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**Dr. Bishnu Prasad Maiti**

PGT, Department of  
Homoeopathic Pharmacy,  
GD Memorial Homoeopathic  
Medical College & Hospital  
East Ramkrishnanagr, Patna,  
Bihar, India

## Psoriasis treated with individualized homoeopathic medicine: A case report

**Dr. Bishnu Prasad Maiti**

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### Abstract

Psoriasis is a chronic autoimmune skin disease. Psoriasis occurs at any age but most commonly occur in adult age under fifty years. It is chronic in nature and produces functional disability, significant disfigurement, and substantial impairment in quality of life. This case report of a patient of psoriasis successfully treated by homoeopathic medicine. In this article I reported a case of psoriasis successfully treated by rare homoeopathic medicine, Phosphorus, which was prescribed according to totality of symptoms, after 8 months of continue follow up the patient is cure without any recurrence.

**Keywords:** Psoriasis, individualisation, repertory, homoeopathy

### Introduction

Psoriasis is chronic inflammatory skin disorder which affect about 2-3% of overall population<sup>[1]</sup>. The exact cause of psoriasis is unknown but environmental factor tacking a leading role. It is more common in male than female<sup>[2, 1]</sup>. It has significant impact on life quality. Psoriasis commonly five types which are Guttae, palmoplantar, inverse, Plaque, Erythrodermic psoriasis<sup>[3]</sup>. The psoriatic patches commonly occur in scalp, knee, elbow, hand, leg. The common symptoms are erythema, fissuring, scaling, symmetrical distribution of patches, itching etc<sup>[4]</sup>. It is associated with number of systemic disorders which include cardiovascular disease, diabetes, gastrointestinal problem, renal disease, psychological problem<sup>[5] [6]</sup>. Recent studies show that 10-15% psoriasis may have family history of psoriasis and 10-20% psoriasis cases of young age may develop psoriatic arthritis<sup>[6]</sup>. In modern medicine topical application mainly corticosteroid, immunomodifying sustained use long time but no specific result so he opted homoeopathic treatment as a second choice. Homoeopathic based on individualization, Law of similar, miasmatical theories. Homoeopathy treats the patient not the disease. In the based-on totality of symptoms and cardinal principal of homoeopathy individualised homoeopathic remedy can permanently eradicate the symptoms as whole. In Materia medica of homoeopathy there are numerous types of medicine in the treatment of psoriasis like sulphur, Arsenicum album, Graphites, sepia, Tellurium, Mezereum, Rhus Toxicodendron, Dulcamara etc. This case report shows homoeopathic medicine phosphorus effective in Psoriasis.

### Case Report

#### Demographic information-

Age – 37 years, Sex – Male, Occupation – Farmer

#### Main symptoms

Rough patches on hand and leg, itching, peeling after scratching.

#### Medical history

He was taken more then 2 years allopathic medicine but no specific result so he opted homoeopathic treatment.

#### Past History

History of jaundice 10 years back.

#### Family history

Father – Hypertension, osteoarthritis.

Mother – osteoarthritis, Diabetes mellitus

**Corresponding Author:**

**Dr. Bishnu Prasad Maiti**

PGT, Department of  
Homoeopathic Pharmacy,  
GD Memorial Homoeopathic  
Medical College & Hospital  
East Ramkrishnanagr, Patna,  
Bihar, India

**Mental general**

1. Anxiety.
2. Fear of water.
3. refuse to answer properly [ Informed by patients' wife].

**Physical general and particulars**

Appetite – good, Desire- sour, Aversion- Milk, Stool- clear (passed 2-3 times a days), Perspiration- offensive, Thirst – Thirstless, Tongue – moist, Sleep- sleeplessness (Dream – fire), Urine – clear, Thermal reaction – chilly.

**Clinical findings**

He was lean thin with black complexion, weight 49 kg and cyanosis, clubbing, jaundice, oedema not detected.

**On examination**

Psoriasis on hand and leg.

**Laboratory testings****Reported on**

03.01.2022 – HB%- 10g/dl, Ige – 416.9 IU/ml [Fig No: 4a]  
01.05.2022 - HB% - 12g/dl, Ige – 234.2 IU/ ml [Fig No: 4b]  
01.07.2022 – 153.2 IU/ dl [Fig No: 4c].

