



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
Impact Factor (RJIF): 5.96
www.homoeopathicjournal.com
IJHS 2025; 9(4): 437-441
Received: 15-07-2025
Accepted: 19-08-2025

Manobala P

PG Scholar, Department of
Homoeopathic Materia
Medica, Sarada Krishna
Homeopathic Medical College
and Hospital, Kulasekharam,
Kanniyakumari, Tamil Nadu,
India

Krishnakumari Amma CR

Professor and Research Guide,
Department of Homoeopathic
Materia Medica, Sarada
Krishna Homeopathic Medical
College and Hospital,
Kulasekharam,
Kanniyakumari, Tamil Nadu,
India

Corresponding Author:

Manobala P

PG Scholar, Department of
Homoeopathic Materia
Medica, Sarada Krishna
Homeopathic Medical College
and Hospital, Kulasekharam,
Kanniyakumari, Tamil Nadu,
India

Phenomenological research study of psychosomatization in psoriasis

Manobala P and Krishnakumari Amma CR

DOI: <https://www.doi.org/10.33545/26164485.2025.v9.i4.G.1946>

Abstract

Introduction: Phenomenological research is a qualitative research method that aims to comprehend and characterize the universal essence of a phenomena. The technique explores people's daily experiences while suspending the researcher's prior notions about the issue. In other words, phenomenology research investigates lived experiences in order to acquire insights into how individuals interpret such experiences. Psychosomatization is a sickness in which the symptoms are induced by the sufferer's mental processes rather than an immediate physiological reason. Psoriasis is a common chronic inflammatory skin condition. While its effects on the skin and joints are well known, Psoriasis can also have systemic consequences. Notably, while the significance of mental comorbidities has grown in recent decades, their pathophysiology remains unknown. The reciprocal psychological and medical comorbidities of psoriasis demonstrate the complicated connection between body and mind. Aphorism 225 deals with Psychosomatic illness which of Emotional illness in origin. Caused by Continued Anxiety, Worry, Vexation, Wrong and the frequent fear and Fright. Remedies like Staphysagria, Natrum Muriaticum, Silicea, Lycopodium and Calcarea carb are the major remedies which undergoes Psychosomatization because of the mental factors which has been suppressed leading to physical or somatic diseases. 15 cases have been taken and their psychological factors for the selection of medicine.

Results: The Research explains the Psychosomatization factor which is also responsible for Psoriasis.

Conclusions and Recommendations: Psoriasis has a psychological factor to produce it. The Psychological factors include Suppressed Anger, Suppressed grief, Betrayal, etc. Prospective study and Retrospective research are to be done for the further research.

Keywords: Anger, arsenicum album, Calcarea carb, depression, emotions, fear and fright, grief, lycopodium, natrum muriaticum, phenomenological research, psoriasis, psychosomatization, silicea, staphysagria

Introduction

Phenomenological research is a qualitative research approach that seeks to understand and describe the universal essence of a phenomenon. The approach investigates the everyday experiences of human beings while suspending the researchers' preconceived assumptions about the phenomenon. In other words, phenomenological research studies lived experiences to gain experience insights into how people understand those experiences. Psychosomatization is an illness whose symptoms are caused by mental process of the sufferer rather than immediate physiological cause^[21].

Psoriasis is a prevalent chronic inflammatory skin disease, although its effects on the skin and joints are widely recognized, Psoriasis can also have a systemic impact. Notably, over the past few decades, the importance of psychiatric comorbidities has been increasingly recognized but pathogenesis remains obscure. The reciprocal psychiatric and medical comorbidities of psoriasis illustrate the complex interplay between the body and psyche.

Aims and Objectives

Aims

1. To understand the phenomenon of Psychosomatization.
2. To know about Psycho- somatic affections in Psoriasis.

Objectives

- To understand the psychological factors from Life Space Investigation.

- To Know the Psychosomatization phenomenon and its affection in Psoriasis.

