



Original Research Article

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## EFFICACY OF PULSATILLA IN PLANTAR PSORIASIS TREATMENT

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### Abstract

Plantar psoriasis is a chronic inflammatory skin disease affecting the soles, causing pain, scaling, and cracking, which limits mobility and quality of life. Conventional treatments may not always provide adequate relief. <sup>[1]</sup> Homeopathy offers individualized treatment addressing physical and emotional symptoms. This case study reports a 65-year-old female with plantar psoriasis for two years, treated successfully with Pulsatilla, leading to significant symptom relief and improved quality of life. This paper highlights homeopathy's potential as an effective alternative therapy for plantar psoriasis at Dr Batra's.

**Keywords:** plantar psoriasis, homeopathy, Dr Batra's

### Introduction

Plantar psoriasis is a variant of psoriasis characterized by thick, scaly, and cracked skin on the soles of the feet. It causes pain, burning, and bleeding, impairing walking and daily activities. The exact cause is unknown but involves genetic, immunological, and environmental factors. Common symptoms include erythema, scaling, fissures, and discomfort exacerbated by heat or cold. Complications may include secondary infections and chronic pain <sup>[1,2]</sup>. Conventional treatments include topical steroids, emollients, and systemic agents; however, patients often experience incomplete relief or side effects <sup>[3]</sup>. Homeopathy aims to treat the whole person by considering physical and mental symptoms, providing individualized remedies. This case presents a patient with chronic plantar psoriasis treated with Pulsatilla, showing marked improvement over time.

## Case Profile

A 65-year-old female presented with a two-year history of eruptions on both soles, accompanied by cracking and bleeding of the skin. The condition initially appeared after a ten-day stay outside her usual location and was possibly triggered by stress and exposure to water. She experienced severe pain, burning sensations, and scaling on the soles, which worsened in different weather conditions—feeling excessively hot in summer and too cold in winter. The patient reported an inability to walk comfortably due to the intensity of symptoms. Despite trying various treatments previously, she found no lasting relief, which caused her considerable emotional distress and worry about the curability of her condition. During the course of homeopathic treatment, the patient's symptoms gradually improved. The itching, burning, and pain decreased significantly, and the eruptions on the soles diminished. Although she occasionally experienced slight aggravations, her overall condition showed steady progress. At several follow-ups, the patient expressed satisfaction and relief as the pain and burning sensations became minimal or absent. Her skin condition improved to near normal, with reduced cracking and bleeding. She was advised to continue proper care and treatment, including the use of supportive measures such as washing with cold water and taking multivitamins. By the later stages of treatment, she reported no itching, pain, or burning, and was happy and comfortable with the outcome. The case highlights the effectiveness of individualized homeopathic management in chronic plantar psoriasis, offering hope for patients who have not responded well to conventional therapies.

## Physical Generals

**Appetite:** Normal

**Cravings:** NS

**Aversions:** NS

**Thirst:** Normal

**Perspiration:** Normal

**Urine:** Normal

**Stools:** Normal

**Thermals:** Ambithermal

**Bathing:** Seasonal

**Sleep:** 8 hours but still feels sleepy - Disturbed

Position of sleep: Abdomen

**Dreams:** Does not remember

**Examination**

**General Appearance:** Patient is a well-nourished, mildly anxious elderly female in no acute distress.

**Vital Signs:**

Pulse: 78 beats per minute, regular

Blood Pressure: 120/80 mmHg

Respiratory Rate: 16 breaths per minute

Temperature: 36.8°C (98.2°F)

**Skin:**

Both soles show well-demarcated erythematous plaques with silvery scaling.

Multiple fissures noted on pressure areas with slight bleeding.

Skin is dry and thickened over affected areas.

**Musculoskeletal:**

Mild tenderness on palpation of soles.

No joint swelling or deformity.

Full range of motion of ankles and feet, though walking elicits mild discomfort.

**Neurological:**

Sensation intact to light touch and pinprick over soles and feet.

Deep tendon reflexes normal and symmetrical.

