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Homoeopathic management of psoriasis with sulphur 1M: A case report

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Abstract

Background: Psoriasis is a common inflammatory skin disorder that can affect the skin, nails, and joints. It frequently appears on areas such as the elbows, knees, and lumbosacral region and may be triggered by trauma (Koebner phenomenon). The disease follows a relapsing-remitting course, with periods of quiescence and flare-ups.

Comorbidities: Psoriasis is associated with cardiovascular disease, diabetes, hepatitis B and C, renal failure, asthma, and peptic ulcers.

Treatment: A variety of topical and systemic treatments are available, with emerging therapies offering varying efficacy and risk of complications.

Case Presentation: This report describes a case of generalized psoriasis successfully treated with homeopathy.

Keywords: Psoriasis, inflammatory skin disorder, stress responders, homeopathy

Introduction

About 2-3% of the general population worldwide suffers with psoriasis, an inflammatory skin condition. Cardiovascular disease, uncomplicated diabetes, hepatitis B and C, renal failure, asthma, and peptic ulcers are among the many comorbid illnesses that are linked to psoriasis¹. 37-78% of patients think that stress has an impact on their health, and emotional stress is regarded as a significant factor contributing nearly 70% of the total stress. In general, people with dermatoses can be divided into two groups: "stress responders," who believe that stress affects their health, and "non-stress responders," who do not believe that emotion and illness are connected. With varying degrees of efficacy, topical treatments for psoriasis include topical retinoids, steroids, anthralin, vitamin D analogues, and topical calcineurin inhibitors. Systemic treatments for psoriasis include cytotoxic drugs, retinoids, and biologicals². Homoeopathy is a medical practice that uses specially diluted chemicals to cure ailments. The psychological state of each patient is the main factor considered while making treatment decisions. A case of extensive psoriasis treated by homoeopathy is shown. Perhaps in the future, this course of treatment will be considered a good substitute for treating psoriasis.

Case Study

A 66-year-old male patient presented with a three-month history of a generalised eruption following the news of accidental poisoning of his daughter as shown in figure 1. The lesions were occasionally itchy. His past medical history was not significant except for mild hypertension for which he received no treatment. Physical examination showed well-defined, erythematous plaques, covered with squamae's, with a generalised distribution. Craving for sweets, alcohol, beer and whisky things. Aversion to milk and meat and over exertion. He was mentally dull, lethargic, ravenous and constantly exhausted. He gets thrilled easily and behaves like a hopeful dreamer. His complaints get better in dry warm weather. He received the homeopathic remedy Sulphur at 1M potency with weekly administration and a sulphur-based cosmetic cream for his itching. At his follow-up visits at 1st and 2nd months he showed marked improvement and, at 4th month, he showed almost complete clearing. He is still-lesion free 2 years after cessation of treatment as shown in figure 2. Weight.- 65kg, BP- 150/100mm of Hg, Pulse-75/minute. Side by side his mental symptoms also improved.

He became mentally sharp, cheer full and wise, his appetite got measured, moderated and regulated.

Analysis of Symptoms

Symptom- Generalised eruptions all over body

1. **Location:** whole abdomen and back portion covering both elbows.
2. **Sensation:** severe itching, scratching is followed by severe burning, rawness and soreness of the parts.
3. **Modalities:** Aggravation by warmth of bed, washing, covering
Amelioration in open air, by uncovering.

Analysis of the case

1. **Physical General:** Burning anywhere and everywhere in body, Aversion to milk, meat and over exertion, ravenous hunger, bowel movement normal, sleep disturbed due to burning, dream not specific.
2. **Mental General:** Mentally he was dull, lazy hungry and always tired. He acts like hopeful dreamers and gets easily excited. Nervous temperament and hypochondriacal in nature.
3. **Pathological General:** Psoriasis
4. **Characteristics Particulars:** Generalised eruptions all over the body, burning everywhere in the body, aggravation by warmth of bed, washing, covering, Amelioration in open air, by uncovering, Craving for sweets, alcohol, beer, whisky.

Evaluation of the Symptoms

- Dirty, Filthy look of the body
- Nervous temperament
- Prone to skin affections
- Burning everywhere in body
- Dull, lazy hungry and always tired
- Sleeplessness due to burning
- Severe itching followed by intense burning

- Aggravation by warmth of bed, washing, covering
- Amelioration in open air, uncovering
- Desire for sweets, alcohol, beer, whisky
- Aversion to milk, meat and over exertion

According to Symptomatology, we prescribed Sulphur in 1M dose to the patient as Simillimum.

Discussion

About 2-3% of people worldwide suffer from psoriasis, an inflammatory condition. Stress, previous streptococcal infection, interleukin17 upgrading, and, most recently, the apparent identification of a candidate gene is among the factors that have been implicated. With differing degrees of success, systemic treatments such as cytotoxic drugs, retinoids, and biologicals, as well as topical treatments like vitamin D analogues, topical calcineurin inhibitors, topical steroids, anthralin, and topical retinoid, have all been used. A significant trigger factor for 37-78% of patients is stress³. This study presents a case of homoeopathic treatment for widespread psoriasis. For the best results, homoeopathy, a customised type of holistic therapy, depends on emotional considerations while choosing a course of treatment⁴. Complementary medicine practices are becoming more and more well-liked by the general public. According to some estimates, patients pay roughly GB£450 in the UK and US\$27-34 billion in the US out of pocket for complementary and alternative medicine (CAM) practices. Given these economic statistics, it is not surprising that there is growing discussion over the place of complementary and alternative medicine in the provision of healthcare. The continued discussion will probably be fuelled by governments' growing consideration of include CAM in public health care subsidies⁵. Psoriasis patients have been found to prefer outpatient care for their condition, even if it means higher therapy costs and potential side effects. Homoeopathy is an outpatient system of care. We hope that the growing number of comparable tales will encourage more in-depth research into this emerging topic. We have published several anecdotal accounts of dermatoses healed homoeopathically.



Fig 1: Shows a 66-year-old male before treatment



Fig 2: Shows a 66-year-old male after treatment

Conclusion

There is a high correlation between psoriasis and stress in up to 78% of instances. In order to diagnose and cure patients, homoeopathy mostly depends on their unique personality qualities. Therefore, it would seem that homoeopathy is appropriate for the majority of psoriasis cases. Individualised remedies were given to the cases that were presented. The fact that a case of nail psoriasis and a case of scalp psoriasis seemed to respond well to the same treatment emphasises the importance of individualised treatment rather than focussing on the physical disease when using homoeopathy⁶.

Since homoeopathy is mostly used as an outpatient treatment, it aligns with patients' preferences for approaches that interfere as little as possible with their personal and professional life. It is necessary to investigate the potential function of homoeopathy in treating this condition since it may lead to the development of alternative treatment modalities. This paper is intended to be a first step in that direction.

Informed Consent Statement

Written informed consent was obtained from the patient.

Conflict of Interest

The authors declare no conflict of interest.

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