



Psoriasis- A case Report

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[Abstract: Psoriasis is a common chronic, recurrent, immune mediated disease of the skin and joints. It can have a significant negative impact on the physical, emotional and psychosocial wellbeing of affected patients. Homoeopathic system of medicine is effective in various types of diseases when there is presence of totality of characteristic symptoms. Here, a case of psoriasis is presented which was treated with homoeopathic medicine, Natrum Mur followed by its complimentary Sepia with marked improvement and without any recurrence.]

Key words: Psoriasis, Hyperproliferation, Totality, Homoeopathy, One-sided disease

Abbreviations: PASI –Psoriasis Area and Severity Index

Introduction:

Psoriasis is a complex, chronic, multifactorial, inflammatory disease that involves hyperproliferation of the keratinocytes in the epidermis, with an increase in the epidermal cell turnover rate^[1]

Psoriasis is a papulosquamous disease characterized by scaling papules (raised lesions < 1 cm in diameter) and plaques (raised lesions > 1 cm in diameter). The lesions of psoriasis are classically very well circumscribed, circular, red papules or plaques with a grey or silvery-white, dry scales and typically distributed symmetrically on the scalp, elbows, knees, lumbosacral area and in the body folds. Psoriasis may also develop at the site of trauma or injury, known as Koebner's phenomenon. Two clinical types of psoriasis has been noticed which can be distinguished by a bimodal age of onset. Type I begins on or before age 40 years and Type II begins after the age of 40 years^[2].

A combination of genetic and epigenetic phenomenon has been suggested as etiology of psoriasis- an epigenetic trigger over genetic predisposition^[3].

Psoriasis is associated with a number of comorbid conditions such as cardiovascular disease, uncomplicated diabetes, renal failure, asthma and peptic ulcers. There are periods of quiescence of varying length when the disease is in apparent remission and then there are periods of flare^[4].

In homoeopathy psoriasis can be classified under so- called One-sided, local disease with a prominent increase in the skin manifestation whereas other physical and mental manifestation are reduced to a minimum. But homoeopathy acts curatively here, when the characteristic symptoms of the patient are well marked.

Case summary:

A female patient aged 35, thin built came to the OPD of NHMC, Lucknow on 20.09.2021, with a known diagnosis of psoriasis, she complained of dry, scaly eruptions throughout the body since 13-14 years, used conventional topical steroids initially without much relief. She sought for homoeopathic treatment in 2021 with a PASI score (Psoriasis Area and Severity Index) of 12. She was under emotional stress which excited and triggered the condition and she responded well with homoeopathic medications in about a year and half. Among other complaint she told of migraine and small joint pain occasionally. She also complained of weakness of body. Detailed case taking revealed that she had a H/O disappointment from her husband when she came to know about his extra-marital affair and she was shocked and felt being deceived and ultimately separated from him.

Treatment history revealed that she had taken much oral allopathic medications and applied ointments but without much relief so now she moved to homoeopathy.

F/H- Mother had cancer and she died

-Father had psychiatric problem

Thermal reaction- Hot

O/H- 1 child 7yrs of age

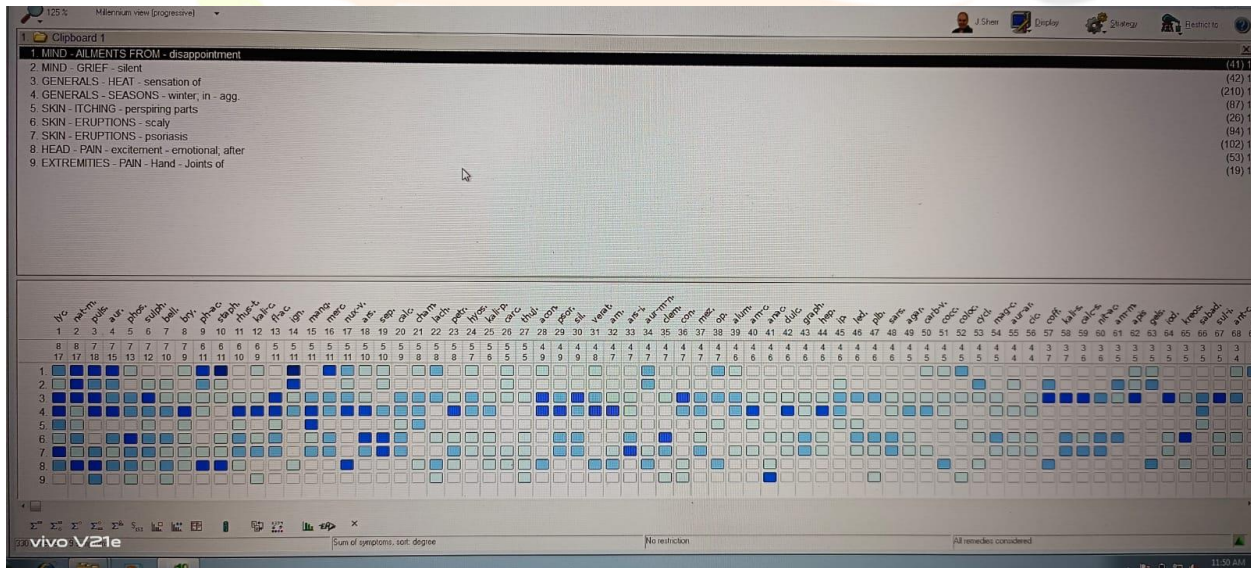
Totality of Symptoms:

