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## Plaque psoriasis managed with Individualized Homoeopathic medicine: A Case Report

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### Abstract

Psoriasis, a papulosquamous skin lesion, It is one of the most common autoimmune multisystemic disorders. Beyond the physical dimension of the disorder, It has a profound effect on the emotional and psychological faculty of the patient which can result in poor self-esteem and a stressful mental state affecting social-functioning and interpersonal relationships. A 43-year-old female presented to the Government Homoeopathic Medical College and Hospital, Bengaluru, with complaints of scaly skin lesions over the bilateral upper extremities since 7 years. The case was analysed according to homoeopathic principles, After a thorough evaluation of the case, Natrum Muriaticum was prescribed in 200 potency. There was a steady clinical improvement in the case and a reduction in the psoriasis area. This case report shows favourable outcomes with individualized homoeopathic treatment.

**Keywords:** Case report, Homoeopathy, Plaque psoriasis, Natrum muriaticum

### Introduction

Psoriasis is one of the most common dermatologic diseases, affecting up to 2% of the world's population <sup>[1]</sup>. Psoriasis is a autoimmune disease, clinically characterized by erythematous, sharply demarcated papules and rounded plaques covered by silvery scale. Psoriasis is more common in males than in females <sup>[2]</sup>. Recent studies show that about 10 to 30% of people with psoriasis may develop psoriatic arthritis. It has significant impact of quality of life in people (Human Beings). Psoriasis is a long-lasting & relapsing skin disease that affects the life cycle of the skin. The cause of psoriasis is unknown but may be autosomal dominant or familial, resulting from physical trauma, infections, drugs & immunological factors. In this disorder, changes occur in the life cycle of skin cells and cells are 10 times faster than normal. Body normally takes 3 to 4 weeks for making and replacing new cells. But in this disorder the process takes about 3 to 8 days only. Due to excess accumulation of cells on the surface of the body, this develops scaly and red patches that rough, itchy and may be painful. The most commonly involved areas are elbow joint, knee, scalp, gluteal cleft but it can be appeared anywhere in the body <sup>[3]</sup>.

Clinically there are four types of Psoriasis

- 1) Plaque Psoriasis
- 2) Inverse Psoriasis
- 3) Guttate Psoriasis
- 4) Pustular Psoriasis

The most common variety of Psoriasis is called plaque psoriasis. Emotional stress is considered an important factor and 37-78% of patient believe that stress affect their condition. Psoriasis has to be differentiated from other skin conditions such as eczema, atopic dermatitis, palmo-pustular dermatitis, contact dermatitis etc. Thus, it is very important to cure this disease through internal medicines that consider the whole individual as one entity and all the physical, mental and disease symptoms are evaluated during prescription. A number of research papers have showed that Homoeopathy is being successfully employed for treating Psoriasis <sup>[4]</sup>.

### Case Details

Patient named Mrs. KA, aged 43 years, presented to the OPD of Government Homoeopathic Medical College and Hospital, Bangalore on 25/7/2023 with the complaint of scaly eruptions over Bilateral upper extremities since 7 years.

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### Negative History

No History of Fever, trauma, bleeding, papules, circumscribed lesions, pustules, coin shaped lesions.

### Past History

Patient with the history of Bronchial asthma since 20 years, taken allopathic treatment. No allergic or surgical history

### Family History

- **Father:** Alive Apparently healthy, H/o Osteoarthritis
- **Mother:** Alive - Apparently healthy
- **Elder brother:** Bronchial asthma

### Personal History

- **Diet:** Mixed
- **Habits:** Nil
- **Appetite:** Moderate, eats 2 times a day
- **Easy satiety:** Desire food to be warm.
- **Hunger:** good
- **Thirst:** 2L/day, thirstless, prefers cold water.
- **Desire:** Spicy food
- **Aversion:** N.S
- **Urine:** 5 times a day, no burning & itching, controllable.
- **Bowel movement:** Regular, once time/day, satisfactory
- **Perspiration:** On exertion - armpits, no stains, no odor
- **Sleep:** disturbed, 10:30-1:00 am, falls asleep 4:00am Unrefreshed, no specific position.
- **Dreams:** occasionally, scary dreams, awakes her from sleep
- **Thermals:** towards Hot
- **Menstrual History LMP:** 13/7/2023
- **Regular cycles:** No clots 3 pads 1 day, 2pads 2 day, 2pads 3 day. Bright red in colour

### Life Space Investigation

The patient hails from middle socioeconomic status. Born and brought up in Bangalore, Father was a Retired officer and mother was a house wife.