**Reportorial analysis**

Repertorisation done by Kents repertory using Zomeo Elite software [Figure 3]. The rubric related in Kent repertory: - Extremities-Eruptions-leg-psoriasis and Extremities-Eruptions-Hand, back of hand-psoriasis, chronic<sup>[7]</sup>. Analysis and evolution of following symptoms for Kents method [Table 1] phosphorus [26/12], sulphur [23/10], Arsenicum album [20/9], Heper sulphuricum [17/8], Rhus tox [16/7], Sepia [16/7], pulsatilla [16/6] were coming in top score. In this case phosphorus was prudently chosen because it covers mentals, physicals as well as particulars with highest degree.

**Remedy selection and administration**

Phosphorus 0/1 One dose in a day for 1 month in morning empty stomach with LPL twice daily.

**Advice**

Advised to keep proper hygiene, balance diet, and avoid apply unmedicinal component in effected area.

**Follow up and outcome**

Follow up were done at 1 month interval. Marked changes were elicited at the end of treatment [Fig - 1 a/b/], [Fig - 2 a/b/]. Treatment was done periodically with single medicine phosphorus 0/1.Hahnemann stated in organic of medicine aphorism no 270, in case of minimum aggravation and perfect remedial effect 50 millesimal potency is one of the best choices for physician. Monthly follow up the patient.

Improvement was found gradually, no new eruption and itching ameliorated after 6 months of treatment. The treatment was continued for more then 8 months to address any recurrence of old complaints or any new complaints [Table 2].

**Discussion**

Homoeopathy is a treatment option for young adults suffering from psoriasis and suggesting further studies to investigate the role of homoeopathic medicine for this case. Our study used individualised medicines based on “law of similia” and totality of symptoms broadly covering from homoeopathic point of view. The miasmatical interpretation of psoriasis- psora [persistent itching, dry, scaly rough eruption, < Open air, > Night], Syphilis [Heavy and thick scale, little soreness, circular grouping], Sycotic [Eruption in circumscribed spot, exfoliating, Scaly and patchy skin eruption]. This case was conducted on the patient suffering from psoriasis attending in my clinic on 12/12/2021. The presenting complain was psoriasis in hand and leg, with hard stool, thirstless, offensive sweat. After repertorisation phosphorus, sulphur, Arsenicum album, Hepar sulphuricum, Rhus tox sepia coming in leading score. Dr S Rahman, Dr. JK Dey, Dr. H Ram, Dr. M Kamboj in Previous case report about homoeopathic medicine and its efficacy in the treatment of psoriasis<sup>[8] [9]</sup>. In this case phosphorus was selected because it covers mentals, physicals as well as particulars with highest gradation. So, I prescribed phosphorus 0/1 1 dose associated with placebo in liquid form twice daily after 5 months psoriasis was 50 % improved, due to intensity of symptoms potency increase but the medicine was same. After 8-months patient is overall good, no new eruption. The homoeopathic medicine along with assurance can help in alleviating disease symptoms as well as improve the quality of life.

**Some attachment****Table 1:** Analysis and evolution

|    | symptoms           | Analysis         | Intensity |
|----|--------------------|------------------|-----------|
| 1  | Anxiety            | Mental general   | ++        |
| 2  | Fear of water      | Mental general   | ++        |
| 3  | Refuse to answer   | Mental general   | ++        |
| 3  | Desire sour        | Physical general | ++        |
| 4  | Aversion milk      | Physical general | ++        |
| 5  | Dream of fire      | Physical general | ++        |
| 6  | Thirstless         | Physical general | ++        |
| 7  | offensive sweat    | Physical general | ++        |
| 8  | Chilly patient     | Physical general | ++        |
| 9  | Psoriasis in leg   | Particular       | ++        |
| 10 | Psoriasis in hand, | Particular       | ++        |

