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**Dr. Vishal V Deshpande**

Head of Department of Case Taking and Repertory, JIMS Homoeopathic Medical College and Hospital, Hyderabad, Telangana, India

**Dr. Sravani Kamma**

PG Scholar, Department of Case Taking and Repertory, JIMS Homoeopathic Medical College and Hospital, Hyderabad, Telangana, India

## Importance of detailed case taking in chronic psoriasis: A case report treated with *Lac humanum*

**Vishal V Deshpande and Sravani Kamma**

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### Abstract

**Background:** Psoriasis is a chronic inflammatory skin disorder characterized by erythema, scaling, plaque formation, and persistent pruritus, often following a relapsing course. It is often associated with musculoskeletal involvement and significant psychosocial stress. Conventional management primarily offers symptomatic palliation and control of flare-ups, with limited impact on long-term disease susceptibility. In homoeopathy, cutaneous manifestations are understood as outward expressions of internal constitutional imbalance rather than isolated local pathology. Therefore, effective management of psoriasis requires individualized constitutional treatment.

**Case summary:** A 56-year-old female presented with chronic plaque psoriasis, polyarthralgia, retrosternal burning, and constipation, with a background of long-standing grief, suppressed anger, and forsaken feeling following spousal loss. On revisiting the case, characteristic symptoms guided the prescription of *similimum*.

**Intervention and outcome:** A clearer constitutional picture emerged in later follow-ups, characterized by emotional deprivation, silent suffering, sensitivity, and characteristic dreams. *Lac humanum* was prescribed as the constitutional remedy. Following its administration, the patient showed marked and sustained improvement in skin, joint, and general complaints. At final follow-up, the patient remained symptom-free under placebo.

**Discussion:** This case demonstrates the temporary benefits of prescribing partial *similimum* remedies repeatedly, in contrast to the enduring improvement observed after identification and administration of the true constitutional remedy.

**Conclusion:** This case highlights the role of constitutional homoeopathic prescribing in chronic dermatological conditions with deep emotional etiologies. *Lac humanum* acted effectively at the constitutional level, leading to holistic and sustained improvement.

**Keywords:** *Lac humanum*, psoriasis, constitutional homoeopathy, grief, dreams

### Introduction

Psoriasis is a chronic immune-mediated inflammatory dermatosis and also is known to significantly affect quality of life and is frequently associated with psychological stress and systemic inflammation.<sup>1,2,3</sup> Conventional management may reduce the severity of lesions, relapses are common, and long-term disease susceptibility often remains unaltered.<sup>1,4,5</sup>

In homoeopathic philosophy, chronic skin diseases originate from deep-seated internal causes.<sup>6</sup> From this standpoint, psoriasis is viewed as constitutional in nature, requiring an individualized therapeutic approach rather than isolated local management. Homoeopathic cure is sought through the administration of the *similimum*, selected on the basis of the complete individual totality of symptoms. But when prescriptions are based on partial similarity, addressing only certain aspects of the case, such remedies may offer only temporary improvement but no long-standing relief.

This case report highlights the clinical importance of identifying the constitutional *similimum* through repertorial analysis, demonstrating the outcome achieved with *Lac humanum* in a chronic case of psoriasis.

### Material and Method

**Case:** A 56-year-old female patient presented to the Outpatient Department of JIMS Homoeopathy Medical College and Hospital, Shamshabad, Telangana, on 10 January 2025, with complaints of chronic skin eruptions associated with itching and joint pains. The patient was followed up regularly until October 2025.

### Corresponding Author:

**Dr. Sravani Kamma**

PG Scholar, Department of Case Taking and Repertory, JIMS Homoeopathic Medical College and Hospital, Hyderabad, Telangana, India

### Case summary

The patient complained of erythematous, scaly eruptions predominantly over both ankle regions, associated with intense itching and occasional bleeding on scratching. The itching was aggravated at night, by touch, and exposure to dust. She also reported pain in multiple joints, particularly the knees, elbows, and shoulders, with stiffness and difficulty in movement. The joint pains were worse in the early morning and ameliorated by warmth and rest. The skin and joint complaints had been present for nearly three years prior to consultation.

### Past history

The patient had a history of hypertension for the past five years and was on regular allopathic medication. She had a past history suggestive of tubectomy. There was no history of other major systemic illness.

### Family history

The patient's father was a known diabetic and expired 20 years ago. Her mother is a known case of diabetes mellitus and hypertension.

