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Case reports for treatment of psoriasis with homoeopathy

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Abstract

Psoriasis affects 2% to 3% of the world's population. It is a long-lasting and relapsing skin disease that affects the life cycle of the skin. It is a chronic inflammatory skin disease characterized by thickened, silvery-scaled patches.

There is currently no cure and treatments only attempt to reduce the severity of symptoms.

Five exclusive cases of psoriasis were treated, where patients have reported maximum relief of complaints after receiving homoeopathic treatment which was selected on the basis of totality of symptoms and case working with all the steps of repertorization.

Keywords: Case report, homoeopathy, plaque psoriasis, *Lycopodium clavatum*

Introduction

(Greek word) Meaning: Itching

Definition: It is a common chronic disease of skin consisting of erythematous papules which coalesce to form plaques with distinct borders.

What causes psoriasis?

The exact cause of psoriasis is unknown, but most researchers believe that a combination of several factors contributes to the development of this disease.

Some contributing factors include

- Overactive immune system
- Environmental causes

What triggers psoriasis

Environmental causes can trigger a psoriasis flare in people who have psoriasis. The good news is that avoiding these triggers can cut down of the number or severity of the flares.

- The bad news? Some are hard to avoid.
- Skin injury
- Weather
- Stress
- Infection
- Low levels of calcium

There are a few factors that can increase the risk of psoriasis

- A family history of psoriasis
- Recurring infections
- Obesity
- Smoking

Facts about psoriasis

- There is no cure for psoriasis
- The multiple treatments currently available only attempt to reduce the severity of symptoms.
- Treatments range from topical applications, systemic therapies, and phototherapy.
- Psoriasis is a chronic inflammatory disorder affecting about 2 to 3 percent of adults 20 years old and older.

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Progress and locations

- As disease progresses and if it is untreated, a silvery, yellow-white scale develops.
- New lesions tend to appear at sites of trauma.
- They may be in any location, but frequently are located on the scalp, knees, elbows, umbilicus and genitalia.

Course

- The clinical course is variable but less than one half of the patients followed for a prolonged period will have prolonged remissions
- Normal skin produces about 1250 cells a day for each square cm, psoriatic skin produces 35000 new cells each day for each square cm.
- Normal duration of the cell cycle of skin is 311 hours, but it reduces to 36 hours for psoriatic skin.

Severity

- May range from a minimum cosmetic problem to a life-threatening emergency.
- In about 5% of psoriasis patients, arthritis will develop and in most of these, joint involvement will occur after the onset of the skin lesions.
- The course of the arthritis is mild, affects only a few joints and spontaneous remissions occur.

Auxillary line of treatment:

- One promising idea was that fish oil would benefit those with Psoriasis.
- improvement in psoriasis with the adoption of a gluten-free diet
- Abundant intake of vegetables, fresh fruits, Saffron tea, fibre supplements, olive oil, and avoidance of red meat, processed foods, and refined carbohydrates.

Types of psoriasis

- Part of the reason psoriasis is such a complicated disease is that there are several different types of psoriasis.
- A person with psoriasis can have one or more of them, and the type could change throughout the person's lifetime. Examples of the types of psoriasis include:
 - Plaque psoriasis
 - Scalp psoriasis
 - Nail psoriasis
 - Inverse psoriasis
 - Guttate psoriasis
 - Pustularpsoriasis

Symptoms of psoriasis

- Psoriasis signs and symptoms will differ from one individual to another. But here are some of the common symptoms of psoriasis:
 - Red patches of skin covered with silvery scales
 - Small scaling spots
 - Dry, cracked skin with occasional bleeds
 - Itching, burning or soreness
 - Thickened, pitted or ridged nails
- Psoriatic patches can vary from a few spots of scaling, to eruptions that cover large areas.

Plaque Psoriasis:

The most common type of psoriasis is plaque psoriasis. Plaque psoriasis lesions are round or oval-shaped with

defined borders and thick, silvery-white scales atop a red, irritated base. It most often appears on the scalp, just above the buttocks and on extensor surfaces, or joints: the insides and outsides of knees and elbows.

