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A case report on psoriasis treated with homoeopathy

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Abstract

We are discussing here a case of 50 years old female presented at the private clinic in Dehradun having eruptions on feet along since 5 years. The case was analysed according to the homoeopathic principles and after the reportorial analysis *Arnica Montana* was selected as the individualised remedy according to the characteristic symptoms of the case which shows remarkable progress in the case with very few doses. The case was observed for 2 yrs to check any relapse of symptoms.

Keywords: Psoriasis, autoimmune disease, *Arnica montana*, homoeopathy

Introduction

Psoriasis is a chronic inflammatory immune-mediated proliferative skin disorder that predominantly involves the skin, nails, and joints. Robert Willan, the father of modern dermatology, is credited with the first detailed clinical description of psoriasis, and hence, it is also termed as *Willan's lepra*. The association between arthritis and psoriasis was described for the first time by Alibert in 1818, and the American Rheumatology Association recognized it as a separate entity in 1964 [1].

Pathophysiology

The molecular genetic basis of psoriasis is complex with evidence that multiple genes are involved. Seven major psoriasis susceptibility loci have been reported. Many investigators have established that a major susceptibility locus for psoriasis is at 6p21, referred to as PSORS1 and is overrepresented in all populations tested. 10–15 As noted, an association between psoriasis and other loci has also been reported on chromosomes 1p (PSORS7), 14 1q (PSORS4), 16 3q (PSORS5), 17 4q (PSORS3), 18 17q (PSORS2), 19 and 19p (PSORS6). 20 The strength of associations between such genes and susceptibility to psoriasis, apart from PSORS1, is variable as replication of these findings has been incomplete. The difficulty of confirming psoriasis susceptibility loci may relate, in part, to heterogeneity among different populations. Whereas the existence of a genetic component in psoriasis is certain, the exact locations of the genes involved remains to be definitely determined [2].

Homoeopathy provides constitutional treatment by focusing on the individuality of the patient along with the totality of the symptoms. Every patient experiences different symptoms even if they are diagnosed with the same disease. Therefore, treatment of such a range of symptoms cannot be done with the same medicinal regimen which is given to everyone irrespective of their complaints. Rather, they require the constitutional treatment provided by Homoeopathy which is based on the Law of similars.

Case Study

Mrs X of age 50 years came with the complaint of eruptions on feet along with pain in extremities since 5 years and 1 year respectively.

Presenting Complaints

1. Eruptions on feet since 5 years
Location: Dorsum of feet (bilaterally), ankle joints
Character: Multiple, papular eruptions, scaling and blackish discoloration present.
Along with marked itching and dryness of skin. Eruptions are painful to touch after scratching.
<winter season

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- 2. Pain in lower extremities since 1 year
 Location: bilateral knee joints
 Character: Aching type
 Sensation: As if bruised
 < Touch, motion
 > Rest
 Along with- Restlessness in lower limbs.
 Treatment History: Allopathic Treatment.

History of Presenting Complaints

Patient was apparently well before 5 years she started to have multiple eruptions on her feet. The eruptions were papular with marked scaling and itching. She also complains of pain in her knees bilaterally since 1 year which is gradually increasing. The pain is aching in character. The patient took allopathic treatment but she didn't experience any relief.

Past Medical History

Patient was diagnosed with Cholelithiasis 10 years ago and she underwent Cholecystectomy 7 years ago.

Family History

Father – Hypertension

Physical Generals

- Appetite: Adequate, 3 meals/day
- Thirst: 3L/day
- Desire: spicy foods.
- Aversion: Nothing significant
- Intolerance: Nothing significant
- Urine: Pale yellow, non-offensive, D₅ N₂
- Stool: Regular, Satisfactory
- Sleep: Sound, Refreshing, 6-7 hours /day
- Dreams: Nothing significant
- Perspiration: Generalized, non-offensive, non-staining
- Tongue: Clean and moist

- Thermal Reaction: Chilly

Mental Generals

- Anger- Expressive < consolation
- Irritable
- Company desire
- Introvert

Provisional Diagnosis

Psoriasis along with Psoriatic Arthropathy ^[3].

Totality of Symptoms

- Irritable in nature.
- Anger expressive in character.
- Eruptions on feet symmetrically.
- Eruptions painful to touch.
- Pain in extremities.
- Character of pain- aching in character
- Restlessness in extremities.

