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Homeopathy medicine for treatment of psoriasis

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Abstract

Background: Psoriasis is a chronic skin condition caused by an overactive immune system. Psoriasis treatments include steroid creams, occlusion, light therapy and oral medications, such as biologics. Recently researchers made an attempt to look for an alternative treatment for psoriasis i.e. homeopathy.

Aim: To compare the efficacy of homeopathy medicine in treatment of psoriasis.

Material and Method: Sample size selected for the present study was 70 patients. Age group selected for current study was patients aged above 15 years. A standardized questionnaire was prepared. Details regarding complaints severity, health-related quality of life (QoL), medical history, consultations, all treatments, and use of other health services were recorded.

Result: Of the 70 patients 42 were females i.e. 60% and 28 were males i.e. 40%. Numbers of females were more in this study. 60% patients knew that homeopathy treatment will help them. 64.2% patients tried allopathic treatment earlier, 25.7% underwent surgery i.e. 25.7% and only 7 patients said they were taking homeopathy treatment i.e. 10% cases.

Conclusion: Homeopathy can be used for treatment for psoriasis. Improved in symptoms and QoL was observed.

Keywords: Homeopathy, prospective observational study, psoriasis

Introduction

Psoriasis is an inflammatory skin disorder. Psoriasis is also known as an autoimmune disease [1]. A significant role of genetic and environmental factors has been noticed in psoriasis. Psoriasis derived from Greek word psora which means itch. Psoriasis is a non-contagious, dry, inflammatory skin disease [2] Psoriasis, can be localized or generalized. Scalp, tips of fingers and toes, palms, soles, umbilicus, gluteus, under the breasts and genitals, elbows, knees, shins and sacrum are the most commonly affected sites [3] Psoriasis is generally characterized as sharply marginated scaly, erythematous plaques. A symmetrical pattern and distribution of psoriasis is noticed [3] It is one of the commonly occurring skin disorders with a world-wide frequency of about 2-3% of the general population [4, 5]

Treatment modalities used to cure psoriasis includes topical and systemic therapy, followed by maintenance therapy to maintain remission. Motive of treatment should be to prevent relapse, no side-effects and toxicity [1, 6, 7] Recently homeopathy has gained importance due to its advantages like being cost effective, no side effects etc. Homeopathy treats the symptoms of patients rather than the diseases or its effects and it completely eliminates the rashes. Studies have proved that homeopathy is successfully used in the management of psoriasis and may not require maintenance treatment, following remission [8, 9] So, in present study we aimed to compare the efficacy of homeopathy medicine in treatment of psoriasis.

Material and method

Sample size selected for the present study was 70 patients aged above 15 years. 70 patients were selected for the present study based on the inclusion and exclusion criteria. All the patients were explained about the purpose of study in detail. A written informed consent was obtained from the patients.

Inclusion criteria

- Patients aged above 15 years
- Patients diagnosed for psoriasis
- Those willing to participate

Exclusion criteria

- Patients not willing to participate
- Individuals younger than 15 years

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Ethical clearance was obtained before stating the study. A detailed description regarding the investing procedures was explained to patients and attendees. A questionnaire was prepared in bilingual language Hindi and English. Patients were asked to do numbering rating to specify severity of disease. Questionnaire consisted of questions regarding severity of diseases, frequency of disease, and patient's perception towards homeopathy treatment etc.

Statistical analysis

All the data were calculated and tabulated. The results were analysed and compared using ANOVA tests in SPSS version 18.0. A p value <0.05 was considered as statistically significant.

Results

In present study a total of 70 patients were selected. Of the 70 patients 42 were females i.e. 60% and 28 were males i.e. 40%. Age groups selected for the current study were patients aged above 15 years. All the patients were divided in different categories based on age. In present study of the 70 patients included 20 were aged 15 to 20 years i.e. 28.5%, 8 patients were in age group 21 to 25 years i.e. 11.4%, 5 patients were in age group 26 to 30 years i.e. 7.1%, 10 patients had the age group of 31 to 35 years i.e. 14.2%, 11 patients were in age group 36 to 40 years i.e. 15.7% and 16 patients were aged above 40 years i.e. 22.8%. In our study most common age group was found to be 15 to 20 years with 28.5% patients followed by patients aged above 40 years i.e. 22.8%.

Of the 70 patients 42 said they know homeopathy treatment will help i.e. 60%, 24 said it may help i.e. 34.2%. Whereas only 4 patients i.e. 5.71% said homeopathy won't help. Overall response of patients for homeopathy treatment was found to be good in our study. On examination of severity of disease we found that of the 70 patients mild psoriasis was seen in 22 cases, moderate psoriasis in 25 cases and severe psoriasis in 23 cases. Based on the result of our study we found that of the 70 patients 45 patients underwent allopathic treatment i.e. 64.2% cases, 18 underwent surgery i.e. 25.7% and only 7 patients said they were taking homeopathy treatment i.e. 10% cases. Relapse of psoriasis is seen in patients who underwent surgical and allopathic treatment. Prognosis of treatment was evaluated and we found that of the 70 patients examined excellent prognosis was seen in 64.2% cases, good prognosis in 34.2% cases and only 1 case had poor prognosis i.e.1.4%.