- **School & college life:** During her Schooling, she was active person in carrying out activities, She use to participate in cultural activities, has passion for dancing, singing and loves to read novels. She completed her degree and had very limited number of friends.
- **Married Life:** She got married at the age of 28years, which was an arranged marriage. Initially as the patient's work place was far they stayed in an apartment, relationship with husband is good, he is very supportive to me. After the 2<sup>nd</sup> son she discontinued her job and they shifted to husband's place. When enquired about the relationship among family members patient was silent for sometime later she was like its good but not with mother in law. As she keeps arguing with her for silly matters, also she fights. While narrating this patient's eyes were filled with tears, she shares everything with her husband and feels more comfortable being with him. They are very orthodox family, with certain rules and regulations. MIL keeps on irritating her even if she does everything on time. Patient doesn't like to engage in any argument with MIL so she'll remain silent without expressing herself. She doesn't like to be in a company but prefers husband's company. At one point of time she stopped sharing her emotions, she started to suppress it and she

keeps on thinking about the issues happened at home for a longtime but makes sure none knows about it. After certain period she stopped sharing with husband as well. At times she blames herself thinking I shouldn't have got married in a joint family, feels very sad about it, as she couldn't continue her job.

Whenever she gets angry she'll become quiet. "I have gone through a lot of stress in my In laws home and later I developed with skin complaints, I tried using ointments but was not better, it was relapsing and I used to google it, I know it's an autoimmune disease". At times she feels sad, weeps and worries about her complaints silently just by lying down in a room. As a person she suppresses her emotions, prefers to be alone, timid on observation.

### General Physical Examination

- **Orientation:** well oriented with time, place and person
- **Built and nourishment:** moderately built and poorly nourished. No signs of pallor, cyanosis, Clubbing, icterus and lymphadenopathy
- **Mouth, Eyes, Nose, throat, nails:** NAD
- **Vital signs**
- a) **Temp:** afebrile
- b) **Pulse:** 90 bpm
- c) **BP:** 120/80 mmHg
- d) **RR:** 18cycles/min

### Systemic Examination

Respiratory system: bilateral normal vesicular breath sounds heard.

- **CVS:** S1, S2 Heard, no murmurs
- **GIT:** bowel sounds heard, no tenderness in abdomen
- **CNS:** reflexes normal, gait normal
- **Locomotor system:** No deformities.

### Local Examination

- **Skin:** Upper Extremities
- **Inspection**
- a) Erythematous, well demarcated plaques.
- b) Silvery white scales
- c) Symmetrical distribution
- d) Lesions-on extensor surfaces of upper extremities.
- **Palpation**
- a) No tenderness
- b) **Auspitz sign:** Positive
- **Investigations Done:** Nil

### Provisional Diagnosis

Plaque Psoriasis

### According to ICD Classification

- **L.40:** Psoriasis
- **L40.0:** Psoriasis vulgaris
- **L40.5:** Arthropathic psoriasis
- **L40.8:** Other psoriasis
- **L40.9:** Psoriasis, unspecified

**Classification of disease:** True chronic disease, dynamic

### Miasmatic Diagnosis

- **Fundamental Miasm:** Psoro- Syphilitic
- **Dominant Miasm:** Sycotic

**School of Philosophy:** Kentian School of Philosophy

**Analysis of Symptoms:** (Table 1)**Table 1:** Analysis of symptoms

Common Symptoms	Uncommon Symptoms
Eruptions with itching	Brooding
Dryness	Aversion to quarrelling
Burning	Suppressed emotions
Aggravation in winter season	Self-reproaching
Aggravation at night	Desire for spicy food
Aggravation from mental exertion	
Aggravation from scratching	