### Physical generals

The patient's appetite was normal. Thirst was normal, with a preference for taking large quantities of water at a time. She had a marked aversion to sour food and desire for sweets. Bowel habits were irregular, with a tendency toward constipation. Sleep was disturbed due to persistent thoughts.

### Repertorial totality

| Sl. No. | Symptom   | Interpretation     |
|---------|---|--------------------|
| 1       | conflicts with her daughter-in-law; difficult to express her emotions.    | Emotion suppressed |
| 2       | loneliness after husband's death.   | Forsaken feeling   |
| 3       | Husband chronic alcoholic refused to stop drinking followed by his death. | Grief prolonged    |
| 4       | wept easily when discussing her problems and taking to her.               | Weeping easily     |
| 5       | recurrent dreams of dead persons  | Dreams-dead of the |
| 6       | aversion to sour food   | Aversion sour food |
| 7       | desire for sweets   | Sweets desire      |

### Repertorial interface

Repertorization was done with murphy repertory in Zomoeo software. 3.0.

### Intervention

Initially, Natrum muriaticum 1M was prescribed based on the presenting totality. Subsequent prescriptions including Pulsatilla 200 and Carcinosinum 200, 1M produced only

The patient was thermally hot. Menopause was attained 4 years prior to presentation.

### Mental generals

The patient had a history of prolonged emotional stress due to her husband's chronic alcoholism, followed by intense grief and loneliness after his death. She was sensitive, sympathetic by nature, and found it difficult to express her emotions. She wept easily when discussing her problems and reported recurrent dreams of dead persons and later follow ups revealed conflicts with her daughter-in-law, she suffered silently, with suppressed anger and a persistent forsaken feeling, dreams involving a sensation of being squeezed by elephants.

### Clinical findings

On examination, the patient's pulse rate was 82 beats per minute, body temperature was 98.4°F, and blood pressure was 110/70 mmHg.

Dermatological examination revealed well-defined erythematous plaques with scaling over both ankle regions, associated with excoriation marks and post-inflammatory pigmentation. Musculoskeletal examination showed tenderness, crepitus, and restriction of movement in both knee joints, along with involvement of the elbow and shoulder joints. Based on clinical history and examination, a diagnosis of Psoriatic Arthritis (ICD-11 FA21) was established.

partial and transient relief. On re-evaluation in July 2025, a clear constitutional picture emerged, and Lac humanum 200 was prescribed as a single dose, resulting in sustained clinical improvement.

| Remedy   | Nat-m | Carc | Puls | Sulph | Ars | Caust | Lyc | Arg-n | Calc | Ferr | Sep | Staph | Arg-m | Chin | Mag-c |
|--|-------|------|------|-------|-----|-------|-----|-------|------|------|-----|-------|-------|------|-------|
| <b>Totality</b>  | 9     | 9    | 9    | 8     | 8   | 7     | 7   | 7     | 7    | 6    | 6   | 6     | 5     | 5    | 5     |
| <b>Symptoms Covered</b>  | 6     | 4    | 3    | 4     | 3   | 5     | 5   | 4     | 4    | 4    | 4   | 4     | 3     | 3    | 3     |
| [Murphy ] [Mind] Emotions, strong:Ailments, from:Suppressed, emotions, ailments, after:  | 2     | 3    | 0    | 0     | 0   | 1     | 0   | 0     | 0    | 0    | 1   | 3     | 0     | 0    | 0     |
| [Murphy ] [Mind] Abandoned, forsaken feelings, (see Estranged, Helplessness, Isolation, Loneliness):Love, ones, feels forsaken by: | 2     | 0    | 3    | 1     | 2   | 0     | 1   | 0     | 1    | 0    | 1   | 0     | 0     | 0    | 1     |
| [Murphy ] [Mind] Grief, sorrow, general:Prolonged, unresolved:   | 1     | 3    | 0    | 0     | 0   | 1     | 0   | 0     | 0    | 0    | 0   | 1     | 0     | 0    | 0     |
| [Murphy ] [Mind] Crying, weeping:Easily:   | 2     | 2    | 4    | 0     | 0   | 3     | 1   | 1     | 2    | 2    | 2   | 1     | 1     | 1    | 0     |
| [Murphy ] [Dreams] Dead, people, dreams of:  | 0     | 0    | 0    | 2     | 3   | 1     | 1   | 2     | 2    | 1    | 0   | 0     | 0     | 0    | 3     |
| [Murphy ] [Food] Sour, foods, (see Acid, foods):Aversion, to:  | 1     | 0    | 0    | 2     | 0   | 0     | 1   | 1     | 0    | 2    | 0   | 0     | 1     | 1    | 0     |
| [Murphy ] [Food] Sweets, general, (see Sugar):Desires:   | 1     | 1    | 2    | 3     | 3   | 1     | 3   | 3     | 2    | 1    | 2   | 1     | 3     | 3    | 1     |

