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Homoeopathic case management of severe plaque psoriasis: An evidence-based approach

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Abstract

This case study intends to evaluate the efficacy of “Lycopodium Clavatum” in the management of severe psoriasis in a 64-year male with psoriatic patches on both legs. This patient was treated with logical and rational approach by following all Homoeopathic guidelines of case working. Assessment of symptoms and signs was done with Psoriasis Area and Severity Index (PASI) score at before and after treatment in subsequent five months follow up study. In this case marked improvement was noted as PASI score 26.4 to 1.2. Homoeopathic approach by following all the steps of repertorization resulted in effective management of Psoriasis as assessed by validated scales. It has been observed that when the totality of the case matches with the totality of the symptoms of the remedy including pathology gave best remarkable results in the case of psoriasis.

Keywords: Complete repertory, Homoeopathy, Lycopodium Clavatum, Plaque Psoriasis

Introduction

The disease-Psoriasis is an inflammatory skin disorder of hyperproliferation and irregular epidermal differentiation. It influences 2-3% of our world's population. [1] It is a disfiguring and disabling disease for which at present there is no cure as per literature. Prevalence of psoriasis in countries vary between 0.09% and 11.4%. On the basis of types, degree and seriousness of psoriasis, there are different modes of treatments available in medical field to control the symptoms, for example, topical drugs, phototherapy and homeopathic approach. There is need of developing a treatment for psoriasis which can give amelioration to the patient as a whole along with his pathological symptoms to benefit the patient to live long and healthy life ahead on a long run without any adverse effects. [2] Homoeopathic treatment was planned on the basis all the symptoms of the patient available as individualizing characteristics in the case and pathological name of the disease as given in the complete repertory as a sub-rubric under chapter Skin and rubric eruptions. [3, 4]

Case Narrative

In the present case study, A 64 years old patient, retired from a private company, reported for the treatment of Psoriatic eruptions on legs, anterior and posterior sides for 25 years. Eruptions are white, scaly and thick on both legs. Severe itching of these lesions which is aggravated at night. He had taken treatment for the same from other systems of medicines for many years. Initially he used to feel slightly better, but the same symptoms used to start again. Since last two years there is no improvement in lesion. These complaints started when he was around 38 to 40 years old. Since that time, he had shameful feeling if the lesions get exposed. As he had taken treatment for the same from other systems of medicines for many years and initially, he used to feel slightly better, but the same symptoms used to start again. Since last two years there is no improvement in lesion. So, he is feeling depressed about his recovery and he used to weep when he sits alone. He feels helpless for his disease.

Assessment criteria: Assessment of the patient is done with “Psoriasis Area and Severity Index (PASI) Score” (British Association of Dermatologist n.d.)
For his presenting complaints of Psoriasis (Fig.1)

Area	Head	Arms
Erythema (redness)	0% <10% 10-29% 30-49% 50-69% 70-89% 90-100%	0% <10% 10-29% 30-49% 50-69% 70-89% 90-100%
Induration (thickness)	0 1 2 3 4	0 1 2 3 4
Desquamation (scaling)	0 1 2 3 4	0 1 2 3 4
Area	Trunk	Legs
Erythema (redness)	0% <10% 10-29% 30-49% 50-69% 70-89% 90-100%	0% <10% 10-29% 30-49% 50-69% 70-89% 90-100%
Induration (thickness)	0 1 2 3 4	0 1 2 3 4
Desquamation (scaling)	0 1 2 3 4	0 1 2 3 4

Name: (optional)
 Birth date: (optional)

PASI = 26.4 (complete)

Fig 1: Pre-Treatment PASI score [5]

Local Examination

Big Patches which are thick, scaly and white in color on both legs below knee.

Elevated from skin level

Margin is circular and expanding.

Silvery scales are visible.

Homoeopathic workout of case**Analysis of symptoms**

1. Very depressed with his illness (Mental general characteristic)
2. Helpless feeling (Mental general characteristic)
3. Weeping when alone (Mental general characteristic)
4. He was very conscious about his eruptions on exposed parts. (Mental general characteristic)
5. Hot patient (Physical general characteristic)
6. He has severe itching of skin aggravated in night. (Physical general characteristic)
7. Psoriasis (Physical general characteristic)
8. Old age (Physical general characteristic)

Evaluation and totality of symptoms:

1. Very depressed with his illness
2. Helpless feeling

3. He used to weep when he sits alone
4. He was very conscious about his eruptions on exposed parts.
5. Hot patient
6. He has severe itching of skin aggravated in night.
7. Psoriasis
8. Old age

Repertory used: Zomeo software (Complete repertory)

Reason: Recent repertory, generals dominate

Method of Repertorisation: Classical method

Repertorial totality

1. Very depressed with his illness
2. Helpless feeling
3. He used to weep when he sits alone
4. He was very conscious about his eruptions on exposed parts.
5. He has severe itching of skin aggravated in night.
6. Psoriasis

