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**Dr. Mayuri Mahale**

PG Scholar, Department of  
Repertory, Guru Mishri  
Homeopathy Medical College,  
Jalna, Maharashtra, India

**Dr. Suvarna Patil**

Professor, Department of  
Repertory, Guru Mishri  
Homeopathy Medical College,  
Jalna, Maharashtra, India

**Corresponding Author:**

**Dr. Mayuri Mahale**

PG Scholar, Department of  
Repertory, Guru Mishri  
Homeopathy Medical College,  
Jalna, Maharashtra, India

## Homoeopathic management of psoriasis: A case study

**Dr. Mayuri Mahale and Dr. Suvarna Patil**

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### Abstract

Psoriasis is chronic autoimmune disorder of the skin. Psoriasis can have physical emotional, social and psychological impact on patient's life. There are several types of Psoriasis including plaque and erythematous psoriasis. Psoriasis is more common in males than in females. Recent studies show that about 10 to 30% of people with psoriasis may develop psoriatic arthritis. It has significant impact of quality of life in people. The exact cause of psoriasis is unknown but Emotional stress is considered on important factor and 37-78% at patient believe that stress affect this condition. A prospective observational study with patients suffering from Psoriasis has shown evidence that under classical Homoeopathic treatment patient with Psoriasis had improvement of symptoms and quality of life.

**Keywords:** Psoriasis, stress, homoeopathy

### Introduction

Psoriasis is one of the most common dermatologic diseases, affecting up to 2% of the world's population. Psoriasis is immune mediated disease, clinically characterized by erythematous, sharply demarcated papules and rounded plaques covered by silvery micaceous scale<sup>[1]</sup>.

Psoriasis is more common in males than in females. Recent studies show that about 10 to 30% of people with psoriasis may develop psoriatic arthritis. It has significant impact of quality of life in people (Human Beings). Psoriasis is a long-lasting & relapsing skin disease that affects the life cycle of the skin. The cause of psoriasis is unknown but may be autosomal dominant or familial, resulting from physical trauma, infections, drugs & immunological factors<sup>[2]</sup>.

In this disorder, changes occur in the life cycle of skin cells and cells are 10 times faster than normal. Body normally takes 3 to 4 weeks for making and replacing new cells. But in this disorder the process takes about 3 to 8 days only. Due to excess accumulation of cells on the surface of the body, this develops scaly and red patches that rough, itchy and may be painful. The most commonly involved areas are elbow joint, knee, scalp, gluteal cleft but it can be appeared anywhere in the body.

### Clinically there are four types of Psoriasis<sup>[1]</sup>

- 1) Plaque Psoriasis
- 2) Inverse Psoriasis
- 3) Guttate Psoriasis
- 4) Pustular Psoriasis

The most common variety of Psoriasis is called plaque psoriasis. Emotional stress is considered an important factor and 37-78% of patient believe that stress affect their condition<sup>[3]</sup>. Psoriasis has to be differentiated from other skin conditions such as eczema, atopic dermatitis, palmo-plastular dermatitis, contact dermatitis etc. Thus, it is very important to cure this disease through internal medicines that consider the whole individual as one entity and all the physical, mental and disease symptoms are evaluated during prescription. A number of research papers have showed that Homoeopathy is being successfully employed for treating Psoriasis. A prospective observational study with patients suffering from Psoriasis has shown evidence that under classical Homoeopathic treatment patient with Psoriasis had improvement of symptoms and quality of life<sup>[4]</sup>. Homoeopathy is a system of substances in an individualized manner to treat disease. It depends predominantly on the psychological store of the individual patient to determine treatment.

**Case History**

A 66 years old male patient come with complaints as follows:

- Dry rough patches on lower back, left elbow joint and Right Leg since 10 years.
- Itching on patches.
- Itching increased at night.
- Burning after taking bath.
- Feeling of dryness all over the body.
- This condition was mostly troublesome during every winter.
- Peeling after scratching.
- Disturbed sleep due to itching.

Patient suffered with condition from last 10 years and at initial stage patches appear on lower back and then left elbow and developed further. He had received topical steroids with temporary relief in itching for some time, but after reducing effect of these medication itching start again.

**Clinical Observations**

- H/O Hypertension since 7 years on medication
- No H/O Diabetes Mellitus
- Weight 65 Kg
- Pulse – 73/Min
- Occupation – Business

**Past History**

- H/O Dengue fever 4 years back
- H/O Malaria Fever 2 years back

**Family History**

- Father had Arthritis
- Mother had Hypertension

**Physical General**

- Appetite – Good
- Thirst – Normal
- Aversion – Sweet
- Desire – Cold Food
- Bowel – Constipation some times
- Urine – 4-5 times/day
- Sleep – Disturbed due to itching
- Dreams – Not Remember
- Thermal – Chilly Patient

