

From Flare-ups to Relief: A Homoeopathic Case Study on Psoriasis

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Abstract: This article presents a chronic case of Scalp Psoriasis, i.e., an immune reaction that occurred on the forehead, which was distressing to patient during his day-to-day activities. He had initially used a steroid ointment for local application but experienced only temporary relief, leading to recurrence. After a through evaluation at our hospital, he was prescribed appropriate homoeopathic remedies selected using totality of symptoms and Repertory. He responded very well to the selected remedies, and the lesions visibly improved over the course of treatment.

Keywords: Case Report, Constitutional Medicine, Psoriasis, Arsenic album, Scalp Psoriasis

INTRODUCTION

Psoriasis is a condition in which skin cells build up and form scales, itchy and dry patches. It is a long-lasting, noncontagious autoimmune disease characterised by patches of abnormal skin. Psoriasis varies in severity from small localized patches to complete body coverage. These area are pink, red or purple. Psoriasis is generally thought to be a genetic disease that is triggered by environmental factors. Psoriasis is associated with an increased risk of Psoriatic arthritis, lymphomas, cardiovascular disease, crohn's disease and depression.

Case Study:

Preliminary Personal Data

Patient's Name: XYZ

Age/Sex: 28/M

Religion: Hindu

Nationality: Indian

Marital status: Single

Education: Software Engineer

Occupation: Company HR Assistant

Diet: Vegetarian

Pp applying oil. Must scratch until it bleeds. Scabies like eruption on the skin.

Past History

Covid 19 in 2020

Family History

Father: DM type 2

Grandfather: HTN

Personal History

Appetite: 3 times a day

Thirst: 2-3 liters/day

Stool: Satisfactory, 1 time a day

Perspiration: Profuse, Cold and Clammy

Sleep: Sound

Thermal Reaction: Chilly

Desire: Spicy

Aversion: Not specific

MENTAL STATE:

Irritable and prone to anger.

Anxiety after anger or vexation.

Feeling of anguish with a desire to drive from place to place.

Desire for company but feels worse when alone.

Doubts about recovery, particularly regarding soul's welfare.

Loathing for life.

Sadness and mental depression when alone.

PHYSICAL EXAMINATION

General Examination

Pulse: 78/min

Blood Pressure: 120/80 mmHg
 Temperature: 98 F
 Built: Good
 Local examination
 Site: Forehead
 Shape: Irregular
 Colour: Reddish
 Surface Texture: Rough
 Crusting: Present
 Elevation: Bright red

PROVISIONAL DIAGNOSIS

Psoriasis

DIFFERENTIAL DIAGNOSIS

Dematitis

Eczema

FINAL DIAGNOSIS

Scalp psoriasis

HOMOEOPATHIC MANAGEMENT

A) Analysis of symptoms:

1. Irritable and prone to anger.
2. Anxiety after anger or vexation.
3. Feeling of anguish with a desire to drive from place to place.
4. Desire for company but feels worse when alone.
5. Doubts about recovery, particularly regarding soul's welfare.
6. Loathing for life.
7. Sadness and mental depression when alone.
8. Cold and Clammy perspiration.
9. Crusty eruption on the head.
10. Dry, burning skin.
11. Itching with burning sensation on skin.
12. Scabies like eruptions on the skin.
13. Must scratch until it bleeds.
14. Symptoms worsen while sweating.
15. Itching worsen with scratching.

B) Evaluation of symptoms:

1. Irritable and prone to anger.
2. Anxiety after anger or vexation.
3. Feeling of anguish with a desire to drive from place to place.
4. Desire for company but feels worse when alone.
5. Doubts about recovery, particularly regarding soul's welfare.
6. Loathing for life.
7. Sadness and mental depression when alone.

8. Cold and Clammy perspiration.
9. Crusty eruption on the head.
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11. Itching with burning sensation on skin.
12. Scabies like eruptions on the skin.
13. Must scratch until it bleeds.
14. Symptoms worsen while sweating.
15. Itching worsen with scratching.

C) Totality of symptoms:

1. Irritable and prone to anger.
2. Anxiety after anger or vexation.
3. Feeling of anguish with a desire to drive from place to place.
4. Desire for company, but feels worse when alone.
5. Doubts about recovery, particularly regarding soul's welfare.
6. Loathing for life.
7. Sadness and mental depression when alone.
8. Cold and Clammy perspiration.
9. Crusty eruptions on the head.
10. Dry, burning skin.
11. Crusty eruptions on the skin.
12. Dry eruptions on the skin.
13. Itching eruptions on the skin.
14. Scabies-like eruptions on the skin.
15. Itching with burning sensation.
16. Must scratch until it bleeds.
17. Symptoms worsen while sweating
18. Itching worsens with scratching.