Rubrics Selected

- Mind - Anger
- Mind - Irritability
- Skin - Eruptions - Symmetrical
- Skin - Eruptions - Painful
- Extremities - Pain
- Extremities - Pain - Aching
- Extremities - Restlessness

Repertorial Analysis

The case was repertorized using Homoeopathicum Syntheticum' written by Dr. Frederik Schroyens ^[4]. The first prescription was Arnica Montana 30 given in four doses for four days after analysing the repertorial result based upon the characteristic indications of the medicine and by consultation of Boericke's materia medica ^[5]. The next follow up was done after one week having steady and marked improvement continued with placebo.

	arn.	nat-m	sil.	nux-v	arg.	lyc.	mus-t	bell.	psal.	nit-ac	aqac	calc.	chin.	merc.	quic
1. SKIN - ERUPTIONS - symmetrical (8) 1	1	1	1												
2. SKIN - ERUPTIONS - painful (87) 1	3	1	3	3	2	2	1	3	2	2	1	1	2	1	2
3. EXTREMITIES - PAIN (401) 1	2	1	1	3	3	3	3	3	2	3	2	2	3	1	2
4. EXTREMITIES - PAIN - aching (125) 1	2	2	1	3	2	2	3	2	2	1	3	1	1	2	1
5. MIND - IRRITABILITY (645) 1	2	3	3	3	3	3	3	3	3	2	3	2	2	2	2
6. MIND - ANGER (427) 1	1	3	1	4	3	3	2	2	1	3	1	2	2	3	2
7. EXTREMITIES - RESTLESSNESS (224) 1	2	2	3	3	3	3	3	1	3	2	2	3	3	1	2

Fig 1: Repertorial Analysis

Prescription

Arnica Montana⁵ 30/ 4 doses

Potency

Dose: Third to thirtieth potency. Locally, the tincture, but should never be applied hot or at all when abrasions or cuts are present.



Fig 2: Before Treatment



Fig 3: After Treatment

Follow-up

Table 1: Date wise description of prescription

Date	Symptoms	Medicine
30/01/2020	Ist visit of the patient	Arnica montana 30/ 4 doses
09/02/2020	Eruptions on feet–slight relief Scales–decreased Itching decreased Pain in extremities-slight relief.	Placebo 30/ BD for 10 days
20/02/2020	Eruptions on feet–slight relief Blackish discoloration in spots-decreased Itching decreased Pain in extremities-slight relief.	Placebo 30/BD for 10 days
05/03/2020	Eruptions on feet–Relief Blackish discoloration in spots-decreased Itching decreased Pain in extremities- slight relief.	Placebo 30/ BD for 15 days
20/03/2020	There is relief in blackish eruptions, Reduction in itching, Pain in extremities-relieved	Placebo 30/ BD for 15 days
05/04/2020	Reduction in black discolorations, Relief in itching	Placebo 30/ BD for 15 days
20/04/2020	Reduction in scales and eruptions with itching has reduced considerably	Placebo 30/ BD for 15 days
05/05/2020	Eruptions has reduced considerably with no new eruptions	Placebo 30/ BD for 15 days

Discussion and Conclusion

In the above case of Psoriasis, the patient came with the complaint of eruptions on feet along with marked itching and scaling. After thorough case taking and case analysis, the totality of symptoms was formed and the case was repertorized using synthesis repertory in which the leading remedies were *Arnica Montana*, *Natrum mur*, *Silicea*, *Nux*

vomica, *Arsenic alb*, *Lycopodium* etc. The final selection of remedy was done based on a holistic and individualistic approach i.e., by observing the mental generals, physical generals and particulars of the patient and on the basis of bilateral symmetry of the complaint which clearly indicated *Arnica montana*. The patient was markedly improved when she visited on the first follow up. Eruptions were decreased

along with the itching and scaling. Thereafter, patient was continued on placebo with marked improvement in patient's condition.

This case has been successfully treated by Homoeopathy which is evident by the regular follow ups of the case. Homoeopathy has received profound acknowledgment for the cure of many incurable diseases especially skin related disorders and this case further verifies it. With the aid of Homoeopathy many patients can get rid of their sufferings irrespective of their disease via constitutional treatment.

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