Review of literature

Phenomenological research is a qualitative research approach that seeks to understand and describe the universal essence of a phenomenon. The approach investigates the everyday experiences of human beings while suspending the researchers' preconceived assumptions about the phenomenon. In other words, phenomenological research studies lived experiences to gain experience insights into how people understand those experiences ^[21].

Psychosomatization is an illness whose symptoms are caused by mental process of the sufferer rather than immediate physiological cause. If a medical examination can find no physical or organic cause, or if an illness appears to result from emotional conditions such as anger anxiety, depression or guilt, then it might be classified as Psychosomatic. The physical symptoms are due to an overdrive of the nervous impulse sent from the brain and to various parts of the body and to release of adrenalin into the blood stream when we are anxious. Psychosomatic symptoms show that a human being can create physical symptoms that compensate for relationship deficiencies (e.g. Hypnosis induced Allergic reaction indicates that a person's immune response can dramatically change during an intense mind body relationship).

Psoriasis is a prevalent chronic inflammatory skin disease that affects more than 6.7 million Americans. Although its effects on the skin and joints are widely recognized, Psoriasis can also have a systemic impact. An increased association with numerous disorders, including cardiovascular disease, metabolic syndrome, and ocular pathologies, has been shown. Notably, over the past few decades, the importance of psychiatric comorbidities has been increasingly recognized but pathogenesis remains obscure. The reciprocal psychiatric and medical comorbidities of psoriasis illustrate the complex interplay between the body and psyche. Bidirectional interactions have been identified in which somatic disturbances are linked to psychiatric ailments; conversely, psychosocial distress can induce or exacerbate somatic disease. This phenomenon can be observed in many dermatologic conditions, such as atopic dermatitis, urticaria, and pemphigus vulgaris, as well as various non-dermatologic diseases.

Dr. Hahnemann

In Chronic Diseases

By far the most frequent excitement of the slumbering Psora into Chronic disease, and the most frequent aggravation of chronic ailments already existing, are caused by Grief and Vexation. Uninterrupted grief and Vexation very soon increase even the smallest traces of a slumbering psora into more severe symptoms, and they then develop these into an outbreak of all imaginable Chronic sufferings more certainly and more frequently all other injurious influences operating the human organism in an average human life ^[1].

As the good physician will be pleased when he can enliven and keep from ennui the mind of a patient, in order to advance a cure which is not encumbered with such obstructions, he will in such a case feel more than ever the duty incumbent upon him to do all within the power of his influence on the patient and on his relatives and

surroundings, in order to relieve him of grief and Vexation ^[1].

In Organon of Medicine

Aphorism 210-230 Hahnemann dealer with Mental Diseases. They are classified or grouped based on

1. Aphorism 215 Somato - psychic which is of True Mental illness. Due to Corporeal illness, then Corporeal disease transfer into Mental illness, it acts as a one-sided ^[2].
2. Aphorism 221 Acute Emotions which is of by Exciting Cause. And they are caused by Fright, Vexation, the abuse of Spirituous liquors ^[2].
3. Aphorism 224 which is of Doubtful Origin and not a True Mental Illness. Caused by Faults of Education, Bad Practices, Corrupt morals, Neglect of Mind, Superstitions, Ignorance ^[2].
4. Aphorism 225 deals with Psychosomatic illness which of Emotional illness in origin. Caused by Continued Anxiety, Worry, Vexation, Wrong and the frequent fear and Fright ^[2].

Scientificity and Phenomena of Psychosomatization

Somatic symptom and related disorders are characterised by prominent Somatic symptoms associated with significant distress and impairment. The Somatic Symptoms may be multiple, vague and involve single or multiple body systems. These Symptoms Often have a Significant adverse effect on the well-being and functioning of the individual and lead to excessive and inappropriate use of healthcare resources. These Somatic Symptoms Are believed to have a Psychogenic Origin ^[3, 6].

Somatic symptoms and related disorders include

1. Somatic Symptom Disorder.
2. Illness Anxiety Disorder.
3. Conversation Disorder.
4. Psychological factors affecting other medical conditions.
5. Factitious Disorder.

