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Psoriasis: A brief overview with its homoeopathic treatment

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Abstract

Psoriasis is a non-contagious autoimmune disease located on the areas of abnormal skin which is characterized as red, pink or purple in color, dry, scaly and itchy in character. The disease creates devastating impact on the life of the patient physically as well as psychologically. To understand the disease in every aspect we should go through a complete study of its etiology, classification, clinical manifestations, diagnosis, complication and also its homoeopathic treatment.

Keywords: Homeopathy, psoriasis, koebner phenomenon, dacylitis, boericke's materia medica, Phatak repertory

Introduction

The word "psoriasis" is derived from Greek word, meaning "itching condition". Psora means- itchy and Iasis means- condition. The word first described in Ancient Rome by Cornelius Celsus. Psoriasis is developed due to abnormal, rapid and excessive growth of the epidermal layer of the skin which leads to premature formation of keratinocytes that are produced by inflammatory cascade in the dermis. The formation of keratinocytes is generated by the movement of immune cells from dermis to epidermis which secretes cytokines that are found in the conditions of nail psoriasis and psoriatic arthritis. When any injury occurs to skin, the psoriatic changes occurs at that site of injury which is known as the Koebner phenomenon.

Prevalence

Psoriasis can occurs at any age but most commonly affects 15-25 years of age individual and affects both the sexes. Mostly psoriasis cases are diagnosed before the age of 20 years.

Aetiology

- Family history
- Identical twins if one of the twin has the disorder
- Lifestyle disorders
- HIV
- Microbes-may occur after streptococcal throat infection and worsened by skin or gut colonization with staphylococcus aureus, *Malasseszia* spp. and *Candida albicans*.
- Drugs
- Others factors such as hot water bathing, scratching skin lesions and dryness, excessive alcohol consumption, smoking and obesity.

Classification

- **Plaque psoriasis:** Also known as psoriasis-vulgaris and this type of psoriasis indicated as the most common form of psoriasis. In plaque psoriasis, the eruptions are located on the scalp, elbows, hands, lower back, sacrum, knees and feet. The skin is characterized as red, infammed and raised which I covered by patches that are silver in colour which are pronounced as plaques.
- **Guttate psoriasis:** The word dervied from latin, Gutta means drop. Guttate psoriasis occurs at early age and are mainly located on the upper trunk and proximal extremities of around 0.5 to 1.5 cm. the eruptions of guttate psoriasis are in the form of small papules. Streptococcal throat infection frequently precedes or is concomitant with the onset of guttate psoriasis.

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- **Inverse psoriasis:** It is commonly seen in obese people in which the lesions are located in folds of skin, inflammatory and sweating areas. In inverse psoriasis, the eruptions are characterized as bright red in colour, glossy and smooth and there is presence of scales on eruptions which may be minimum or absent.
- **Pustular psoriasis:** This type of psoriasis is uncommon and occurs in adult life of an individual. Pustular psoriasis eruptions are located on hands and feet which are pus-filled in its character. The affected skin is red in colour. This condition if found in any individual required immediate medical help because it is a serious condition.
- **Erythrodermic psoriasis:** Erythrodermic psoriasis is seen in those individuals who are suffering from sunburns, allergic reactions and are in continuous exposure of strong coal products. The psoriatic conditions may arise at any part or site of the body. An individual experienced erythema which is characteristic feature of this psoriatic condition that leads to superficial scaling of affection area or peeling of scaling which results in burning sensation at the affected part of the body.
- **Nail psoriasis:** This condition of psoriasis may be seen with psoriatic arthritis. As the name of condition, nails are affected which undergoes discoloration, brittleness, distortion, presence of ridges, out of shape and breaks easily. There is presence of pain in nails and are sensitive to touch along with presence of chalk-like debris formed beneath the nails.
- **Psoriatic arthritis:** This is the condition in which any joint of the body can be affected along with psoriatic condition. In the affected joint, an individual experienced extreme pain and tenderness due to inflammation of the joint.

Clinical manifestation

- Initially the presence of red marks on the body is the first sign of disease.
- Skin is characterized as thick and raised.
- There can also develop cracks in the skin that leads to bleeding.
- The lesions are mostly located on scalp, elbows, lower back, genitalia and knees.
- Presence of dry, swollen and inflamed patches on the affected area.
- Patches are covered with scales which are silver or white in color.
- There is presence of extreme pain, intense itching and burning sensation in most of the cases of psoriasis.
- In psoriatic arthritis, there is restricted joint motion or pain with inflammation of affected joint.
- Scalp is covered with white flakes which spread behind ears leads to top pain and sensitiveness in top of the head on scalp.
- Nails become yellow, distorted, brittle and filled with debris.
- There may also be occurrence of lesions in genital areas of males.

Diagnosis

A diagnosis of psoriatic cases is done by identification of appearance of the skin in terms of color, scaling, peeling, etc. The psoriatic skin is characterized as scaly, papules,

erythematous plaques and patches on the skin which is painful, tender and sensitive to touch accompanied with intense itching.