**Table 2:** Follow up

| Date       | Changes in signs and symptoms                                                                                                                        | Treatment and management                      |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|
| 12.12.2021 | First case taking                                                                                                                                    | Phosphorus 0/1<br>LPL Twice daily for 29 days |
| 11.01.2022 | Eruption still present, offensive sweat, itching also present after taking first dose. report: HB%-10g/ dl, Ige- 416.9 IU/ml.Reported on 03.01.2022. | Phosphorus 0/2<br>LPL Twice daily for 29 days |
| 11.02.2022 | improve eruption, itching decrease slightly. peeling present.                                                                                        | Phosphorus 0/3<br>LPL Twice daily for 29 days |
| 10.03.2022 | Standstill condition after progressive improvement for about 3 months. psoriasis spot present with itching and Pelling.                              | Phosphorus 0/4<br>LPL Twice daily for 29 days |
| 09.04.2022 | Itching improved, sweat offensiveness reduced, Pelling present.                                                                                      | Phosphorus 0/5                                |

|            |                                                                                                                      |                                                |
|------------|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------|
|            |                                                                                                                      | LPL twice daily for 30 days                    |
| 08.05.2022 | Psoriasis patch improved, some new eruption, Itching present, HB%-12g/ dl, IGE- 234.2 IU/ml. Reported on 01.05.2022. | Phosphorus 0/6<br>LPL twice daily for 30 days  |
| 07.06.2022 | Itching slightly present, all other symptoms improved. No Pelling after scratching.                                  | Phosphorus 0/7<br>LPL twice daily for 30 days. |
| 06.07.2022 | Itching improved gradually. Absence of psoriatic patch. IGE – 153.2 IU/ml. Reported on 01.07.2022.                   | Placebo                                        |
| 05.08.2022 | No itching, patient is overall good.                                                                                 | advice to visit if there any recurrence        |



**Fig 1a:** Before Treatment



**Fig 2a:** Before treatment



**Fig 1b:** After Treatment



**Fig 2b:** After Treatment

Symptoms : 12 Remedies : 283 Filters : Normal

| Remedy                                                                 | Phos | Sulph | As | Hep | Rhus-t | Sep | Puls | Carb-v | Graph | Lyc | Bell | Kali-har | Nux-v | Kali-c | Magn-c | Petr | Sil | Chin | Sabad |
|------------------------------------------------------------------------|------|-------|----|-----|--------|-----|------|--------|-------|-----|------|----------|-------|--------|--------|------|-----|------|-------|
| Totally                                                                | 26   | 23    | 20 | 17  | 16     | 16  | 16   | 15     | 15    | 15  | 14   | 14       | 14    | 14     | 14     | 14   | 14  | 13   | 13    |
| Symptoms Covered                                                       | 12   | 10    | 9  | 8   | 7      | 7   | 6    | 7      | 6     | 6   | 9    | 8        | 8     | 7      | 7      | 7    | 6   | 7    | 7     |
| Kingdom                                                                | 3    | 3     | 3  | 2   | 3      | 2   | 3    | 3      | 2     | 3   | 3    | 3        | 2     | 3      | 2      | 2    | 2   | 3    | 2     |
| [Kent] [Mind]ANXIETY: (202)                                            | 3    | 3     | 3  | 2   | 3      | 2   | 3    | 3      | 2     | 3   | 3    | 3        | 2     | 3      | 2      | 2    | 2   | 3    | 2     |
| [Kent] [Mind]FEAR (SEE ANXIETY):Water, of: (17)                        | 2    |       |    |     |        |     |      |        |       |     | 2    |          | 1     |        |        |      |     |      | 1     |
| [Kent] [Mind]ANSWERS:Refuses to: (26)                                  | 3    | 3     | 1  |     |        |     |      |        |       |     | 1    |          | 1     |        |        |      |     | 2    | 1     |
| [Kent] [Sleep]DREAMS:Fire: (50)                                        | 2    | 2     | 2  | 3   | 2      |     |      | 1      | 1     |     | 2    | 1        |       | 1      | 3      |      |     | 1    | 1     |
| [Kent] [Stomach]DESIRES:Sour,acids,etc.: (77)                          | 2    | 2     | 2  | 3   | 1      | 2   | 2    | 2      |       |     | 1    | 2        |       | 2      | 2      |      |     | 1    | 2     |
| [Kent] [Stomach]AVERSION:Milk: (30)                                    | 1    | 2     |    |     |        | 2   | 2    | 2      |       |     | 1    |          | 1     |        | 1      |      |     | 2    |       |
| [Kent] [Stomach]THIRSTLESS: (87)                                       | 1    | 1     | 2  | 1   |        | 2   | 3    |        |       | 2   | 2    | 1        | 1     | 2      |        | 1    |     | 3    | 3     |
| [Kent] [Perspiration]ODOUR:Offensive: (59)                             | 2    | 3     | 2  | 3   | 2      | 3   | 3    | 2      | 3     | 3   | 1    | 1        | 3     | 1      | 1      | 3    | 3   |      |       |
| [Kent] [Generalities]HEAT:Vital:Jack of: (108)                         | 3    | 2     | 3  | 3   | 3      | 2   |      | 2      | 3     | 2   |      | 3        | 3     | 3      | 2      | 2    | 3   | 2    | 2     |
| [Kent] [Extremities]ERUPTION:Leg:Psoriasis: (2)                        | 3    |       |    |     |        |     |      |        |       |     |      | 1        |       |        |        |      |     |      |       |
| [Kent] [Extremities]ERUPTION:Hand:Back of hand:Psoriasis,chronic: (13) | 2    | 2     | 2  | 1   | 2      |     |      |        | 3     | 2   |      |          |       |        | 3      |      |     |      |       |
| [Kent] [Skin]ITCHING: (172)                                            | 2    | 3     | 3  | 1   | 3      | 3   | 3    | 3      | 3     | 3   | 1    | 2        | 2     | 2      | 3      | 2    | 3   | 1    | 2     |