Table 1

Sl. No	Analysis	Symptoms
1.	Causative mental modality	Ailment from disappointment, being deceived
2.	Characteristic mental	Grief silent
3.	General modality	Winter aggravation
4.	Characteristic physical	Sensitive to heat
5.	Pathological general	Dry, scaly eruptions over whole body
6.	Pathological general	Itching after perspiration
7.	Characteristic particular	Headache from too much thinking
8.	Concomitant	Pain of small joints of hand < waking

Repertorisation:

Fig.1



Prescription: Natrum Mur 200/1 dose with Placebo for 30 days

Before treatment

Fig.2



After Treatment

Fig.3



Follow-up and Prescription:

Table 2

Date of visit	Observation	Interpretation	Prescription
26.10. 2021	Itching decreased, Scaling ++, Generals-Improved	Amelioration in general- Medicine acting	Placebo for one month
02.12.2021	Itching still diminished, Joint pain decreased, Migraine ++	General amel+, Particulars agg+ Medicine acting	Placebo for 15 days
10.01.2022	Headache after travelling, Bowel-unfinished sensation, Scaling +	General agg+, Particular agg+ Medicine action exhausted, needs repetition	Nat-mur 200/1 dose, Placebo for 15 days
17.02.2022	Headache episodes- No recurrence, Itching and scaling- Diminished, General- Well-being	General amel+, Particular amel+ Medicine acting	Placebo for one month
26.03.2022	General and particular sphere-Improved	Medicine still acting, needs no repetition	Placebo for 15 days
29.04.2022	Occasional episodes of migraine Scaling+ Anxiety+	General agg+, Particular agg+ Medicine action exhausted, needs repetition	Nat-mur 1M/1 dose
07.05.2022	Much improvement in particulars as well general wellbeing	Medicine acting, needs no repetition	Placebo for one month
20.08.2022	Improvement persists	Medicine still acting, needs no repetition	Placebo for 30 days
29.10.2022	Sometimes feels much depressed and indifferent towards others, much anxiety	Medicine has acted to an extent, needs to be complemented by its chronic	Sepia 200/1 dose Placebo for 30 days
05.02.2023	Depression intensity reduced, sleep disturbed, anxiety+	Medicine action exhausted but the totality remains same, needs repetition in higher potency	Sepia 1M/1 dose Placebo for 30 days
01.03.2023	General wellbeing, itching, scaling all reduced, migraine headache-no recurrence	General amel+, Particular amel+ Medicine acting	Placebo for one month and further repeated for few

			more months with overall improvement
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Assessment of casuality of case by modified modified Naranjo score:

Table 3

Sl. No.	Questionnaire	Yes	No	Not sure or N/A
1.	Was there an improvement in the main symptom or conditions for which the homoeopathic medicine was prescribed?	+2		
2.	Did the clinical improvement occur within a plausible time frame relative to the drug intake?	+1		
3.	Was there an essential aggravation of symptoms?		0	
4.	Did the effect encompass more than the main symptom or condition i.e., were other symptoms ultimately improved or changed?	+1		
5.	Did overall wellbeing improve?	+2		
6.	Did the course of improvement follow Hering's rule?	+1		
7.	Did old symptoms (non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?			0
8.	Are there alternate causes (other than the medicine) that with a high probability could have caused the improvement?		+1	
9.	Was the effect confirmed by objective evidence as measured by external observation(s)?		+1	
10.	Did repeat dosing, if conducted, create similar clinical improvement?			0
Total Score: 9				

Conclusion: Most of the diseases in present time have a multifactorial causes and of them being psychic cause. Psoriasis is one such disease having dominant sycotic miasmatic background and psychogenic cause being the triggering and exciting factor. Homoeopathy can give result in all such cases where the characteristic symptoms guide to an indicating similimum and hence brings improvement in quality of life.

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