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Homoeopathy in plaque psoriasis

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Abstract

This is a case of 42 years female presented with the complain of extreme dryness of soles and fingers of feet for 2 years. She also complained of burning on sides of fingers and toes, cracks on both the feet and intense itching. After systematic case taking followed by repertorisation of the totality by Synthesis Repertory using RADAR software in order to choose the individualised remedy.

Keywords: Psoriasis, plaque, pustular, guttate, *sarsaparilla*

Introduction

From clinical perspective, psoriasis can be seen as a wide spectrum of various skin manifestations at any given time, various forms can be present in an individual at the same time. All of the lesions have common characteristics, including erythema, thickening, and squamae. Although size of lesion can vary from a pinhead up to a diameter of 20 cm, borders of lesions are usually round, oval or polycyclic. Although it can affect any region, knees, elbows, lumbosacral region, scalp, and genital area are most frequently involved^[1].

Psoriasis is clinically classified in 2 groups: pustular and non-pustular lesions

- a. Non-pustular psoriasis
- b. Psoriasis vulgaris (early and late onset)
- c. Guttate psoriasis
- d. Erythrodermic psoriasis
- e. Palmoplantar psoriasis
- f. Psoriatic arthritis (PsA)
- g. Inverse psoriasis

Pustular psoriasis

- a. Generalized pustular psoriasis (von Zumbusch type)
- b. Impetigo herpetiformis
- c. Localized pustular psoriasis –
 1. Palmoplantar pustular psoriasis (Barber type)
 2. Acrodermatitis continua of Hallopeau^[2].

Case History

Personal Details

Name: Mrs S
Sex: Female
Marital Status: Married
Dated: 20/12/2021

Presenting Complaints

The patient was having dryness and cracks on both the feet from 2 years. She was also facing burning on sides of fingers and toes; appearance of coppery colour eruptions, itching and all her skin complains get aggravate in spring season. She was also experiencing vertigo which is accompanied by sour eructation since 1 week.

Physical Generals

- Appetite: Increased
- Thirst: Thirsty

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- Desire: Salty
- Aversion: Nothing Specific
- Intolerance: Nothing Specific
- Bowel: Unsatisfactory, regular, hard stool(D₂N₀)
- Bladder: Clear, Profuse(D₅₋₆N₃₋₄)
- Sleep: Refreshing
- Perspiration: Profuse, non-staining, non-offensive

1. Extremities – cracked skin – feet
2. Extremities – cracked skin – fingers
3. Extremities – dryness- feet
4. Skin – burning
5. Skin – eruptions- coppery
6. Skin – eruptions –spring; in
7. Vertigo – accompanied by – eructation; sour

Mental Generals

- Melancholic³⁺
- Sensitive³⁺
- Depressed²⁺

Provisional Diagnosis: Plaque Psoriasis³

Totality of Symptoms

- Cracks in feet
- Cracks in fingers
- Burning in side of sole and fingers
- Dryness of extremities
- Coppery eruptions
- Vertigo with sour eructation
- Skin complains aggravate in spring

Rubrics Selected ^[4]

Analysis of the case

Analysis and evaluation of the case is done by selecting characteristics symptoms used to form the totality “cracks in feet and fingers, burning in sides of sole and finger, coppery eruption” were important particulars, “vertigo accompanied by sour eructation” was important physical general and “aggravation in spring” was important modality in this case. As the skin had a crusty appearance which is an important symptom of *Sarsaparilla*⁵, it was as the main medicine for prescription.

The remedy was selected on the basis of repertorisation from RADAR 10 software using Synthesis Repertory 9.1 by Frederick Schroyens ^[4] with repertorial result showing remedies as *Sarsaparilla* ^[4] (12/7), *Lycopodium* (14/6), *Arsenic* (12/6), *Sulphur* (12/5) and *Rhus Toxicodendron* (10/5).