**Fig 3:** Repertorization Sheet

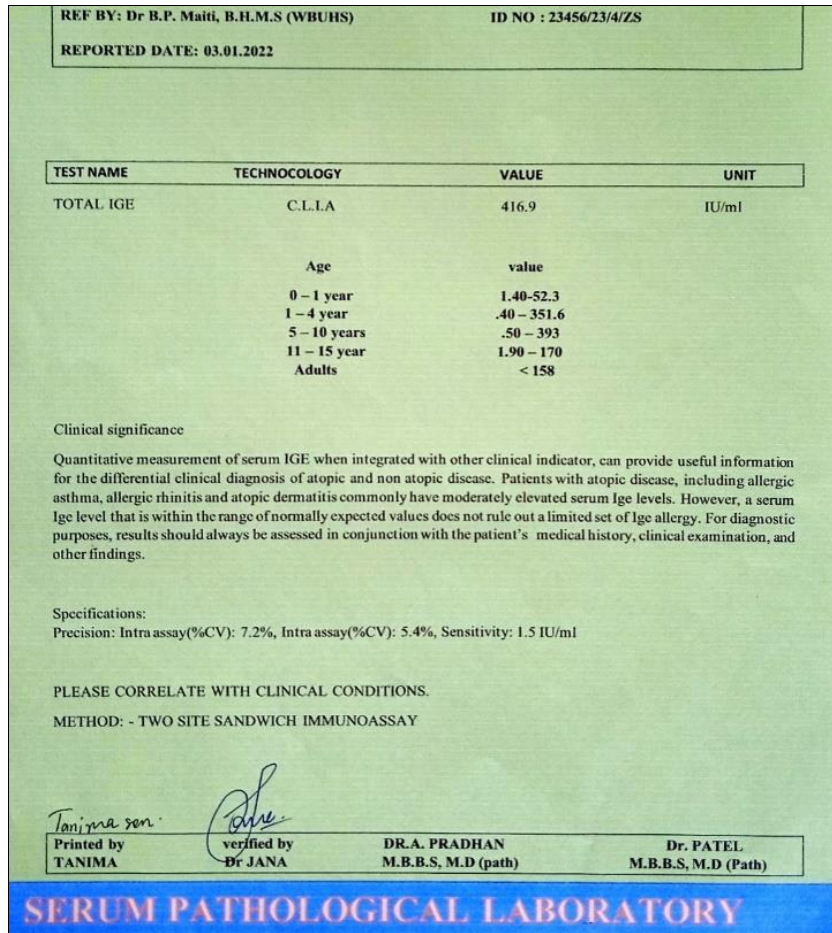


Fig 4A: IGE Report - 03/01/2022

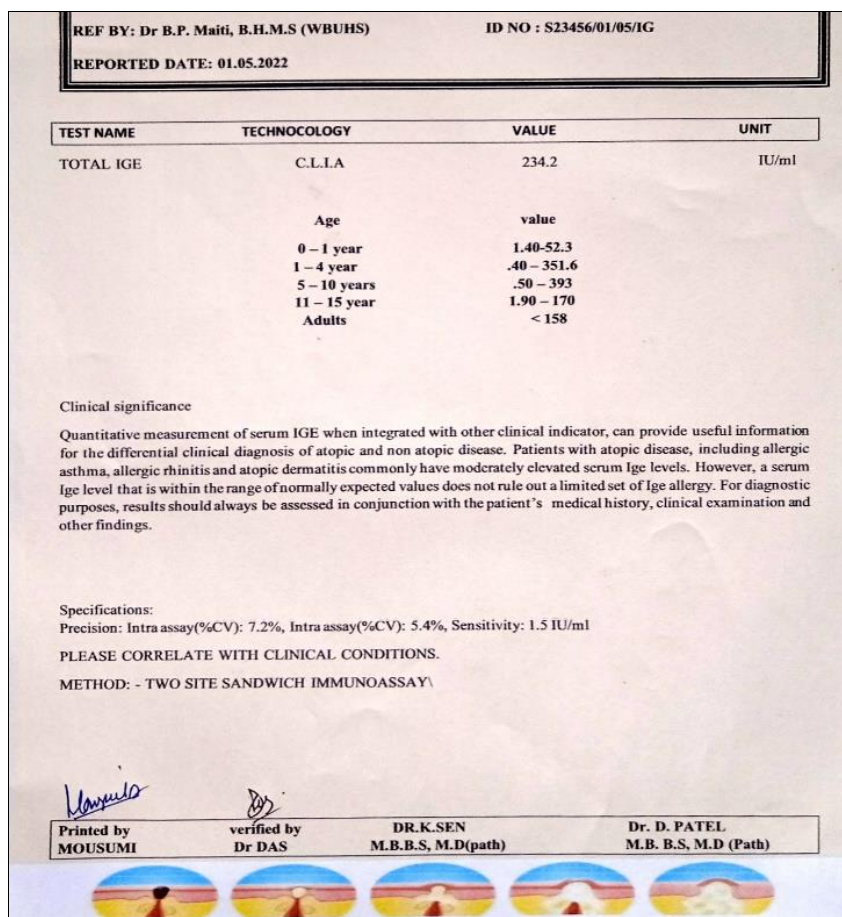


Fig 4B: IGE Report - 01/05/2022

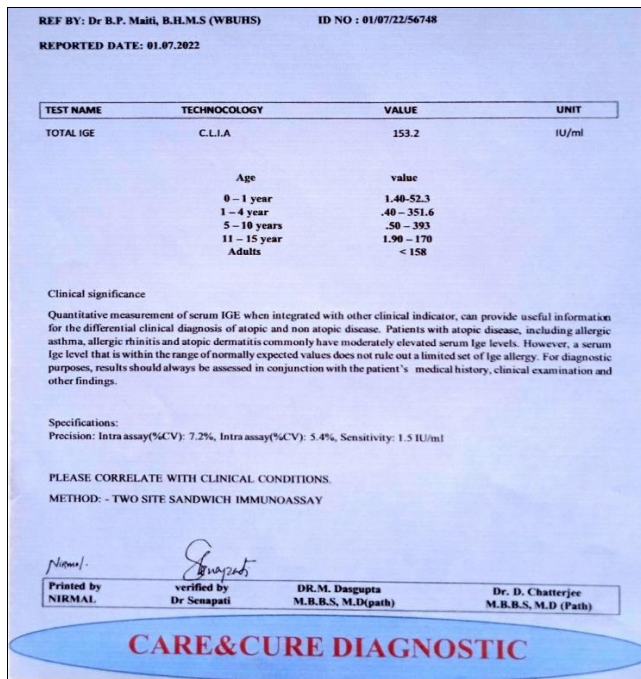


Fig 4c: IGE Report - 01/07/2022

### Conclusion

Form this study, it has been observed that the homoeopathic medicine prescribed on basis of totality of symptoms of a patient suffering from psoriasis had shown beneficial result and the medicine is effective. Homoeopathy plays observably statistical role in the treatment of psoriasis.

### Declaration of patient consent

Author certifies that he had obtained appropriate patient consent form. In this form patient agreed that his image to be reported in the journal.

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### Conflict of Interest

Not available

### Financial Support

Not available

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