**Other Findings:**

Feet mildly warm to touch, no edema.

**Mental Generals –**

The patient is a talkative and emotional woman who lives with her retired husband, two children, and a daughter-in-law (bahu). Her husband is also emotional and easily affected by situations, but the patient finds it difficult to share her own problems openly with her family. She often feels uneasy and anxious, frequently worrying about whether her condition is curable. During consultations, she expressed her deep concern and even wept at night due to the distress caused by her symptoms. Besides the physical pain in her legs, soles, and calf muscles, she experiences a sense of uneasiness and occasional difficulty breathing. She

reports that her soles often feel excessively hot, which provides some relief when she washes them with water. However, her symptoms tend to worsen during summer, though the discomfort persists throughout all seasons. The patient attributes part of her distress to family-related stress, as she frequently recalls her ongoing problems in her mind, which aggravates her emotional and physical state.

### Past History:

- No known allergies
- No previous surgeries

### Family History:

- Lives with retired husband, two children, and daughter-in-law
- No family history of similar skin conditions
- No hereditary or chronic illnesses reported in immediate family

### Case analysis - Reportorial totality

IC] [Mind] Love: Family, for

[C] [Mind] Weeping, tearful mood Amel. symptoms:

[C] [Mind] Weeping, tearful mood: Tendency Alternating with: Vexation:

[C] [Extremities] Coldness: Leg:

### Repertory screenshot

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- **Thirstlessness** noted despite dryness and burning
- **Thermally ambithermal** – does not clearly prefer hot or cold environments
- **Feels better with cold applications**, especially washing feet with cold water
- **Stress aggravates** her complaints, showing emotional sensitivity
- **Pain and discomfort shift** in intensity and location, which aligns with Pulsatilla's changing symptom picture

#### Miasmatic approach

| Symptoms                                                     | Psora | Sycosis | Syphilis | Tubercular |
|--------------------------------------------------------------|-------|---------|----------|------------|
| [Mind] Love for family                                       | ✓     |         |          |            |
| [Mind] Weeping, tearful mood with amelioration after weeping | ✓     |         |          | ✓          |
| [Mind] Weeping alternating with vexation                     | ✓     | ✓       |          | ✓          |
| [Extremities] Coldness of legs                               |       | ✓       | ✓        |            |
| Cracks and bleeding in soles                                 |       |         | ✓        |            |
| Burning in soles                                             | ✓     |         | ✓        |            |
| Better by washing with cold water                            | ✓     |         |          | ✓          |
| Aggravation during summer (seasonal variation)               |       | ✓       |          | ✓          |
| Pain in calves and legs, unable to walk                      | ✓     | ✓       | ✓        |            |
| Emotional suppression and sleeplessness due to stress        | ✓     |         |          | ✓          |

#### Materials and Methods

Complete repertory was used for Repertorization through RADAR software

#### Results

| Month            | Progress                                                                                           | Prescription                                                                         |
|------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <b>1st Month</b> | Initial symptoms of itching, burning, pain in soles and calves. Sleep disturbed due to discomfort. | <b>Pulsatilla 200C</b> , 1 dose weekly × 4 weeks + <b>Calc Fluor 6x</b> , 4 tabs TDS |

