



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
Impact Factor (RJIF): 5.96
www.homoeopathicjournal.com
IJHS 2026; 10(1): 41-43
Received: 10-11-2025
Accepted: 13-12-2025

Dr. Priyanka Bhardwaj
PG Scholar, Department of
Materia Medica, Sri
Ganganagar Homoeopathic
Medical College, Hospital and
Research Institute, Sri
Ganganagar, Rajasthan, India.

Dr. Jaspinder Kaur
Professor, Department of
Materia Medica, Sri
Ganganagar Homoeopathic
Medical College, Hospital and
Research Institute, Sri
Ganganagar, Rajasthan, India.

Dr. Rekha Juneja
Professor, Department of
Materia Medica, Sri
Ganganagar Homoeopathic
Medical College, Hospital and
Research Institute, Sri
Ganganagar, Rajasthan, India.

Dr. Priyanka Bhardwaj
PG Scholar, Department of
Materia Medica, Sri
Ganganagar Homoeopathic
Medical College, Hospital and
Research Institute, Sri
Ganganagar, Rajasthan, India.

Corresponding Author:
Dr. Priyanka Bhardwaj
PG Scholar, Department of
Materia Medica, Sri
Ganganagar Homoeopathic
Medical College, Hospital and
Research Institute, Sri
Ganganagar, Rajasthan, India.

Therapeutic Utility of Constitutional Remedies in Psoriasis: A *Materia Medica* Correlation

Priyanka Bhardwaj, Jaspinder Kaur, Rekha Juneja and Priyanka Bhardwaj

DOI: <https://www.doi.org/10.33545/26164485.2026.v10.i1.A.2164>

Abstract

Psoriasis is a chronic, relapsing, inflammatory skin disorder characterized by erythematous plaques with silvery scales and significant psychosomatic involvement. Conventional treatment often offers symptomatic relief but is associated with frequent relapses and adverse effects. Homoeopathy, based on the principle of individualization and constitutional prescribing, aims to treat the patient as a whole rather than the disease alone. This article explores the therapeutic utility of constitutional homoeopathic remedies in psoriasis through a *Materia Medica* correlation, emphasizing mental, general, and physical symptoms, along with miasmatic considerations. Selected constitutional remedies commonly indicated in psoriasis are discussed to highlight their scope and relevance in clinical practice.

Keywords: Psoriasis, Constitutional Homoeopathy, *Materia Medica*, Individualization, Chronic Skin Diseases

Introduction

Psoriasis affects approximately 2-3% of the global population and presents as a chronic, immune-mediated skin disorder with periods of exacerbation and remission. It not only causes physical discomfort such as itching, scaling, and fissuring but also significantly affects the psychological well-being and social life of patients. Stress, emotional disturbances, and suppressed mental states are well-recognized triggers for the onset and aggravation of psoriasis.

Homoeopathy views psoriasis as a manifestation of internal constitutional imbalance rather than a mere local skin pathology. According to Hahnemannian philosophy, chronic skin diseases often represent the outward expression of underlying miasmatic dyscrasia. Therefore, constitutional treatment based on totality of symptoms and *Materia Medica* correlation forms the cornerstone of homoeopathic management.

Homoeopathic Concept of Psoriasis

In homoeopathy, skin diseases are not treated as isolated local entities. Psoriasis is considered a chronic disease with predominance of Psoric, Sycotic, or Syphilitic miasms, often presenting in mixed forms. Suppression of skin eruptions through external applications is believed to drive the disease deeper, resulting in systemic or mental disturbances.

The aim of constitutional homoeopathic treatment is:

- To restore internal balance
- To remove miasmatic influence
- To achieve long-term remission with reduced recurrence

Assessment Criteria

Psoriasis Area and Severity Index (PASI)

Severity of psoriasis was assessed using the PASI score, which evaluates:

- Erythema
- Induration
- Scaling
- Area involved

PASI scores were recorded:

- Before treatment
- At 3 months
- At 6 months

Reduction in PASI score was considered an objective indicator of improvement.

