



ORIGINAL RESEARCH PAPER

Health Science

HOMOEOPATHIC TREATMENT OF PSORIASIS: A CASE REPORT

KEY WORDS: Psoriasis, Homoeopathy, Pulsatilla nigricans, Autoimmune

Dr. Neha Nagar	M.D.(Hom.), Assistant Professor in the Department of Repertory, Bakson Homoeopathic Medical College & Hospital, Greater Noida
Dr. Ravi Kumar Poswal	M.D.(Hom.), Associate Professor in the Department of Materia Medica, Bakson Homoeopathic Medical College & Hospital, Greater Noida
Dr. Anupriya	M.D.(Hom.) Professor in the Department of Homoeopathic Pharmacy, Tantia University, Sri Ganganagar
Dr. Ajay Kumar	M.D.(Hom.) - Assistant Professor in the Department of Paediatrics, Bakson Homoeopathic Medical College & Hospital, Greater Noida

ABSTRACT

Psoriasis is a common chronic recurrent skin condition. Commonly Psoriasis treatments include steroid, creams, occlusion, light therapy and oral medications, such as biologics. Homoeopathy however provides a better response in such skin disease, one such case report is presented below. A 19 yrs old female patient visited in Out Patient Department (OPD) in our Hospital, chiefly complaints of itching all over the body with remarkable scaling of skin since 4 years, after unsuccessful treatment from other system of medicine, She turned to Homoeopathic treatment, after detail case taking and repertorization, Pulsatilla nigricans 200 was given to the patient in single dose followed by Placebo 200, as per response of medicine on patient for recurring follow up of 5-6 months, she was showing remarkable relief in her condition, she started improving on her next Follow-up visits and now she is free from her disease.

INTRODUCTION

Psoriasis is an inflammatory skin disorder. Psoriasis is also known as an autoimmune disease. Psoriasis derived from Greek word psora which means itch. Psoriasis is a non-contagious, dry, inflammatory skin disease. Psoriasis, can be localized or generalized. Scalp, tips of fingers and toes, palms, soles, umbilicus, gluteus, under the breasts and genitals, elbows, knees, shins and sacrum are the most commonly affected sites. Psoriasis is generally characterized as sharply marginated scaly, erythematous plaques. A symmetrical pattern and distribution of psoriasis is noticed. It is one of the commonly occurring skin disorders with a world-wide frequency of about 2-3% of the general population. Treatment to cure psoriasis includes topical and systemic therapy, followed by maintenance therapy to maintain remission. Motive of treatment should be to prevent relapse, no side-effects and toxicity.

Homoeopathy in Psoriasis

Recently homoeopathy has gained importance due to its advantages like being cost effective, no side effects etc. Homoeopathy treats the physical symptoms of patients rather than the diseases or its effects and it completely eliminates the rashes. Studies have proved that homoeopathy is successfully used in the management of psoriasis and may not require maintenance treatment, following remission.

Case Report-

A 19 years old female patient reported in outpatient department (OPD) at Bakson Homoeopathic Medical college & Hospital, Greater Noida on date- 6/09/2021 with complaint of itching all over the body with scaling and shredding of skin with cracks, movement causes bleeding in cracks since 4 years. She feels better when cold water is pouring on the affected area, her condition got worse by draft of air, at night during sleep and especially in winters. No other major complaints were reported by the patient.

History of Presenting Complaints-

It was a known case of Psoriasis. She was already taking Allopathic steroids for this with no remarkable relief. Firstly 4 years back small psoriatic type of patch started on scalp then gradually extended to extremities then to whole body with intense itching with scaling, pain in cracks of skin with bleeding from movement.

Past History-

At the age of 10 years, she had Typhoid fever which was cured after Ayurvedic Treatment.

Family History-

- Mother- Having Same type of skin complaints but cured now
- Father - Diabetes

Personal History-

- She left her studies due to her skin complaint.
- Gynaecological History-
- Menarche- at the age of 10 years
- L.M.P- 27/08/2021
- Cycle - Irregular late
- Flow- Scanty, last only for 2-3 days

Physical Generals-

Her appetite was decreased, she only take one chapatti per meal, she was taking 3 meals / day, she was thirst less also. Bowel movements were quite irregular with hard stool. Due to intense itching her sleep also got disturbed. Patient was extremely chilly because she covered herself with blanket even in summers also.