Discussion

Psoriasis is a skin disorder which is associated with inflammatory response. Psoriasis is chronic in nature and has the tendency to relapse. Relapsing nature of disease makes it quite worrisome and uncomfortable for the patients. Due to rapid and excessive multiplication of epidermis cells the skin keeps scaling as flakes called psoriatic plaques. These flakes give it an appearance of fishy skin and it finally peels off as exfoliation [10] Etiology is psoriasis is still a topic of debate. However some studies have suggested that emotional stress is considered an important factor in psoriasis and 37-78% of patients.4 Psoriasis is a long condition and patients don't find allopathic treatment comfortable because long term use of allopathy is often associated with side effects. So an alternative treatment with no side effects is given

importance. There comes the role of homeopathy treatment because it treats the symptoms of patients rather than the diseases or its effects with no side effect.

In present study 70 patients suffering from psoriasis were included. Of the 70 patients 42 were females i.e. 60% and 28 were males i.e. 40%. In our study numbers of affected females were more than males. Studies have shown that it affects both males and females equally in adults. Whereas, in children and adolescents, psoriasis has been found to be more common in females than males [10] result showed that majority of the patients were aged 15 to 20 years i.e. 28.5% followed by patients aged above 40 years i.e. 22.8%. Studies have shown that psoriasis occurs most commonly in the third decade of life and the onset of the disease occurs most commonly at about age of 20 years [10]

Patient's perception towards homeopathy treatment was observed. 60% patients knew homeopathy treatment will and only 5.71% said homeopathy won't help. Studies have suggested that in industrialized countries homeopathic patients tend to be younger and better educated than conventional patients, of higher socioeconomic status, and more often female [11] In present study overall response of patients for homeopathy treatment was found to be good. On examination of severity of disease we found that severe psoriasis was seen in 23 cases. Based on the result of our study we found that of the 70 patients 45 patients underwent allopathic treatment i.e. 64.2% cases, 18 underwent surgery i.e. 25.7% and only 7 patients said they were taking homeopathy treatment i.e. 10% cases. Relapse of psoriasis is seen in patients who underwent surgical and allopathic treatment. Prognosis of treatment was evaluated and we found that of the 70 patients examined excellent prognosis was seen in 64.2% cases, good prognosis in 34.2% cases and only 1 case had poor prognosis i.e.1.4%. Nwabudike LC in a case report concluded that Homeopathy is a cheap and gentle form of treatment, which rarely produces side-effects [12] Result of our study is in agreement with the authors. Homeopathy aims to make the skin healthy in psoriasis cases.

Conclusion

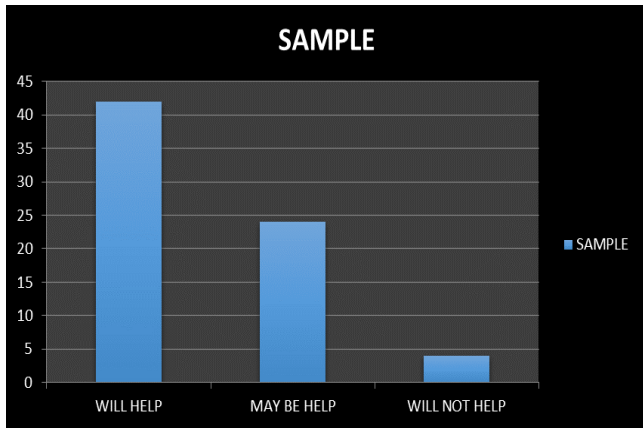
Homeopathy is an effective mode of treatment. It is cost effective, with no or minimal side effect. Homeopathy treatment is found to be well accepted among people. We found a good prognosis in case of psoriasis after initiation of homeopathic treatment. Though role of homeopathy in field of psoriasis is not well recognized, further studies with larger sample size are required.

Table 1: Distribution of Sample Based On Gender

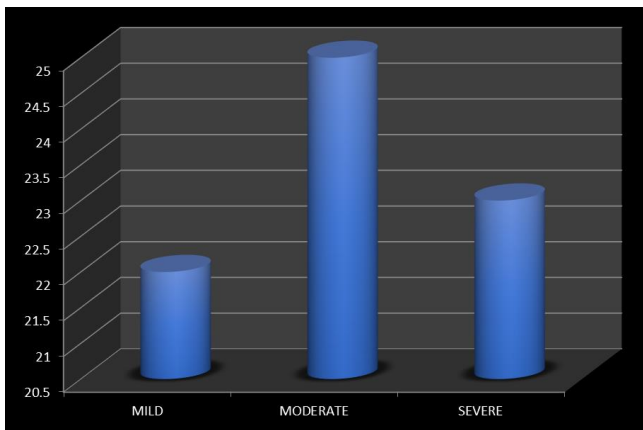
Gender	n	Percentage
Male	28	40%
Female	42	60%
Total	n = 70	100%

Table 2: Age Distribution

Age Group	Number	Percentage
15-20	20	28.5%
21-25	8	11.4%
26-30	5	7.1%
31-35	10	14.2%
36-40	11	15.7%
>40	16	22.8%



Graph 1: Patients Expectation towards Homeopathy



Graph 2: Severity of Disease Examined

Table 3: History of Treatment

Treatment	Patients	Percent
Allopathy	45	64.2%
Surgery	18	25.7%
Homeopathy	7	10%

Table 4: Prognosis of Treatment

Treatment	Patients	Percent
Excellent	45	64.2%
Good	24	34.2%
Poor	1	1.4%

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