The plaques tend to be more than half a centimetre in diameter and have very thick scales; so thick that it's difficult to see any skin underneath.

Aim and objectives

The primary objective was to identify the usefulness of homoeopathic medicines in the treatment of psoriasis in thirty potency.

Methodology followed for treatment plan, selection of medicine, potency, doses and repetition:

For each case, the medicine has been selected after taking the detail case history on structured proforma, performing analysis and evaluation of symptoms, formation of totality of symptoms, repertorial approach, selection of repertory with reason, formation of repertorial totality and PDF. Repertorization was done by using complete repertory. Similimum of the case is decided by considering repertorial ranking, potential differential field and miasmatic background.

Single medicine was prescribed as per law of similimum, law of minimum doses, low potency. Only one dose was administered followed by placebo as per law of minimum. During follow up changed symptomatology is noted and as long as improvement is there continuously, medicine was not repeated.

Case Presentation

Date of first visit: 11/03/2019

Name of patient: Mrs. K. M.

O.P.D. case paper number; 1265/M/2019

Age: 43 years

Sex: Female

Occupation: Housewife

Marital status: Married

Chief complaint

Single psoriatic patch on her lumbar back region for 7 years

Onset, duration and progress

A 43 years old housewife, reported for the treatment of single psoriatic patch with itching++ on her lumbar back region for 7 years. She was taking allopathic treatment regularly. Initially she felt better but since last two years there is no improvement in lesion.

Associated complaints

Along with this complaint she is complaining of weakness on exertion, unrefreshing sleep with sleepiness in the evening.

Past history

No major past history

Family history: Father died because of old age

Mother is apparently healthy

Personal history

Appetite: Good

Thirst: 2 to 2.5 litres per day

Bowel: Satisfactory
 Bladder: 4 to 5 times a day, clear
 Sleep: unrefreshing sleep with sleepiness in the evening
 Desires: Sweet
 Aversion: Not specific
 Thermally: Hot
 Fanning: not required
 Food: desires warm
 Covering throughout the year

Mentals

Married before thirteen years. She has no kids so she feels unfortunate. She is very mild and adjustable with all people. Presently since last few years she doesn't want to work. Her confidence level has been reduced for accepting new challenges.

She does not have anxiety, fear, anger, sadness much marked. Her confidence level is good. She is well oriented. Her memory and concentration are also good.

Local examination

Patch is shiny red in colour
 Elevated from skin level
 3 to 4 Inches in width and 2-3 inches in height
 Silvery scales are visible

Analysis of the case: Chronic case

Analysis of symptoms

1. Psoriatic patch on lumber back region (Physical particular characteristic)
2. Weakness on exertion+++ (Physical general characteristic)
3. Unrefreshing sleep+++ (Physical general characteristic)
4. Sleepiness in the evening +++ (Physical general characteristic)
5. Feels unfortunate(((Mental emotion characteristic)
6. Aversion to work (Mental will characteristic)
7. Confidence reduced((Mental emotion characteristic)
8. Mild (Mental emotion characteristic)
9. Desire for sweet (Physical general characteristic)
10. Hot patient (Physical general characteristic)
11. Obesity++ (Pathological general)
12. Itching of eruptions ++ (Physical general common)

Evaluation of symptoms

1. Aversion to work
2. Confidence reduced

3. Mild
4. Feels unfortunate
5. Chilly
6. Desire for sweet
7. Sleepiness in the evening
8. Unrefreshing sleep
9. Weakness on exertion
10. Psoriatic patch on lumber back region
11. Obesity
12. Itching

Totality of symptoms

1. Aversion to work
2. Confidence reduced
3. Mild
4. Feels Unfortunate
5. Hot patient
6. Desire for sweet
7. Sleepiness in the evening
8. Unrefreshing sleep
9. Weakness on exertion
10. Psoriatic patch on lumber back region
11. Obesity

Repertory used: Zomeo software (Complete repertory)

Reason: recent repertory, generals dominate

Method of repertorization: classical

Repertorial totality

1. Aversion to work
2. Confidence reduced
3. Mild
4. Feels unfortunate
5. Desire for sweet
6. Sleepiness in the evening
7. Unrefreshing sleep
8. Weakness on exertion
9. Psoriatic patch on lumber back region
10. Obesity

Potential differential field: Hot patient

Technique: Repertorization with Zomeo software

Method of repertorization: Classical

Table 1: Repertorization sheet case 1

On repertorial analysis “Lycopodium” scored highest marks (35) covering all the rubrics. According to miasmatic consideration, psoric miasm was prominent and Lycopodium clavatum is a anti-psoric remedy.