Mental Generals-

She felt after developed this skin condition her family members left care for her, now she always feels being left alone, also felt that her family liked her brother more than her. She offended easily. Because of neglecting behavior of her parents, she started developing lack of emotions now in aspect to family and friends. She was constantly crying while telling her complaints.

Local Examination-

Psoriatic rash all over the body skin with shedding of skin.

Analysis of the case

After analyzing the symptoms of the case the characteristic mental and physical generals and particular symptoms were considered for framing the totality following symptoms were converted into rubrics. As follows (Table-1)

S.No	Symptoms	Rubrics
1-	Itching all over the body	Skin -Itching
2-	Scaling of skin	Skin - Chapping

3-	Cracks with bleeding in skin	Skin -Cracks -deep bloody
4-	Better by cold water Pouring	Skin-Itching-Cold -water-amel
5-	Worse at night during sleep	Skin-Itching-Sleep-during-agg
6-	Worse by draft of air	Shin-Sensitiveness-air agg; draft of
7-	Worse in winters	Skin-season-winter-agg
8-	Appetite - Decreased	Stomach -appetite-Diminished
9-	No Thirst	Generals- Thirstless
10-	Feeling of being left alone	Mind- Forsaken Feeling
11-	Offended easily	Mind- offended easily
12-	Lack of emotions towards family and friends	Mind - Indifference
13-	Constantly crying while telling her complaints	Mind-Weeping- Telling-sickness while

Miasmatic evaluation for the presenting symptoms was done with the help of "The Chronic disease by Dr. Samuel Hahnemann" showed the predominance of psoric miasm. Considering the above symptomatology, Kent's Repertory was preferred and using HOMPETH software, systemic repertorization was done. The Repertorization chart is given in [FIGURE- 1].

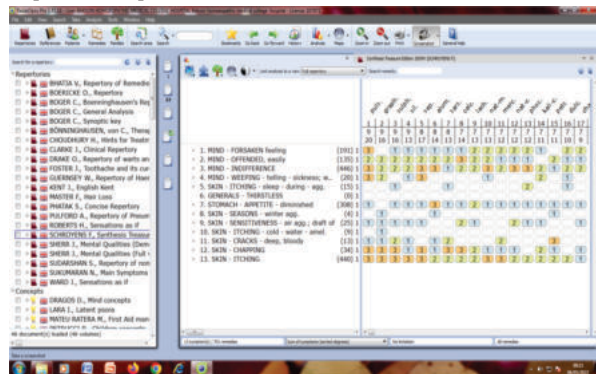


Figure- 1 PDF SYMPTOMS- Extremely chilly covers herself by blanket even in summers also.

Pulsatilla Nigricans 200 in single dose followed by Placebo 200 TDS for 15 days was prescribed on first visit (06/09/2021) considering the reportorial totality and miasmatic background. The patient improved symptomatically.

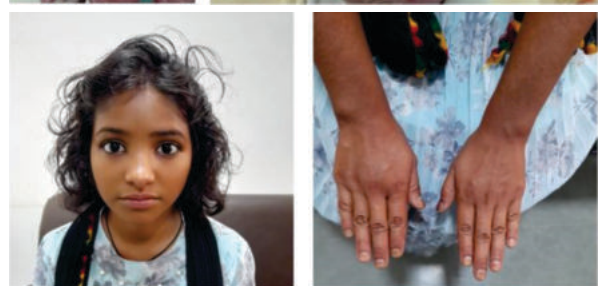
The detail of follow Up is in [Table 2].