- Blood and radiographic tests to rule out psoriatic arthritis

Complications

- Infection
- Depression
- Metabolic syndrome such as high b.p., high blood sugar, abnormal cholesterol levels and obesity
- Hypertension
- Joint damage
- Fluid and electrolyte imbalance

Homoeopathic management

Arsenic Album

The eruptions are dry, rough, red papular which cover most parts of the body instead of face and hands. There are scales on eruptions which are silver-colored. The eruptions spread rapidly and accompanied by itching which gets worse by cold application in most of the cases. There is also pain and bleeding on the affected skin which arises after scratching the eruptions. Restlessness and anxiety are also marked where these itchy eruptions are present. Arsenic Album is also indicated in guttate psoriasis cases in which eruptions are of rose-colored with scales present on it.

Graphites

Graphites is indicated in those cases in which eruptions are sore, dry, skin is rough and there is presence of scales. The skin of the affected part of the body develops cracks on the surface which may lead to stickiness of skin after scratching. Graphites is also prescribed in the cases of scalp psoriasis in which eruptions develop on scalp with scales which leads to soreness of scalp accompanied with severe itching in the scalp. Accompanying symptoms are burning sensation in the head. Scalp psoriasis can spread behind the ears in most of the cases. Graphites is also prescribed in nail psoriasis cases in which nails become thick, rough and deformed.

Arsenic Iodatum

Indicated in those cases where the skin gets covered with patches which are inflamed and there is continuous itching on the patches. The patches have scales on them which leads to raw skin after shedding of scales.

Sulphur

Sulphur is indicated in most of the skin cases where there an individual uses a lot of ointments in the past. The affected person's skin with psoriatic condition looks like rough and scaly. A person experienced violent itching and burning around the lesion which leads to scratching. A person keeps on scratching until the affected area bleeds and continuous scratching keeps patient restless and itching getting worse and changes the area frequently. The affected part also experienced pain after continuous rubbing with pricking, biting and sticking sensation around the eruption. Violent itching and burning get worse in the evening and at night in most of the cases when person lies on his bed which leads to disturbance of sleep.

Petroleum

Petroleum is indicated in those cases in which the skin is extremely painful, hard, sore, fissured and the healing process is slow with the presence of deep cracks on the affected skin. The cracks may lead to bleeding. The remedy also covered the burning and intense itching with crawling sensation on the affected part of the skin.

Sepia

Sepia is prescribed in those cases of psoriasis in which the eruptions involved chest, face, arms, back and the extensor surfaces of the limbs. The affected skin is characterized by the presence of large oval lesions which are red, papular and isolated. These lesions are covered with scales those are of white in colour, shiny and adhesive. There is also presence of intense itching which leads to scratching around the eruption and causes burning sensation on the affected part of the skin.

Merc Sol

Merc Sol is indicated in scalp psoriasis cases in which skin of the scalp is extremely sensitive to touch due to presence of abundance of white scales on the scalp which leads to rawness of the base of the scalp. These scales can shed rapidly and reform again and again which leads to offensive sweating in the scalp, intense itching and hairfall. Itching get worse at night in most of the cases.

Psorinum

Psorinum is prescribed in those cases of psoriasis which get worse in cold weather conditions. Psorinum is useful in those cases in which skin is dirty and greasy with fine, red eruptions on it. The eruptions are covered with scales which are whitish in colour. A person experienced itching and stinging sensation but there is temporary relief of itching by scratching.

Kali Ars

Kali Ars is indicated in those cases of psoriasis in which the eruptions are present on the back, arms and legs. A person experienced discoloration of the skin with abundance of scales on the skin which gets shedding and leaves a raw skin behind. There is also presence of itching on the affected part of the skin which get aggravated on undressing and leads to scratching until an ichorous fluid oozes out from the lesion.

Thuja Occidentalis

Thuja Occidentalis is indicated in those cases of psoriasis in which whole body is covered. The skin is characterized by dry lesion on the skin which looks dirty and the lesions are covered with scales which are of white colour. The symptoms are aggravated by cold water which leads to intense itching, burning, pricking and biting sensation in the eruption.

Antimonium Crudum

Antimonium Crudum is indicated in the nail psoriasis cases. The nails are distorted, brittle and there is also presence of ridges on the nails. The psoriatic nails become out of the shape, discolored and breaks easily which leads to pain and sensitiveness in the skin of nails.

Phosphorus

Phosphorus is indicated in those cases of psoriasis in which

eruptions are present on the skin of elbows and knees. The affected skin is characterized by dry and scaly eruptions which are accompanied with burning and stinging sensation in the eruption and there is also chances of developing of formication in few cases on the affection area of skin. There is also presence of itching which is aggravated by heat in most of the cases.

Lycopodium Clavatum

Lycopodium Clavatum is prescribed in those cases of psoriasis in which eruptions are present on hands including fingers as well. The palms are characterised as extremely dry and presence of fissures are also noticed on the affected hand of an individual. The eruptions are red in colour and one can noticed bleeding from eruptions and oftenly sensation of heat is noticed along with bleeding in the affected hand. Sensation of heat sometimes leads to burning in the affected hand.

Rhus Tox

Rhus Tox is prescribed in the cases of psoriatic arthritis which any joint of the body get affected. In psoritic arthritis, an individual experienced extreme pain and stiffness in the affected joint which aggravated when a person is resting, in morning, cold air and with no movement of affected joint for long span of time. These symptoms are ameliorates by massaging the affected joint, by movement of joint and by applying warm application on the affected joint.

Conclusion

Psoriasis is a long lasting disease that's why it correct diagnosis is essential. In Homoeopathy we individualized the person's symptoms so that we conclude the most similar remedy for the diseased person. Homoeopathy shows effectiveness and positive results in cases of psoriasis.

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