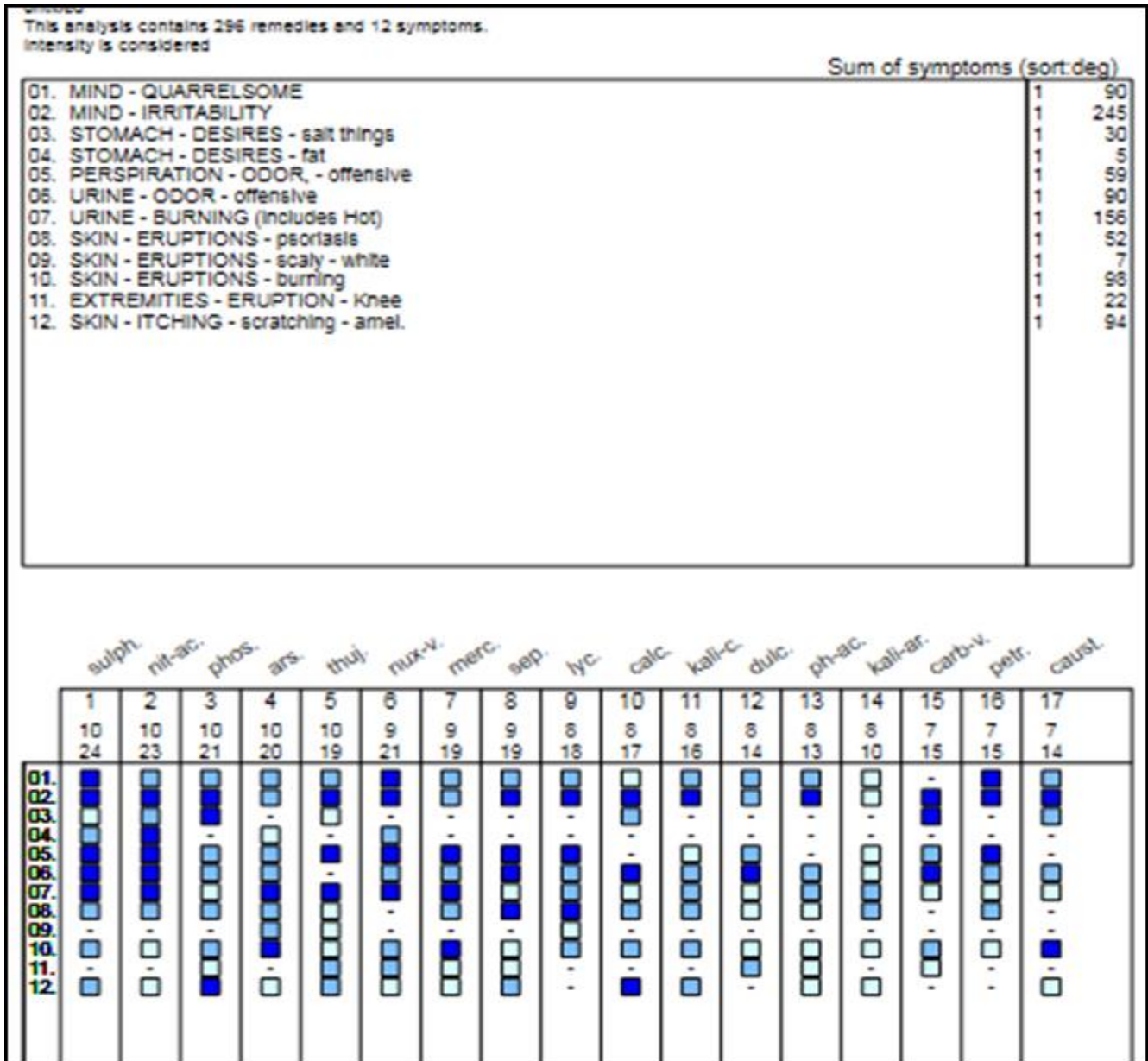


Fig 1: Repertorisation from RADAR software

A detailed account of the treatment is given below

**First prescription (20/05/2015):**

**Brime stone:** 1M, 2doses in sugar of milk, once daily in empty stomach for 2 days along with placebo in LM potency has been advised to take at alternate day in empty stomach.

**Basis of first prescription**

- Getting angered and irritated easily.
- Patient had taken a lot of multi therapies for the

- sickness.
- The patient was hot
- Have the desire for fatty foods and always hungry at 10-11am.
- Thirsty
- Dreams of travelling
- Oozing of blood after scratching
- General aggravation from bathing and washing, night and ameliorated by itching.

The follow-up is mentioned in detail in Table 2.

Table 2: follow up

| Date       | Symptoms   | Prescription  |
|------------|--|---|
| 07.12.15   | Itching reduced; bleeding reduced; scaly white patches present;  | Sulphur-10M/ 3 doses; weekly.   |
| 08. 03. 16 | Itching along with eruptive area of all affected areas increased and spread to knuckles of both hands < bathing, rainy season, winter> hot weather. Oozing of blood after scratching, offensive stool, and other discharges. | Nitric acid- 1M/ 2doses in sac lac to be taken weekly in empty stomach. |
| 31.05.16   | All the complaints relieved slightly but whitish spots are present still along with burning palm and sole.   | Nitric acid-1M 2doses in sac lac to be taken weekly.                    |
| 30. 08.16  | All the white scaly eruption of the knee, ankle, knuckle, and elbow has diminished markedly. It looks like a normal healthy skin as before.  | Placebo has been prescribed.  |

**Response to the course of treatment**

On the basis of repertorisation and consideration of totality the first prescription (Sulphur-1M) was effective initially and the patient feels better but after 2<sup>nd</sup> prescription of the same remedy all symptoms were increased. Then after re-case taking and after following the next best remedy after consideration of RADAR [6], Nitric acid- 1M has been prescribed. After which patient got relieved but not fully so, again the Nitric acid of same potency has been repeated. In the follow-up the skin symptoms are markedly diminished along with other complaints.

**Discussion**

It is known to all that, treatment of psoriasis in conventional treatment is many, like application of topical agents, corticosteroids, systemic agents like cyclosporine, acitretin, methotrexate etc. which have many side effects [1, 7] But in homoeopathy the treatment is always based on the law of nature i.e. on the principal of similia similibus curenter and all such treatment is always without having any known side effects [8]. Our literatures and master Hahnemann also believes in the single, simple remedy for treatment of any diseased person, so here in case of this psoriasis after

following the same, we consider the totality and the marvelous result came out. Many homoeopathic medicines in different literature of homoeopathy explain the treatment of psoriasis [9, 4] One of best medicine for chronic skin affection is Sulphur which was prescribed first for this particular case of psoriasis followed by next best suitable medicine Nitric acid after repertorisation with keeping the view of totality. The psoriatic skin affection subsides within 18 months along with other physical troubles which was present for 27 years long. The chances of recurrence were not overruled and hence patient was kept under observation for 2 more years with no relapse of the symptoms.

**Conclusion**

What has been taught by our master it has been proved once again, that is to say that we treat the patient and not the disease according to the name or diagnosis. If the totality matches there will be cure for sure. During the treatment patient has shown improvement. So this case may be considered as “improved one”. As psoriasis is an episodic disease and it can recur at any time of the years. So the follow-up the case is necessary timely.

Table 3: Photographic presentation of the case

|                                      |   |  |
|--------------------------------------|---|--|
| <p>20<sup>th</sup> May, 2015</p>     |  |  |
| <p>7<sup>th</sup> December, 2015</p> |  |  |

30<sup>th</sup> August, 2016

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