



ORIGINAL RESEARCH PAPER

Homoeopathy

IMPORTANCE OF HOMOEOPATHY MEDICINE IN PSORIASIS: A CASE REPORT

KEY WORDS: Psoriasis, Homoeopathy, Totality of symptoms.

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ABSTRACT

Psoriasis, an immune mediated genetically determined common dermatological condition which affects skin, nails, joints and has various systemic associations. It's a common disorder in India with prevalence and epidemiological characteristics similar to the presentation of diseases. This case report highlights potential of Homoeopathic management in psoriasis. A 57-year old male came to the outpatient department with presenting complaints of red discoloration covered with thick grey scales on head with itching for 2 years. He was treated with allopathic for the same but complaints were relapsed within a month after quitting of medicines. After case taking, he was treated Sulphur 6C and Psorinum 200. He was completely recovered symptomatically from skin lesion, itching. This is the documentary evidence about the effectiveness of Homoeopathic Medicines for Psoriasis.

INTRODUCTION:

Psoriasis is a chronic, non-communicable, painful, disfiguring and disabling disease for which there is no cure and with great negative impact on patient's quality of life. It can occur at any age, and is most common in the age group 50-69 (1). The reported prevalence of psoriasis in countries ranges between 0.09% (2) and 11.4% (3), making psoriasis a serious global problem. The aetiology of psoriasis remains unclear, although there is evidence for genetic predisposition (4). The role of the immune system in psoriasis causation is also a major topic of research. Although there is a suggestion that psoriasis could be an autoimmune disease, no autoantigen that could be responsible has been defined yet. Psoriasis can also be provoked by external and internal triggers, including mild trauma, sunburn, infections, systemic drugs and stress (5). The main line of allopathic system of medicine is to provide starting with topical treatments, then phototherapy (light treatment) and then stronger, oral treatments. Topical treatments vary from simple emollients to moisturize the skin and alleviate itching, to salicylic acid based creams, topical steroid creams of varying strength and tar preparations (6). In this case report, an old man has complaints of red discoloration covered with thick grey scales on head and diagnosed as psoriasis. He was treated with in various allopathic hospital and he was not responding. Then he opted for Homoeopathic treatment.

CASE REPORT:

A male aged 57 years presented on September 11th 2017 with red discoloration covered with thick grey scales on head and Itching mostly on night times for 2 years. He was suffering from Hair fall also. He has been under gone allopathic treatment for the same but complaints were relapsed within a month after quitting of medicines.

Past history was nothing particular. Family history father had Diabetic and Diabetic gangrene, no family history of Psoriasis and Eczema like skin eruption. His physical generals like appetite, thirst, stool, urine, sleep, sweat were normal. He has craving for sweet, Aversion for milk. The case was taken according to the case Performa of Homoeopathy. The patient had complaint regarding anxiety of blindness due to Psoriasis. He frequently express anxiety about his feature especially about eye complaints (fear of blindness). He said that he uses to do all his works in hurried manner. He felt that heat sensation all over the body. Patient is thermally hot.

Considering the above symptomatology, medicine was selected and it was confirmed by systematic repertorization

in complete repertory using Radar10 Software. The repertorization chart is given below (Table 1). The following rubrics were selected for repertorization:

- Mind-Fear- Blind of going.
- Mind-Anxiety-Health about.
- Mind-Anxiety-Future about.
- Mind-Expansive.
- Mind -Hurry, haste – movements.
- Dream-Stool.
- Generalities-Food and drinks-sweet- Desires.
- Generalities-Food and drinks-milk - Aversion.
- Generals - Heat - sensation of

Table 1: Reportorization chart

Figure-1



DISCUSSION

The complete recovery of symptoms of psoriasis was achieved. After careful examination and proper case taking, the exact similimum was selected by using RADAR software based on the repertorization (Table 1). Sulphur 6 / 4 doses were prescribed to the patient. Patient advised to take one dose of Sulphur at early morning of the next day and remaining doses whenever necessary. The patient was visited every 15 days for follow up and placebo was prescribed for next 6 follow up. The patient got gradually improvement in itching, skin lesion on the 7th follow up the fully recovered from itching, skin lesion and scaly appearance. After that patient had mild itching, so psorinum 200/ 1 doses was prescribed and patient was visited every 15 days for follow up and placebo was prescribed, then patient had relived from symptoms of psoriasis.

So, Homoeopathy should be the first choice for psoriasis because, it acts quickly and effectively treating the disease from its roots without any side effects⁽⁷⁾ (Figure 1)

CONCLUSION:

Finally I would like to conclude that the aim of Homoeopathic treatment is to stimulate the body's homeostatic mechanism. In order to reach the right similimum at the right time. The homoeopathic dilution provides satisfactory outcome in a patient with psoriasis complaints. Hence it is concluded that homoeopathic medicine which was selected based on totality of symptom prove beneficial in psoriasis cases with quick curative action, cost effective without any relapsing.

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