Follow-up Date	Indication of Prescription	Medicine with Dose
18/09/21	Itching all over the body better, no improvement in scaling, bleeding in cracks off and on, no desire to eat and there is no thirst	Rx- Placebo 200 for 1 month
22/10/21	Thirst is improved, Itching better now scaling also improved, but still diminished appetite	Rx- Placebo 200 for 15 Days
16/11/21	Now remarkable improvement in scaling and itching, now she is feeling thirsty, appetite also improved	Rx- Placebo 200 for 15 Dyas
19/12/21	All general complaints are better now, now no itching at night, scaling reduced especially from face	Rx- Placebo 200 for 1 month
23/01/22	Itching - improved Scaling -is better now, thirst and appetite also improved	Rx- Placebo 200 for 1 month
18/02/22	Marked improvement in scaling and itching ,No night aggravation	Rx- Placebo 200 for 1 month

28/03/22	Scaling reduced all over the body with no itching, feels feverish since 3 days with no thirst	Rx- Pulsatilla Nigricans 200 1 Dose orally 2- Placebo 200 for 15 days
18/04/22	Fever is better now, all general complaints are better now	Rx- Placebo 200 for 1 month

RESULT-

There is marked improvement in scaling and itching . *Pulsatilla 200C* 1 dose orally followed by placebo showed improvement. Scaling all over the body completely disappeared within a period of 8 month of homoeopathic treatment [Figure 2]Before Treatment, [Figure 3] After Treatment



DISCUSSION AND CONCLUSION-

Homoeopathy treat the person as a whole mentally as well as physically also. In this case important mental generals and physical generals are forsaken feeling, crying while telling her complaints, Lack of emotions towards family and friends, offended easily, Itching all over the body with scaling of skin, bleeding in cracks worse by draft of air and night during sleep, and in winters, better by pouring cold water were included for repertorization purpose.

After repertorization, many medicines were competing which each other, namely, *Pulsatilla*, *Graphites*, *Sulphur*, *Silicea*, *Sepia*, etc. but after consultation with *Materia Medica*, *Pulsatilla Nigricans* was prescribed which remained unchanged in the subsequent follow-ups as the patient was responding well to the medicine.

Financial support and sponsorship

Bakson Homoeopathic Medical College & Hospital

Conflict of interest

None declared.

REFERENCES

1. Langley RG, Gupta AK, Cherman AM, Inniss KA. Biologic therapeutics in the treatment of psoriasis. Part 1: review. *J Cutan Med Surg.* 2007; 11:99-122.
2. Samuel ML, Donald PM, Hurley JH. In *Jr. Dermatology*, W. B. Philadelphia : Saunders Company, 1986; I:204.
3. Lo KK, Ho LY. In *Psoriasis: Handbook of Dermatology and Venereology*. 2nd Edn, Hong Kong: Social Hygiene Service, Dept. of Health, 1997.
4. Heller MM, Lee SE, Koo YMJ. Stress as an influencing factor in psoriasis. *Skin Therapy Letter*, 2011; 16(5).
5. Meffert J. Psoriasis Medscape CME <http://emedicine.medscape.com/article/1943419-overview>.
6. Katugampola RP, Lewis VJ, Finlay AY. The Dermatology Life Quality Index: assessing the efficacy of biological therapies for psoriasis. *Br J Dermatol* 2007; 156:945-950.
7. Leon A, Nguyen A, Letsinger J, Koo J. An attempt to formulate an evidence-based strategy in the management of moderate-to-severe psoriasis: a review of the efficacy and safety of biologics and prebiologic options. *Expert Opin Pharmacother.* 2007; 8:617-632.
8. Witt CM, Lüdtke R, Willich SN. Homeopathic treatment of patients with psoriasis – a prospective observational study with 2 years follow-up *Jeadv.* 2009; 23:538-43.
9. Nwabudike LC. Psoriasis and homeopathy. *Proc Rom Acad Series B.* 2011; 3:237-42
10. Hahnemann S. *The Chronic Diseases Their Peculiar Nature and Their Homeopathic Cure.* Low Price Edition. New Delhi: B. Jain Publishers Pvt. Ltd.; 2002. p. 46, 61-2.
11. Kent JT. *Repertory of the Homeopathic Materia Medica. Enriched Indian Edition* Reprinted from 6th American edition. New Delhi: B. Jain Publishers (P) Ltd.; 2000. p. 75, 403, 485, 487, 503, 548, 575, 609, 626, 636, 1370, 1407.
12. Shah J. *Homopath Classic-Homeopathic Software. Version 8.0 Premium.* Mumbai; 2005.
13. Boericke W. *New Manual of Homeopathic Materia Medica and Repertory.* Augmented Edition Based on Ninth Edition. New Delhi: B. Jain Publishers (P) Ltd.; 2000. p. 332