Fig 1: Repertorial sheet

Table 1: Follow-up and outcome

| Date                 | Changes in Symptomatology   | Prescription                                     |
|----------------------|---|--|
| 10.01.25             | Severe itching over ankles with bleeding on scratching; joint pains; grief and loneliness present   | Nat mur 1M-1 DOSE ; Placebo BD for 21 days.      |
| 07.02.25 to 10.04.25 | Partial relief in skin complaints; joint pains persisted;   | Pulsatilla 200-2 DOSE; Placebo BD for 21 days.   |
| 11.04.25 to 17.06.25 | Skin eruptions SQ; itching persisted intermittently. Joint pain better by 40%;  | Carcinosinum 200-2 DOSE; Placebo BD for 21 days. |
| 18.06.25             | Skin improved 50% Joint pains SQ  | Placebo BD for 21 days.                          |
| 16.07.25             | Itching aggravated with bleeding; family stress Suppressed anger, forsaken feeling, dreams of compression clearly expressed as involving a sensation of being squeezed by elephants | Lac humanum 200- 1 DOSE; Placebo BD for 21 days. |
| 20.08.25             | Itching reduced by 90%; joint pain and burning chest reduced  | Lac humanum 200-1 DOSE; Placebo BD for 21 days.  |
| 15.10.25             | Complete resolution of itching; joint pain improved overall well-being improved   | Placebo BD for 21 days.                          |

**Photographic illustration as evidence based results****Fig 2:** Before treatment: 10-01-2025**Fig 3:** Follow up: 11-04-25**Fig 4:** Follow up: 18-06-25

11/09/2024 11:29

**Fig 5:** Follow up: 20-08-2025

### Discussion

The present case demonstrates the importance of identifying the true constitutional simillimum, as opposed to relying on repeated prescriptions based on partial similarity. The sustained improvement observed only after the administration of *Lac humanum* supports that cure is achieved through constitutional depth prescribing rather than symptomatic palliation.

Hahnemann emphasized in the *Organon of Medicine* (§§153, 162) that the remedy must be selected on the basis of the most striking, singular, and characteristic symptoms forming the totality of the case, and that only such a prescription can result in a gentle, rapid, and permanent restoration of health.<sup>6</sup> Remedies selected on partial similarity may act only superficially, producing temporary relief and curative results are often transient.<sup>7</sup>

Kent noted that frequent repetition of a remedy without sustained improvement indicates the absence of the true simillimum.<sup>8</sup> The concordant mental and physical improvement following *Lac humanum* confirms its constitutional action.

Boenninghausen cautioned that reliance on isolated symptoms may obscure the true remedy, as lasting cure is attainable only through the complete totality; though partial similarity, sometimes act palliative, does not lead to genuine cure.<sup>9</sup>

In the present case, earlier prescriptions were based on partial expressions such as grief, weeping easily, forsaken feeling, chronicity. Although these remedies produced temporary relief in cutaneous and musculoskeletal symptoms, the improvement was not sustained, indicating that the fundamental constitutional state had not yet been addressed.

A decisive shift in the case occurred with the emergence of a rare and characteristic mental symptom-dreams of being squeezed by elephants, suppressed emotions along with grief, forsaken feeling. These features represented the patient's inner experience of emotional compression and unmet human support, which are well documented indications of *Lac humanum* in classical homoeopathic literature.<sup>10</sup>

Thus, this case reinforces the conclusion that lasting cure in chronic psoriasis is achievable only through accurate constitutional prescribing, with careful attention to characteristic mental symptoms, rather than through repeated use of partial simillimum remedies.

### Conclusion

This case highlights the limitations of repeated prescriptions based on partial similarity and demonstrates the sustained therapeutic benefit achieved only after the administration of *Lac humanum* as the true constitutional simillimum. Earlier remedies produced only transient improvement, whereas lasting recovery followed a prescription guided by the complete mental, physical, and pathological totality, including characteristic dreams of being squeezed.

### Conflict of interest

Not available

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Not available

### Declaration of patient consent

Patient consent was taken for images to be reported for this article.

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