Psychological factors affecting other medical conditions.

Physical disorders caused by or aggravated by psychological factors. It is known factors that the stress can cause many Somatic Symptoms.

Hans Selye describes a model of stress called General Adaptation Syndrome. According to this model, the body reacts to stress in 3stages. They are

- a) **The Alarm Reaction** - It is the immediate response characterised by a fight or flight response. It is mediated by Sympathetic Nervous System ^[10].
- b) **The stage of Resistance** - It is also known as the stage of adaptation. In this stage, the body adapts to stress. ACTH axis I.e hormonal responses is increased in activity. ACTH is secreted into the blood stream by certain cells in the pituitary gland. The rate of ACTH Secretion is, in part, controlled by another hormone like chemical substances like Corticotropin releasing factor (CRF) that is made by certain cells of hypothalamus. This CRF flows from the hypothalamus to the pituitary gland through a specialized system of blood vessels. This ACTH stimulates cells in the outer layers of cortex thus cortisol are secreted into the blood stream ^[10].
- c) **The stage of Exhaustion** - If the stress continues, the

body's resistance gradually decreased and Finally body collapses. Due to action of cortisol, person may no longer be able to ward off infections and may become sick. Because of the stressor induced hormonal effects, stomach ulcers, diabetes, skin disorders etc., may occur in this stage or late in the stage of resistance ^[10].

The term Psychosomatic (mind- body) disorders is used when perceived stressors, mental events, increase the Susceptibility of the body to disease ^[10].

Organs or systems affected–psyhosomatic disorders

Examples include

- A. Gastrointestinal System** - Such as Peptic Ulcers, Crohns disease etc. ^[9],
- B. Respiratory System** - Plays a important role in Asthma, COPD etc.,
- C. Cardiovascular System** - Hypertension, CAD, Cardiac Arrhythmias ^[9].
- D. Musculoskeletal System** - Rheumatoid Arthritis, SLE etc.,
- E. Other disorders** are Endocrinological disorders ^[9].

Somatoform Disorders: Physical Symptoms without Physical Cause ^[9]

A Condition in which an individual has a history of many Physical Complaints, beginning before age thirty, that occur over a period of years and result in treatment being sought for significant impairments in social, occupational, or other important areas of life. ^[9]

Homoeopathic Medicines Prescribed in case study ^[11, 12, 13, 14, 15, 16, 17, 18, 19, 20]

Arsenicum album

1. Great Anguish and restlessness.
2. Despair drives him from place to place.
3. General sensibility increased.
4. Itching, burning, swellings; Oedema, eruption, popular, dry, rough, scaly; worse cold and scratching.
5. Psoriasis.

Lycopodium

1. Mild temperament of lymphatic constitution, with catarrhal tendencies; older persons, where the skin shows Yellowish spots, earthy complexion etc.,
2. Intellectually keen, but of weak, muscular power.
3. Chronic Eczema associated with urinary, gastric and hepatic disorders, bleeds easily.
4. Skin becomes thick and indurated.
5. Apprehensive. Little things annoy.
6. Psoriasis.

Silicea

1. It can stimulate the organism to re absorb fibrotic conditions and Scar tissue.
2. Ill effects of vaccination.
3. Sensitive to all impressions.
4. Eruptions itch only in daytime and evening.

Calcarea carbonica

1. Hahnemannian anti-psoric is a constitutional remedy par excellence.
2. Chief action is centered in the vegetative sphere, impaired nutrition being its action.
3. A jaded state, Mental or physical, due to overwork.
4. Apprehensive.

5. Fears loss of reason, misfortune, contagious diseases.
6. Unhealthy; petechial eruptions.

Staphysagria

1. Diseases of the genito - urinary tract and skin, most frequently give symptoms calling for this drug.
2. Very sensitive
3. Impetuous, violent outbursts of passion.
4. Very sensitive as to what others say about her.
5. Dwells on sexual matters.
6. Eruptions on head, ears, face and body; thick scabs, dry and itch violently.