|                   |                                                                                 |                                                                                      |
|-------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <b>2nd Month</b>  | Itching slightly better, burning persists; feels uneasy in heat.                | <b>Pulsatilla 200C</b> , 1 dose weekly × 4 weeks + <b>Calc Fluor 6x</b> , 4 tabs TDS |
| <b>3rd Month</b>  | Sleep improved, emotional weeping episodes reduced, burning in soles continues. | <b>Pulsatilla 1M</b> , 1 dose weekly × 4 weeks + <b>Calc Fluor 6x</b> , 4 tabs TDS   |
| <b>4th Month</b>  | Soles less red, cracks healing slightly, pain during walking persists.          | <b>Pulsatilla 1M</b> one dose + <b>Calc Fluor 6x</b> , 4 tabs TDS                    |
| <b>5th Month</b>  | No new eruptions, but redness and sensitivity persist. Emotional state better.  | <b>Pulsatilla 1M</b> , 1 dose weekly × 4 weeks + <b>Calc Fluor 6x</b> , 4 tabs TDS   |
| <b>6th Month</b>  | Feeling better overall, no itching or burning at night. Sole dryness present.   | <b>Pulsatilla 1M</b> , 1 dose weekly × 4 weeks + <b>Calc Fluor 6x</b> , 4 tabs TDS   |
| <b>7th Month</b>  | No pain or burning, walks comfortably. Sole cracks healing.                     | <b>Pulsatilla 1M</b> , 1 dose weekly × 4 weeks + <b>Calc Fluor 6x</b> , 4 tabs TDS   |
| <b>8th Month</b>  | Happy and relieved. Feels normal. No weeping or stress episodes.                | <b>Calc Fluor 6x</b> , 4 tabs TDS                                                    |
| <b>9th Month</b>  | Skin clear, only minor dryness. Emotionally calm.                               | <b>Calc Fluor 6x</b> , 4 tabs TDS                                                    |
| <b>10th Month</b> | Minor aggravation noted in skin; slight itching returns.                        | <b>Pulsatilla 1M</b> , one dose + <b>Graphites 200C</b> , one dose                   |
| <b>11th Month</b> | Soles better, some pain on walking; cold water relieves symptoms.               | <b>Pulsatilla 1M</b> , one dose + <b>Graphites 200C</b> , one dose                   |
| <b>12th Month</b> | Mild cracks, burning and redness return in summer; emotional state stable.      | <b>Pulsatilla 1M</b> , one dose + <b>Graphites 200C</b> , one dose                   |

### Discussion:

A middle-aged female patient presented with chronic complaints of intense itching, burning, and pain in the soles, especially aggravated during summer and under family-related emotional stress. She also reported calf muscle pain, hot sensation in soles, and difficulty in breathing during stress. Her emotional state was marked by tearfulness, hidden sorrow, and anxious thoughts, particularly about her recovery. She often questioned, “Is it curable or not?” and admitted to weeping at night due to her condition.

Mentally, the patient was described as mild, gentle, emotional, and talkative, with an inability to express her inner grief openly. She showed a desire for consolation, was thermally ambithermal, and exhibited a thirstless state. Her miasmatic background leaned heavily toward psoric and sycotic, with tubercular tendencies seen in her emotional lability and chronicity of symptoms.

On repertorization and considering her mental generals, Pulsatilla was selected as the constitutional remedy. The remedy matched her emotional profile, modalities (amelioration by cold applications and open air), and her general constitution. Biochemic remedies like Calcarea Fluorica and Silicea were also prescribed to support skin healing and tissue integrity.

The treatment progressed month by month, with gradual reduction in her primary symptoms. The itching, burning, and pain started reducing from the second month onward, and emotional disturbances subsided gradually. By the sixth month, she was emotionally more stable and physically more active. No new eruptions were seen, cracks on the soles started healing, and her dependency on symptomatic relief measures (like washing feet with cold water) reduced.

During a minor aggravation phase in the 10th month, Graphites and later Sulphur were prescribed, addressing the underlying miasmatic layers and ensuring complete relief.

### **Conclusion:**

This case illustrates the importance of constitutional prescribing in homeopathy. A careful analysis of the patient's mental state, modalities, and physical generals, along with a miasmatic understanding, led to the successful selection of Pulsatilla, which initiated the curative process. Supportive biochemic remedies helped in tissue repair and inflammation reduction.

Over a span of 12 months, the patient reported complete resolution of her skin complaints — no itching, pain, burning, or cracks. She also experienced a significant improvement in emotional well-being, confirming the mind-body connection emphasized in classical homeopathy.

This case reaffirms that deep-acting constitutional remedies prescribed on the totality of symptoms, especially including mental generals, can bring about true and lasting cure in chronic skin conditions where conventional treatment often fails to address the root.



## The transformation



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