**Mental General**

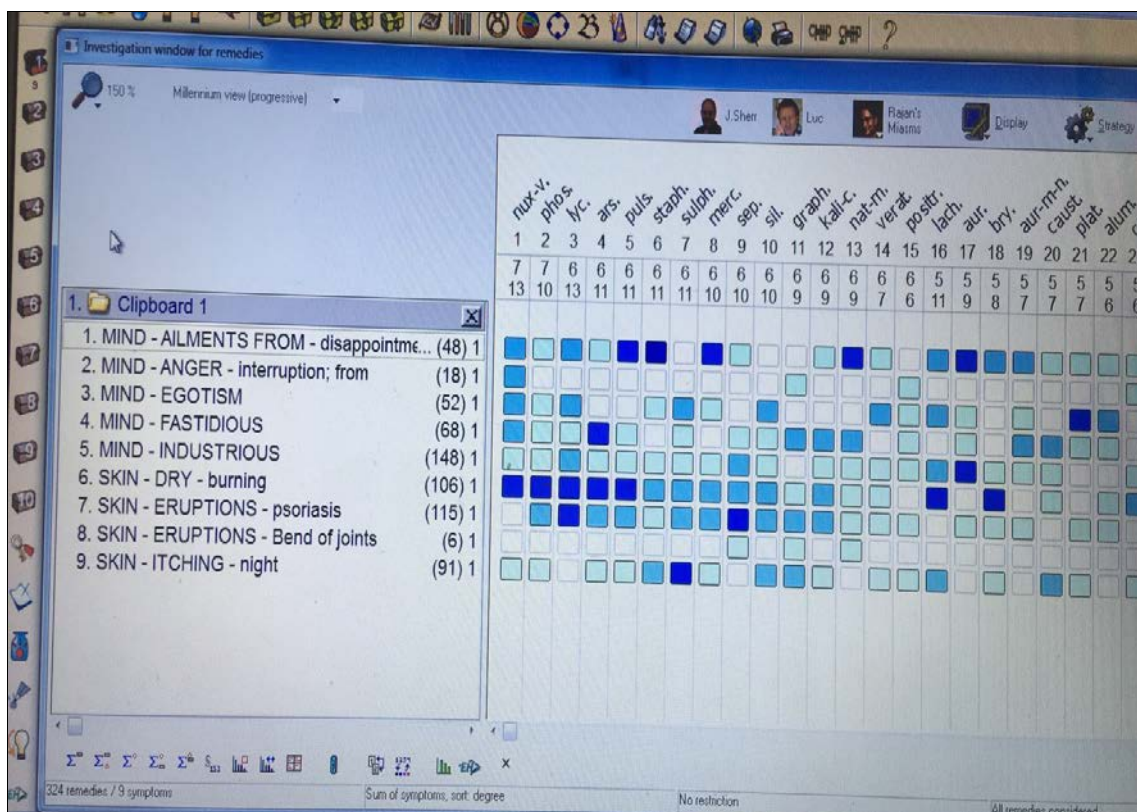
- Intelligent person.
- Confidence.
- Work perfection nature – Till age 66 years old do his own business very well.
- Anger Interruption – He talk about his complaint and his wife talking recurrently in-between then patient irritate about disturbance.
- Egotism.
- Disappointment due to loss of money by family member.

**Totality of Symptoms**

- Disappointment
- Egotism
- Anger Interruption
- Fastidious
- Dry eruption with burning
- Eruption on bend of Joint and lower back
- Eruption Itching at night
- Chilly patient

**Remedy Selection**

After repertorisation and comparing the Materia Medica, Nux Vomica was selected and prescribed on 20/07/2021.



**Treatment**

Nux Vomica 1 M Single Dose  
 Sac Lac 30 TDS for 7 days

Advise Plain coconut water for Local Application

**Follow Ups**

Date	Complaints	Prescription
28/07/2021	Relief in Itching and scaling but dryness and patches size were not reduced	1) Nux Vomica 1 M Single dose 2) Sac Lac 30 TDS for 15 days
11/08/2021	Relief in Itching, scaling and dryness. Patches thickness reduced up to 50%.	1. Sac Lac TDS for 15 Days. Advise – Plain Coconut Oil for Local Application
31/08/2021	Itching reduced up to 80%, No burning. Sleep – Normal Mentally Feel – Relax Patches Thickness reduced up to 80%.	1. Sac Lac TDS for 15 Days. Advise - Plain Coconut Oil for Local Application
09/09/2021	Itching, dryness and scaling reduced up to 90%. Patches Thickness reduced.	1. Nux Vomica 30 OD for 3 days. 2. Sac Lac 30 TDS for 15 days.
27/09/2021	Patient feel better mentally as well as physically Patches thickness reduced up to 90%. No Dryness No Itching Sleep - Normal	1. Sac Lac 30 TDS for 15 days

**Clinical Images**



**Fig 1: Before Treatment**



**Fig 2: During Treatment**



**Fig 3: After Treatment**

**Conclusion**

On the basis of this single case study, it is concluded that Homoeopathic medicine is effective in chronic psoriasis

with long term effect without any side effects and recurrency. In chronic case Psoriasis have strong underlying stress connection. Homoeopathy relies chiefly on the

individual personality traits if the patient to make a diagnosis and treatment.

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