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Homoeopathic management of a case of psoriasis

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Abstract

The skin is a reflector of the internal dynamism or derangement of the human being. Psoriasis being a deep seated multifactorial condition requires an approach that reaches that depth to successfully cure it. Homoeopathy is a science that believes in Individualisation, which takes into consideration all the derangements at the level of mind, body and soul where it allows the body to be cured internally.

Keywords: Psoriasis, lachesis, constitution, keynote prescription, Sycotic miasm

Introduction

Psoriasis is a multifactorial genetic disease. It is an autoinflammatory disease. Onset is most common in the second to fourth decade of life. It occurs in almost equal frequency in males and females.

Causation

Exact cause is unknown. It can be genetic disposition. Radiation, mechanical or chemical trauma can initiate or worsen psoriasis. Drugs like chloroquine, lithium, beta-blockers, NSAIDs can also initiate or worsen psoriasis. Withdrawal from long term use of corticosteroid in a patient with psoriasis can precipitate the attack of pustular or erythrodermic psoriasis.

Pathological understanding

Psoriasis is an autoinflammatory disease mediated by T-lymphocytes. The T-lymphocytes stimulate epidermal proliferation and also attract neutrophils to epidermis. Increased epidermal turnover and deficient keratinocyte maturation leads to exfoliation or scaling of the skin. Vascular changes lead to erythema. Neutrophil infiltration causes intraepidermal pustules i.e. micro pustules.

Morphology

Well defined borders, elevated plaques or papules topped by whitish scales.

Variation in Distribution:

1. **Scalp:** asymptomatic plaques with thick silvery scales with tendency to extend beyond margins.
2. **Palmoplantar:** symmetrical presentation on palms and soles. If left untreated form painful fissures.
3. **Nails:** Matrix or nailbed is involved. There is pitting, thickening of nail, subungual hyperkeratosis, onycholysis and oil spots present.
4. **Guttate:** Common in children after streptococcal infection. . Drop like pinhead papules distributed symmetrically bilaterally all over the body.
5. **Seborrheic:** Occurs in a distribution pattern of seborrheic dermatitis. scales are yellow rather than silver.
6. **Erythrodermic:** Wide spread or whole body erythema and scaling is present.
7. **Flexural:** On groins and axilla. With well defined plaques but no so prominent scaling.
8. **Pustular Psoriasis:** Crops of tiny, sterile, superficial pustule present on the erythema. It can be localised or generalised. In generalised there are features of systemic toxicity present such as arthralgia, fever, chills, etc.

Clinical case presentation

A 51 year old male Dr. R.J came with the complaint of an eruption on his left knee, since 6 months. There is mild itching which is aggravated from dust. No characteristic physical general was present.

Mentals

For 6 months, the patient started having dreams of snakes, in which he was on a tree and a snake would come on him, he would shout for help. Then people would come and help

him after which he would wake up. He had fears of snakes. He is suspicious by nature. After drinking alcohol he would hit his wife sometimes. Otherwise he is calm by nature.

Habits

Smoking tobacco, since 20 yrs. Now stopped since 1 yr.

Alcohol: whisky, daily 90 ounces. Since 30 yrs.

On examination

Tongue: cracked, fissured. Trembling.



Fig 1: Eruption on left knee.



Fig 2: cracked tongue.

Clinical diagnosis- Psoriasis (on left knee).

Treatment strategy

Topical therapy: emollients, keratolytics, steroids and coal tar.

Systemic therapy: methotrexate, psoralen and UV-A therapy, UV-B phototherapy, steroids, retinoids, cyclosporine, biological therapy.

Homoeopathic line of treatment: Psoriasis is a deep seated chronic miasmatic disease. So according to the totality of symptoms i.e. “ the outward reflected picture of the internal essence of the disease i.e. the affections of the vital force”, as mentioned in aphorism 7, a deep seated remedy that can influence the whole constitution should be selected.

Homoeopathic classification of disease

Dynamic chronic, miasmatic disease. Miasm: psoriasis is a

combination of three stigmata. The eruption consists of dryness of psora, squamous character of syphilis, and overgrowth or thickened manifestation of sycosis.

In this case Sycosis is prominent because the patient is suspicious by nature, alcoholic and the scales on eruption are thickened.

Totality of the symptoms

1. Dreams of snakes.
2. Fear of snakes
3. Suspicious
4. Alcoholism
5. Tongue : cracked, fissure
6. Tongue: trembling
7. Psoriasis: inveterate.

1 MIND -ALCOHOLISM	⊗	Remedies	ΣSym	ΣDeg	Symptoms
2 MIND - FEAR - snakes, of	⊗	bell.	7	11	1, 2, 3, 4, 5, 6, 7
3 MIND -SUSPICIOUS	⊗	lach.	6	13	1, 2, 3, 4, 5, 6
MOUTH		ars.	6	11	1, 2, 3, 4, 5, 7
4 MOUTH - CRACKED - Tongue fissured	⊗	sulph.	6	11	1, 2, 3, 4, 5, 7
5 MOUTH - TREMBLING of tongue	⊗	hyos.	6	10	1, 3, 4, 5, 6, 7
DREAMS		sep.	6	10	1, 2, 3, 5, 6, 7
6 DREAMS -SNAKES	⊗	syph.	6	8	1, 2, 3, 4, 5, 7
SKIN		nat-m.	6	7	1, 2, 3, 4, 5, 7
7 SKIN - ERUPTIONS - psoriasis	⊗	lyc.	5	13	1, 3, 4, 5, 7
		rhus-t.	5	11	1, 3, 4, 5, 7
		merc.	5	10	1, 3, 4, 5, 7