Materials and methodology

Phenomenological Research study consists of sample of 15 cases taken from the patients with Psoriasis visiting the OPD of Sarada Krishna Homoeopathic Medical College and Hospital, Kulasekharam.

Selection of Samples

Purposive sampling of 15 cases of the patients with Psoriasis visiting the Sarada Krishna Homoeopathic Medical College and Hospital, Kulasekharam. The case details have been recorded in standardized pre structured case format of SKHMCH. In the taken case, Psychosomatization factor is the important causative factor for the study and the remedy is selected based on individualization and clinical prescription. The study and the results will be presented in tables and charts and the statistical analysis with chi-square test will be done.

Inclusion Criteria

In the Current Study, Patients of age group between 15 – 70 years of age who are suffering from Psoriasis. Mainly with psychological cause of both sexes. Cases from 2018-2023 of is taken for consideration.

Exclusion Criteria

In the Current Study, Cases without psychological factors are excluded and other dermatological conditions are excluded.

Diagnostic Criteria

The Patients with complaints of itching with scaling of skin and sometimes with joint involvement and the causative factor is mainly of Psychological in origin I.e., Suppressed emotions, Suppressed Anger, Financial crisis etc.,

Selection of Tools

A Retrospective study carried out in of Sarada Krishna Homoeopathic Medical College and Hospital. The data collected through case taking. Cases recorded and analysed and the totality erected based on the Miasmatic criteria of patient. Thereby the homoeopathic remedy selected based on totality of patient. Repertorisation is done whenever needed. Prescription was based on Homoeopathic philosophy in all the cases Psychosomatization factor

Intervention

Intervention of the study is based on Psychosomatization factor for study purposes.

Study setting

The experiment was conducted in OPD of Sarada Krishna

Homoeopathic Medical College, Kulasekharam, Kanyakumari district. Patient who are diagnosed as Psoriasis are taken for study, detailed case taking is made especially Life Space Investigation and the psychological factors responsible for Somatic diseases are included

5. Observation

It is observed and the observations are made by collecting the psychological factors responsible for Psoriasis [7]. And the diagrammatic representation is done through Pie chart.

Outcome assessment

S. No	Name/MR.NO	Age/Sex	Complaints and Its Duration	Psychological Factors	Prescription
1.	Mr. P,3922/18	39/M	Patchy, Scaly eruptions, itching in the past 2 months	Worried about family matters.	Silicea 30/1dose
2.	Mr.M,4645/18	25/M	Scaly eruptions with itching in the past 2 years	Silent grief, loss of money (Betrayal). love failure before 7 years	Lycopodium 200/1 dose
3.	Mr. B,308/18	40/M	Scaly eruptions with itching in the past 10 years	Financial crisis	Arsenicum Album 30/1Dose
4.	Mrs.k,14337/22	53/F	Dry scaly patches over whole body, itching in the past 10 years	Fastidiousness, industrious, Work load with mental tension	Silicea 0/3 8 doses
5.	Mrs.Sh,10141/22	53/F	Scaly eruptions in the past 20 years	Indignation-Fight with son-in- law, Anxiety about health,	Carcinosin 0/3, 1 dose
6.	Mr. A,8881/22	33/M	Eruptions, itching, scaling in the past 2 years	A/f: Wife left him, Revengeful, couldn't see his son for past 2 years. Wife wants only his money and was cunning.	Calc.carb 0/3, 1 dose
7.	Mrs.D,11423/22	50/F	Itching, scaling, Macular patches in the past 4 years	Death of her husband, lot of debts, long lasting suppressed grief	Arsenicum Album 30 /1 dose.
8.	Mr. R,8751/22	45/M	Patchy scaly eruptions in the past 15 years	Suppression of emotions, Suppressed Anger	Staphysagria 200/1 dose
9.	Mr. SS,13333/23	43/M	Itching eruptions with bleeding in scratching,	Everyone is avoiding him, violence and anger due to suppressed emotions	Arsenicum album 200/dose
10.	Mrs.S,4824/23	21/F	Circular Papulo squamatus lesion in Palms and soles since 11years	Depression and anxiety disorders. H/o primary complex	Sulphur 0/1/ 1 dose / Morning
11.	Mr. R,2367/23	34/M	Papulo squamatus lesion in the past 12 years	Suppressed Anger and emotions	Natrum Carb 200/ 1 dose / Morning
12.	Mr. J,9186/23	51/M	Eruptions on leg, scalp, hands and trunk	Financial crisis. Family: siblings: Psoriasis	Arsenicum album 30/ 1 dose / Morning
13.	Mr. Jn,4317/23	53/M	Recurrent Skin eruptions with itching in the past 2 months	Taken Allopathic ointment and suppressed, A/F: Mental exertion in work place, financial crisis. Family history: Daughter Psoriasis, Mother: Dermatitis	Arnica Montana 200 7 doses/ Morning ×7days
14.	Mr. S,12193/23	59/M	Scaling, itching all over the body. In the past 30 years	Suppression of Asthma, Pneumonia	Kali Carbonicum 0/3/ 1dose
15.	Mr.J.H,12366/23	42/M	Scaly, circular, macula popular eruptions in the past 13 years	Suppression of anger and emotions. H/o Bronchial Asthma, Allergic rhinitis	Sepia 200 / 1dose /Morning