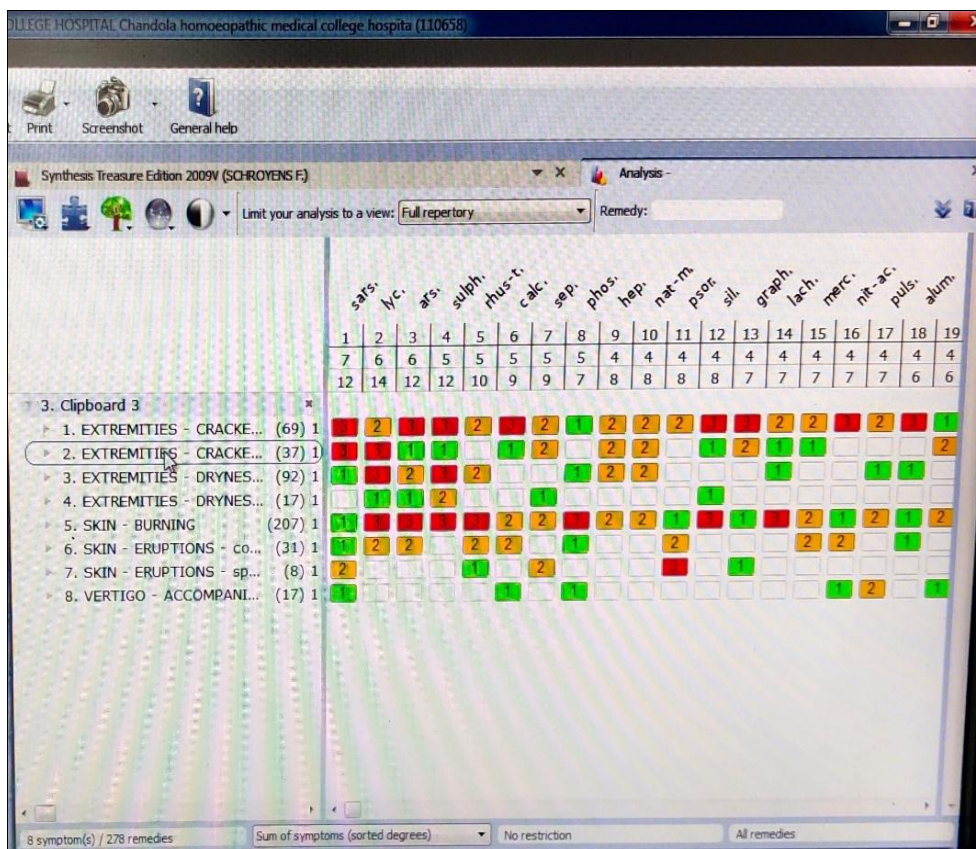


Fig 1: Repertorial Analysis ^[4]

Prescription: *Sarsaparilla* ^[5] 30/7 doses

Basis for Prescription

Sarsaparilla is the best selected medicine as it covers all the rubrics selected with highest score the complaints get aggravated in each spring and in damp weather. The plaques had crusty appearance which is a characteristic of

Sarsaparilla ^[5] skin. After analysing the results after repertorization and with the knowledge of *Materia Medica*, *Sarsaparilla* ^[4] 30 /3 doses were prescribed and patient showed marked improvement.

Follow – up

Table 1: Description of follow-up of medicine

Date of Prescription	Symptom	Intervention
20/12/2021	Patients' 1 st visit	<i>Sarsaparilla</i> ⁴ 30/3 dose for 3 days (“The dose of medicine of the first prescription that acts without producing new troublesome symptoms in to be continued while gradually ascending, so long as the patient with general improvement, begins to feel in the mild degree the return to of one or several old original complaints”). (Aph 248,280) ^[6] .
28/12/2021	Itching reduced	Placebo
15/01/2022	Slight reduction in burning	Placebo
01/02/2022	Cracks reduced	Placebo
5/03/2022	Slight reduction in dryness	Placebo
10/04/2022	Cracks, dryness, itching reduced	Placebo
15/05/2022	No new plaque formation	Placebo (Treatment is under observation)



Fig 1: Patient Before treatment



Fig 2: Patient After treatment

Discussion and Conclusion

Psoriasis is considered as an autoimmune disease where treatments are often needed throughout life. The quality of life of patients is often affected and comorbidities are common.

The conventional treatment for Psoriasis aims to stop skin cells from growing so quickly and to remove scales. Options include topical therapy (creams and ointments), phototherapy and oral or injected medication. There is no cure of Psoriasis as per the conventional treatment. They provide only symptomatic management via corticosteroids, vitamin D analogues, retinoids, salicylic acid, coal tar and

anthralin. These treatment options have side effects such as skin irritation. Some of them are even contraindicated during pregnancy or while breastfeeding ^[7].

The homoeopathic medicine selected on the basis of homoeopathic principles is very much effective in this case of plaque psoriasis and shown remarkable results in the treatment. *Sarsaparilla*⁵ was selected on the basis of particulars and keeping in mind the knowledge of Materia Medica and homoeopathic philosophy. Treatment was continued for 6 months. Medicine was given in very few doses which appeared to be very effective in treatment of the case.

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Conflict of Interest

Not available

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Not available

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