Fig 3: Repertorization sheet (Synthesis App)

6 DREAMS -SNAKES :
 adam. aids. alum. arg-met. *Arg-n.* bell.
 bit-ar. bov. carc. cench. chord-umb.
 colch. crot-c. cygn-be. daph.
 dendr-pol. dulc. falco-pe. galla-q-r.
 grat. hyos. indol. irid-met. iris kali-c.
 kali-s. kalm. kola *Lac-c.* *Lac-h.* lac-leo.
lach. lat-h. loxo-recl. med. merl. nat-f.
 ol-aur. oncor-t. op. ozone pert-vc.
 pitu-a. polys. ptel. pycnop-sa. *Ran-b.*
Ran-s. rat. rhus-g. rosm. ruta sep. sil.
 sol-ni. sphing. spig. stront-c. tab. tax.
 teucr. teucr-s. thiam. tub. ultras.
 vero-o.

Fig 4: Rubric from Synthesis App

2. Characteristic at the level of mind and physical.
3. General sensitivity of the body is high.
4. Immunity status of the patient is good.
5. No significant P/H or F/H.
6. No history of suppression.

Selection of similimum

On repertorization drugs that came up were Lachesis, Sulphur and Belladonna . As it is seen that the eruption started 6 months back. The patient started having peculiar dreams for snakes since 6 months. Hence, dreams of snakes was given high importance while forming the totality. Dreams of snakes is present in lachesis and keeping in mind the left-sidedness, Lachesis was prescribed.

Prescription

Lachesis 200 (2P)
 SL 30 Tds x 7 DAYS.

Follow up

Susceptibility: HIGH

1. High symptom similarity.

Date	Eruption Patch	Generals	Remedy
18/09/19	->	1. Mentals state ->>- 2. Stopped alcohol 3. Generals: normal.	Rx, SL 30 Tds X 15 days
02/10/19	->	Normal	Rx, SL 30 Tds X 15 days
16/10/19	->	Normal	Rx, SL 30 Tds X 15 days
30/10/19	->	Normal	Rx, SL 30 Tds X 15 days
13/11/19	->>- No new eruption	Normal	Rx, SL 30 Tds X 15 days
27/11/19	-0- No new eruption.	Normal	Rx, SL 30 Tds X 15 days
11/12/19	-0-	Normal	Rx, SL 30 Tds X 15 days

is strengthened for *Lachesis*. One of the most characteristic symptoms of *Lachesis* is found in the tongue, especially in diseases of a typhoid type; namely, puts the tongue out with great difficulty; it is very dry; trembles and catches under lower teeth. The tongue trembles and is protruded with difficulty under *Gelsemium*, but it is not so dry as in *Lachesis*. This is a sign of great weak-

Fig 5: Leaders in Homoeopathic Therapeutics by E.B. Nash, Reprint Edition: 1989, pg no: 115.

STOMACH: Craving; for alcohol, oysters, for coffee which agrees. Hungry, can not wait for food, or loss of hunger alternately. Thirsty but fears to drink. Gnawing pressure in stomach > eating, but returning in few hours (cancer), soreness or cramp in epigastrium. Vomits during menses, with headache. Eructations; before epilepsy; at menses. Nausea; comes on, after going to bed; after drinking ice water.

Fig 6: Concise Materia Medica of Homoeopathic Remedies By S.R. Phatak, Reprint edition-1991, Page No: 346.

Mouth

Inflammatory swelling of the buccal cavity. The mouth and palate are excoriated and very painful. Dryness of the mouth and tongue, or accumulation of water in the mouth and salivation. Tongue shining, dry red and cracked, or inflamed, swollen (covered with blisters), brownish or blackish. Stiffness, immovableness, and

Fig 7: Dictionary of Practical Materia Medica by Clarke J.H from Hompath FireFly App- LACHESIS MUTUS

Discouragement, distrust, easily affected to tears. Mental dejection and melancholy, with apprehension, uneasiness about one's malady, great tendency to give way to sorrow, to look upon the dark side of everything, and to think oneself persecuted, hated and despised by acquaintances. Dread of death, fears to go to bed, fear of being poisoned. Thinks she is someone else, in the hands of a stronger power, that she is dead and preparations are being made for her funeral, that she is nearly dead and wishes someone would help her off. Sadness when awaking in the morning or night (particularly in the morning), no desire at all to mix with the world. Restless and uneasy, does not wish to attend to business, but wants to be off somewhere all the time. Sadness, and disgust to life. Mistrust, suspicion, and a strong tendency

Fig 8: Dictionary of Practical Materia Medica by Clarke J.H from Hompath FireFly App- LACHESIS MUTUS

-Delusion of death people, talking with the death; of his own funeral.

-Anxiety and depression in the morning. Great disposition to feel sad.

Indolence, apathy and extraordinary weakness of memory with loss of every mental faculty.

-RELIGIOUS affections.

-Feelings of guilt. Delusion has committed a crime.

-Psychosis. Manic-depression. Paranoia (Hyos, Kali-br, Verat).

-Fear of SNAKES (Lac-c), insanity (Calc, Cann-i, Manc, Puls), heart disease, being poisoned.

Fig 9: Keynotes from Hompath FireFly App- LACHESIS MUTUS



Fig 10: Eruption Before and After Treatment

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