Case Taking and Remedy Selection

Detailed homoeopathic case-taking was done following Hahnemannian principles, considering:

- Mental and emotional symptoms
- Physical generals (thermal reaction, appetite, thirst, sleep)
- Particular symptoms of psoriasis
- Past history, family history, and miasmatic background

Remedies were selected on the basis of constitutional totality and Materia Medica correlation. Potency and repetition were individualized according to susceptibility and response

Role of Constitutional Remedies

A constitutional remedy is selected after thorough case-taking, considering:

- Mental and emotional state
- Physical generals (thermal reaction, appetite, thirst, sleep)
- Particular symptoms of psoriasis
- Family history and miasmatic background

Such remedies act deeply and holistically, improving not only the skin condition but also the general health and emotional stability of the patient.

Materia Medica Correlation of Common Constitutional Remedies in Psoriasis

1. Sulphur

Sulphur is one of the most frequently indicated constitutional remedies in chronic skin disorders, including psoriasis.

Key Indications:

- Dry, scaly, unhealthy skin
- Burning sensation, worse from heat and washing
- Intense itching, worse at night
- Heat intolerance, standing thinker, philosophical nature

Clinical Relevance

Sulphur is useful in patients with relapsing psoriasis, poor reaction to previous treatments, and suppressed eruptions.

2. Graphites

Graphites is especially indicated in chronic skin conditions with marked dryness and fissuring.

Key Indications:

- Thickened, rough skin with cracks and oozing
- Psoriasis behind ears, scalp, flexures
- Chilly patient, tendency to obesity
- Timid, indecisive, emotionally sensitive

Clinical Relevance

Graphites suits long-standing psoriasis with fissures and discharge, particularly in patients with metabolic sluggishness.

3. Natrum Muriaticum

Natrum muriaticum is an important remedy for psoriasis associated with emotional stress and grief.

Key Indications

- Dry, scaly eruptions along hair margins and flexures
- Aggravation from sun exposure
- Reserved, sensitive, grief-bearing personality
- Craving for salt

Clinical Relevance

Highly useful in patients where psoriasis follows emotional trauma or prolonged mental stress.

4. Arsenicum Album

Arsenicum album is indicated when psoriasis presents with marked anxiety and restlessness.

Key Indications:

- Dry, scaly eruptions with burning pains
- Relief from warmth
- Fastidious, anxious, fearful nature
- Exhaustion disproportionate to illness

Clinical Relevance

Effective in cases with intense burning, anxiety, and frequent relapses.

5. Sepia

Sepia is particularly useful in female patients with hormonal disturbances.

Key Indications

- Dry skin with itching, worse before menses
- Indifference to family, irritability
- Better from exercise
- Associated menstrual irregularities

Clinical Relevance

Indicated in psoriasis associated with hormonal imbalance and emotional exhaustion.

6. Lycopodium

Lycopodium suits patients with digestive disturbances and lack of confidence.

Key Indications:

- Psoriasis with gastric complaints
- Craving for sweets and warm food
- Right-sided complaints
- Low self-esteem with intellectual dominance

Clinical Relevance

Useful in psoriasis patients with prominent metabolic and digestive issues.

Discussion

The successful homoeopathic management of psoriasis depends upon accurate constitutional prescribing rather than routine therapeutic use of remedies. Materia Medica correlation enables the physician to match the patient's inner state with the remedy picture, ensuring deeper and longer-lasting results. Clinical experience suggests that constitutional remedies not only improve skin lesions but also enhance emotional well-being and reduce recurrence.

Psoriasis, being a chronic disease, requires patience, regular follow-ups, and avoidance of suppressive measures. The improvement usually follows Hering's Law of Cure, with initial intensification of old symptoms followed by gradual healing.

Conclusion

Homoeopathy offers a holistic and individualized approach to the management of psoriasis through constitutional treatment based on *Materia Medica* correlation. By addressing the mental, physical, and miasmatic dimensions of the patient, constitutional remedies provide sustainable improvement and reduce relapse rates. Further clinical studies and well-documented case series can strengthen the evidence base for homoeopathic management of psoriasis.

Conflict of Interest

Not available

Financial Support

Not available

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How to Cite This Article

Bhardwaj P, Kaur J, Juneja R, Bhardwaj P. Therapeutic Utility of Constitutional Remedies in Psoriasis: A *Materia Medica* Correlation. *International Journal of Homoeopathic Sciences*. 2026;10(1):41-43.

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