Statistical Techniques and Data Analysis: Pie Chart



1st Quarter Represents - A/F Financial crisis

2nd Quarter Represents - A/F Suppressed Emotions

3rd Quarter Represents - A/F other emotional causes.

6. Results

Through statistical analysis, Psoriasis has a psychological factor to produce it. The Psychological factors include

Suppressed Anger, suppressed grief, Betrayal, Revengeful etc., And In age wise, age around 51 to 70 are affected. In Sex wise Males are commonly affected then Females.

7. Discussion

Psychosomatization is an illness whose symptoms are caused by mental process of the sufferer rather than immediate physiological cause. If a medical examination can find no physical or organic cause, or if an illness appears to result from emotional conditions such as anger anxiety, depression or guilt, then it might be classified as Psychosomatic. The physical symptoms are due to an overdrive of the nervous impulse sent from the brain and to various parts of the body and to release of adrenalin into the blood stream when we are anxious. In Homoeopathy we have a good scope in treating Psoriasis which has a psychological effect and constitutional prescription is made or clinical prescription depends upon the condition.

8. Summary

Phenomenological research is a qualitative research approach that seeks to understand and describe the universal essence of a phenomenon. The approach investigates the

everyday experiences of human beings while suspending the researchers' preconceived assumptions about the phenomenon. In other words, phenomenological research studies lived experiences to gain experience insights into how people understand those experiences. Thus the research study shows the psychological factors in the cases is the main factors to produce Psoriasis and the remedy selection is done based on that factors and final improvement has been present in the patients.

9. Conclusion

In this study, Psychosomatization factors involved are found out in the OPD of Sarada Krishna Homoeopathic Medical College. And the proper case taking is done, Medicines are prescribed based on totality of symptoms and individualization. Potency is selected based on Homoeopathic principles and Susceptibility of the patient.

10. Conflict of Interest

No Conflict of Interest

11. Acknowledgement

Throughout the case study, I am deeply grateful to Dr. C.R. Krishnakumari Amma, Professor & Research Guide, Department of Materia Medica, Sarada Krishna Homoeopathic Medical College & Hospital, Kulasekharam, Kanyakumari District, Tamil Nadu.

Declaration of Patient Consent

The Proper consent from the patients is made and had granted permission for the publication of the clinical date in the journal. The Patient and their Parents is aware that every attempt would be made to hide her identity, anonymity cannot be ensured. Her name and initials will not be published.

Conflict of Interest

Not available

Financial Support

Not available

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How to Cite This Article

Manobala P and Krishnakumari Amma CR. Phenomenological research study of psychosomatization in psoriasis. *International Journal of Homoeopathic Sciences.* 2025;9(4):437-441.

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