D) Repertorial Totality:

1. [Kent] [Mind]ANGER, IRASCIBILITY (SEE IRRITABILITY, QUARRELSOME): (137)
2. [Kent] [Mind]ANGER, IRASCIBILITY (SEE IRRITABILITY, QUARRELSOME): Ailments after anger, vexation, etc.: Anxiety, with: (29)
3. [Kent] [Mind]ANGUISH: Driving from place to place: (1)
4. [Kent] [Mind]COMPANY: Desire for: Alone, while agg: (20)
5. [Kent] [Mind]DOUBTFUL, RECOVERY, OF: Soul's welfare, of: (16)
6. [Kent] [Mind]LOATHING, GENERAL: Life (see Desires, Death): (65)
7. [Kent] [Mind]SADNESS, MENTAL DEPRESSION: Alone, when: (21)
8. [Kent] [Head]ERUPTION: Crusts, scabs: (69)
9. [Kent] [Perspiration]COLD: (121)

10.[Kent] [Perspiration]CLAMMY: (66)

11.[Kent] [Perspiration]SYMPTOMS: Agg while sweating: (32)

12.[Kent] [Skin]DRY: Burning: (95)

13.[Kent] [Skin]ERUPTIONS: Crusty: (95)

14.[Kent] [Skin]ERUPTIONS: Dry: (61)

15.[Kent] [Skin]ERUPTIONS: Itching: (109)

16.[Kent] [Skin]ERUPTIONS: Scabies: (51)

17.[Kent] [Skin]ITCHING: Burning: (120)

18.[Kent] [Skin]ITCHING: Scratching: Agg: (58)

19.[Kent] [Skin]ITCHING: Scratch: Until it bleeds, must: (12)

Symptoms : 19 Remedies : 254 Filters : Normal																	
Remedy		Ars	Lyc	Sulph	Calc	Phos	Sep	Merc	Mez	Puls	Rhus-t	Sil	Nux-v	Verat	Caust	Hep	Nat-m
Totally		57	34	33	31	30	30	29	27	27	26	25	23	22	22	22	22
Symptoms Covered		19	16	13	17	15	13	13	13	13	12	13	11	12	11	11	11
Kingdom																	
[Kent] [Mind]ANGER, IRASCIBILITY (SEE IRRITABILITY, QUARRELSOME): (137)		3	3	3	2	2	3	1	2	1	2	1	3	1	2	3	
[Kent] [Mind]ANGER, IRASCIBILITY (SEE IRRITABILITY, QUARRELSOME):Ailments ...		3	1	1	1	1	1			2	1		3	1			
[Kent] [Mind]ANGUISH:Driving from place to place: (1)		3															
[Kent] [Mind]COMPANY:Desire for:Alone, while agg: (20)		3	2		1	3			2			1					
[Kent] [Mind]DOUBTFUL, RECOVERY, OF:Soul's welfare, of: (16)		3	1		1					3			1	2			
[Kent] [Mind]LOATHING, GENERAL:Life (see Desires, Death): (65)		3	2	2	2	3	2	3	1	2	2	2	2		1	1	
[Kent] [Mind]SADNESS, MENTAL DEPRESSION:Alone, when: (21)		3	1		2	1			2			1					
[Kent] [Head]ERUPTION:Crusts,scabs: (69)		3	2	3	2	1	2	3	3		2	2			2	2	

Final Prescription with Potency and Dosage

ARSENIC ALBUM 200 1 DOSE WEEKLY HS

SL 3 PILLS TDS FOR WEEK

FOLLOW-UP SHEET

Date	Change in Symptoms	Prescription
24/9/24	Itching reduced by 20%. Burning reduced by 20%. Scaly rash still present.	Ars Alb 200 1P weekly, SL 3 pills TDS for 1 week
1/10/2024	Itching improved by 30%. Burning relieved by 50%. Sensation of ant bite absent. Psoriatic patches reduced by 60%. No new scaly rashes observed.	Ars Alb 200 1P weekly, SL 3 pills TDS for 4 weeks
29/10/24	Psoriatic patches reduced further (approximately 80%). Itching relieved by 50%. No burning sensation. No new lesions or scaly rashes.	Ars Alb 200 1P weekly, SL 3 pills TDS for 4 weeks
26/11/24	No visible lesions. Mild itching persists (reduction by 90%). No burning sensation.	Ars Alb 200 1P weekly, SL 3 pills TDS for 4 weeks
24/12/24	No lesions. Itching relieved by 100%. No burning sensation or new symptoms.	SL 3 pills TDS for 2 weeks

PASI SCORE PROGRESSION:

S. No	Parameter	Pre-treatment	Post-treatment	Change (%)
1	Erythema	[1]	[0]	[100%]
2	Induration/Thickness	[1]	[0]	[100%]
3	Scaling	[2]	[0]	[100%]
4	Lesion Score Sum (A)	[4%]	[0%]	[100%]
5	Area Score (B)	[4%]	[0%]	[100%]

6	Subtotals ($C = A \times B$)	[16]	[0]	[100%]
7	Body Surface Area Weighting	[4%]	[0%]	-
8	PASI Score (Final Total)	[8%]	[0%]	[100%]

PATIENT'S PICTURES:



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