First Prescription on 11/03/2019

Rx: Lycopodium clavatum 30 one dose stat
SL 4 pills thrice a day for 15days

1st Follow up on 01/04/2019

Psoriatic lesion reduced in thickness
Weakness slightly reduced.
Sleepiness in the evening
Flatulence in the evening
Rx: SL 4 pills thrice a day for 15 days

2nd Follow up on 15/04/2019

Psoriatic lesion is same in size
Weakness reduced 60%
Sleepiness reduced 40%
Flatulence in the evening reduced 20%
Rx: SL 4 pills thrice a day for 15 days

3rd Follow up on 06/05/2019

Psoriatic lesion is thinner in consistency
Size is reduced by 1 inch
Weakness reduced 80%
Sleepiness reduced 70%
Flatulence in the evening reduced 50%
Rx: SL 4 pills thrice a day for 1 month

4th Follow up on 17/06/2019

Psoriatic lesion is still thinner in consistency
Size is reduced by 2 inch
No Weakness
Sleepiness in the evening reduced 90%
Flatulence in the evening reduced 70%
Aversion to work is still present
Rx: SL 4 pills thrice a day for 1 month

5th Follow up on 01/07/2019

The colour of area of psoriatic patch is nearer to the colour of skin
The skin in that area is now not rough and scaly and red
No Itching
Aversion to work is reduced
No Flatulence
Rx: SL 4 pills thrice a day for 1 month

6th Follow up on 16/09/2019

Psoriatic patch almost (90%) disappeared
Redness, Itching Thickness considerably reduced
No Sleepiness, aversion to work, flatulence
No new lesion since last 5 months.
Rx: SL 4 pills thrice a day for 1 month

8th Follow up on 11/11/2019

Patient came only for reporting
There is no recurrence of the same complaints since last follow-up



Fig 1: First Visit-Shiny red colour psoriatic patch



Fig 2: First follow up-Shiny and red patch reduced



Fig 3: Third follow up-Redness and patch reduced in size



Fig 4: Fifth follow up-Shiny, red and elevated patch reduced in size



Fig 5: Seventh follow up-Patch reduced in size and normal skin texture is regained



Fig 6: Eighth follow up- Redness and thickness considerably reduced with normal skin texture

Patient Perspective

Patient was very happy with the treatment she availed in Dr. D. Y. Patil Homoeopathic college, Pune which definitely very satisfying and smooth. According to her experience It improved her subjective symptoms and there by quality of life.

Discussion

In this case homoeopathic remedy was selected on the basis of individualization and totality of symptoms. All steps of repertorization were meticulously followed to arrive at the similimum. After repertorization, in this case *Lycopodium clavatum* was the similimum. This medicine is successful in the treatment of psoriasis of the patient.

Lycopodium clavatum has been reported in the literature as a useful medicine for the treatment of psoriasis, the selection of which depends upon the totality of the case including Mentals, physical generals and particulars present in the patient. The patient continued the follow up visits for at Least next 6 months with no recurrent complaints. Patient did not complained about the side effects or any unfavourable consequences.

Lycopodium clavatum 30 C is prescribed in this case.

Conclusion

It has been observed that the case treated with consideration of totality of the symptoms and following all the steps of repertorization with 30 C potency gave best results. It is therefore suggested that studies can be undertaken to ascertain the role of *Lycopodium clavatum* remedy, in the 30 C potency, for the treatment of psoriasis with complete repertory by following all the steps of repertorization.

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