**Evaluation of Symptoms:** (Table 2)**Table 2:** Evaluation of Symptoms

Mental generals	Physical generals	Characteristic particulars
Brooding	Hot patient	Eruptions with itching
Aversion to quarrelling		Dryness
Suppressed emotions		Burning
Self-reproaching		Aggravation in winter season
		Aggravation at night
		Aggravation from mental exertion
		Aggravation from scratching

**Totality of Symptoms**

- Brooding
- Aversion to quarrelling
- Suppressed emotions
- Self reproaching
- Eruptions with itching, Dryness, burning
- < Winter season

- <Evening, Night
- < Scratching

**Selection of Repertory: Synthesis Repertory**

Since the case belongs to Kentian school of philosophy and Synthesis repertory is based on 6<sup>th</sup> edition of Kent's repertory which is updated with more number of rubrics, it is selected for repertorization.

**Repertorial Totality**

	Remedies	ΣSym	ΣDeg	Symptoms
lyc.	5	7		1, 2, 3, 4, 5
nat-m.	5	6		1, 2, 3, 4, 5
aur-m-n.	4	6		1, 3, 4, 5
staph.	4	6		2, 3, 4, 5
carc.	4	5		1, 2, 4, 5
tritic-vg.	4	5		1, 2, 3, 5
cupr.	4	4		1, 2, 4, 5
ign.	3	7		1, 2, 4

**Fig 1:** Selection of rubrics and reportorial result**Prescription: 25/7/23**

- **Natrum muriaticum 200:** 2 doses weekly once

- **SL Packet TID:15 days**

**Follow Up****Table 3:** Follow up

Date	Complaints	Prescription
31/10/2023	Scaly eruptions reduced (40%) Itching and burning - reduced Generalised weakness - better	Rubrum (15 days)
20/11/2023	Itching and burning - 50% better Scaly eruptions - same as previous All generals - good Mental symptoms - feeling better ("I'm not thinking too much")	Rubrum (1 month)
16/01/2024	Itching and burning - same as previous follow-up Eruptions - reduced All generals - good No new complaints	Natrum mur 1M OD for 2 days Rubrum (1 month)
02/05/2024	Itching and burning - 80% better Eruptions - reduced All generals - good (Through phone call)	Rubrum (1 month)
02/06/2024	Itching and burning - 80% better Eruptions - reduced All generals - good (Through phone call)	Rubrum (1 month)
02/07/2024	Itching and burning - 90% better Eruptions - reduced All generals - good	Rubrum (1 month)

**Fig 2:** Before Treatment (25/07/2023)



**Fig 3:** after treatment (31/10/23)



**Fig 4:** after treatment (20/11/23)

**Fig 5:** After treatment (16/01/24)**Fig 6:** Results after final treatments 2/7/24

### Basis of Prescription

Based on the analysis of mental generals, physical generals, characteristic particulars & reportorial result Natrum muriaticum was prescribed. Potency selected was 200 based on the susceptibility & condition of the disease. The patient came with psoriatic patch & was treated with individualized homoeopathic medicine, which showed complete reduction of symptoms <sup>[5]</sup>. Natrum muriaticum 200 one dose was prescribed followed by PL for 15 days. Patient showed remarkable changes in one month after the medicine.

### Conclusion

Homoeopathy is a system of medicine which treats the patient as a whole not a disease. In homoeopathy, the constitutional medicine is considered the best approach to treat a person. This case report is accompanied by photographic. The patient was treated with constitutional homoeopathic medicine - Natrum muriaticum 200C Follow-ups showed marked improvement in overall symptoms. This results the usefulness of individualized homoeopathic

medicines as well as importance of repertory and repertorisation in case of Psoriasis.

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**Conflict of Interest:** Nil

**Consent for publication:** Written informed consent was obtained from the patient for publication of this case report and any accompanying images.

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