Repertorisation Sheet

Search Symptoms Enter your search query here									
Complete-> Skin-4069 Quick Repertorisation									
Strategies/Filters Applied Normal									
Symptoms: 6 Remedies: 548									
Hide Repertorisation Tools Prescribe Remedy List Record Rep									
Remedy Name	Lyc	Ars	Nat-m	Calc	Ign	Sep	Anac	Puls	
Totally	19	18	15	14	14	14	13	13	
Symptoms Covered	6	6	6	5	5	5	5	5	
Kingdom									
[Complete] [Mind]Despair:Recovery, of: (108)	1	4	1	4	3	3	3	1	
[Complete] [Mind]Helplessness: (122)	4	1	3	1	3	3	3	1	
[Complete] [Mind]Weeping, tearful mood:Alone, being:Agg.: (26)	3	1	3		1				
[Complete] [Mind]Embarrassment:Agg., ailments from: (280)	4	4	4	3	4	3	3	4	
[Complete] [Skin]Night: (277)	3	4	3	3	3	1	3	4	
[Complete] [Skin]Eruptions:Psoriasis: (156)	4	4	1	3		4	1	3	

Fig 2: Repertorisation Sheet [6]

Potential differential field:

1. Hot patient
2. Old age

Lycopodium 30CH 4 pills stat dose

Sac Lac 4 pills three times a day for 15 days

First Visit**First Visit:** 11/03/2019

Date	Evidence	Prescription
11/03/2019	 Fig 3: Photograph of right leg showing extensive psoriatic lesion  Fig 4: Photograph of left leg showing extensive psoriatic lesion. PASI score Before treatment- 26.4	Lycopodium 30CH 4 pills stat dose followed by Sac Lac 4 pills three times a day for 15 days on basis of symptom similarity.

Follow up and Outcomes: Before and after photographs of the patient are shown. As per photographs patient is

showing continuous steady improvement in the texture of skin and color of skin.

Date	Complaints/ Evidence	Prescription
01/04/2019 First follow up	 Fig 5: Photograph of right leg showing decrease in lesion	Sac Lac 4 pills three times a day for 15 days. Reason: Marked improvement

	 Fig 6: Photograph of left leg showing decrease in lesion	
06/05/2019 Second follow up	Right & Left leg Psoriatic eruptions reduced. Texture of the skin improved. White thick scales reduced in size. Itching which was aggravated at night reduced.  Fig 7: Photograph of right leg showing marked improvement.  Fig 8: Photograph of Left leg showing marked improvement. Marked improvement in the lesions noted. Itching reduced drastically. Patient is feeling positive about his recovery.	Sac Lac 4 pills three times a day for 15 days. Reason: Marked improvement.
11/08/2019 Third follow up	 Fig 9: Photograph of Right & Left leg showing significant improvement since treatment. PASI score, After treatment – 1.2 Area occupied by the patches decreased further evident via photograph. Itching reduced. General condition of patient is better.	Sac Lac 4 pills three times a day for 15 days. Reason: Marked improvement.

Area	Head	Arms
Erythema (redness)	0% <10% 10-29% 30-49% 50-69% 70-89% 90-100%	0% <10% 10-29% 30-49% 50-69% 70-89% 90-100%
Induration (thickness)	0 1 2 3 4	0 1 2 3 4
Desquamation (scaling)	0 1 2 3 4	0 1 2 3 4
Area	0% <10% 10-29% 30-49% 50-69% 70-89% 90-100%	0% <10% 10-29% 30-49% 50-69% 70-89% 90-100%
Erythema (redness)	0 1 2 3 4	0 1 2 3 4
Induration (thickness)	0 1 2 3 4	0 1 2 3 4
Desquamation (scaling)	0 1 2 3 4	0 1 2 3 4

Name: (optional)
 Birth date: (optional)

PASI = 1.2 (complete)

Fig 10: Post-Treatment PASI score after treatment ^[5]

Discussion

This patient was from lower economical class. He was despair of recovery from this huge skin lesions. After 5 months of treatment, grading of scaling were changed from 4 to 1, erythema grading from 3 to 1. 80% change in area score was observed in both legs after treatment. Indurations grading from 4 to 1 in lower limbs. Psoriatic patches got more than 90% relief. As per PASI score reduction of area is from 26.4 to 1.2, Significance of this case report is in spite of severe psoriatic patches, there is 90% relief of symptoms. The exposure of the lesions was compromising his quality of life. This case report intended to check the efficacy of *Lycopodium* as pathological prescription in management of severe Psoriasis with following the all steps of Repertorisation. Significant decrease in the area of lesions with overall improvements found in case study support this evidence.

Conclusion

As patient got remarkable relief, this may be concluded that rational Management of psoriasis through Homoeopathy is possible with the drug *Lycopodium* as pathological prescription.

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Declaration of the patient consent: Informed written consent was obtained for publishing the case.

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