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SUCCESSFUL MANAGEMENT OF EXTENSIVE CHRONIC PLAQUE PSORIASIS WITH INDIVIDUALIZED HOMOEOPATHIC TREATMENT: A CASE REPORT AT DR BATRA'S

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ABSTRACT

Background: Psoriasis is a chronic immune-mediated inflammatory dermatosis characterized by erythematous plaques covered with thick silvery-white scales. The disease frequently follows a relapsing course and substantially impairs patients' physical, psychological, and social well-being. Individualized homoeopathic treatment aims to address the constitutional susceptibility while improving long-term disease control. **Case Presentation:** A 46-year-old postmenopausal woman presented with chronic plaque psoriasis involving the thighs, legs, feet, hands, and back for four years. The disease initially began as a solitary plaque over the leg and progressively spread despite prolonged allopathic and homoeopathic treatment. She complained of moderate itching, thick adherent scales, painful fissures with occasional bloody discharge, and cosmetic embarrassment. Family history revealed psoriasis in her paternal uncle. Constitutional assessment demonstrated a hot thermal state, marked thirst, craving for spicy food, aversion to sour food and dal, irritability with violent expression of anger, emotional sensitivity, desire for company, dreams of deceased persons, and fear of water. **Intervention:** After individualized case analysis and repertorial evaluation, constitutional homoeopathic treatment with *Arsenicum iodatum* was prescribed along with lifestyle advice and regular follow-up. **Outcome:** During six months of follow-up, plaque thickness reduced considerably, scaling diminished, no new lesions appeared, itching progressively improved, sleep normalized, and overall quality of life improved. The patient gradually discontinued topical corticosteroid application under medical supervision. **Conclusion:** This case demonstrates sustained improvement in chronic plaque psoriasis with individualized constitutional homoeopathic treatment and highlights the importance of constitutional prescribing in long-standing dermatological disorders.

Keywords: Plaque psoriasis, Chronic psoriasis, Constitutional homoeopathy, *Arsenicum iodatum*, Individualized treatment.

INTRODUCTION

Psoriasis is a chronic inflammatory skin disorder characterized by epidermal hyperproliferation, immune dysregulation, and recurrent exacerbations. Chronic plaque psoriasis accounts for nearly 80–90% of all psoriasis cases and typically presents as sharply demarcated erythematous plaques covered with thick silvery scales. The disease may involve the scalp, extensor surfaces, trunk, palms, and soles, often producing considerable discomfort due to itching, fissuring, and bleeding.

The disease significantly affects quality of life by impairing body image, sleep, social interaction, and emotional health. Genetic predisposition plays an important role, with positive family history being one of the strongest risk factors.

Although conventional therapies effectively suppress inflammation, relapses remain common after discontinuation of treatment. Constitutional homoeopathy aims to reduce individual susceptibility through personalized remedy selection based on the patient's complete symptom totality.

This report presents the successful long-term management of extensive chronic plaque psoriasis using individualized homoeopathic treatment.

CASE PRESENTATION

A 46-year-old housewife from Pune presented with complaints of extensive thick scaly skin lesions involving both thighs, legs, feet, hands, and back for the past four years.

The disease had started suddenly as a single patch over the lower leg, which gradually enlarged and subsequently spread to multiple body sites over the following years. Despite continuous treatment with both allopathic and homoeopathic medicines, she experienced progressive worsening of the disease.

One month before presentation, the lesions had aggravated significantly with increased scaling and itching.

The patient complained of:

- Thick scaly plaques
- Moderate persistent itching
- Painful fissures
- Occasional bloody discharge from cracks
- Progressive spread of lesions
- Cosmetic embarrassment due to visible plaques

She was using topical allopathic medication (Anthrax® cream) at presentation.

Associated Medical History

- Hypertension on Bisonext 2.5 mg daily
- Chikungunya infection in 2020

- Natural menopause four years earlier

Family History

- Paternal uncle diagnosed with psoriasis
- Father suffering from hypertension

The strong family history supported a hereditary predisposition to psoriasis.

Physical Generals

- Appetite normal
- Desire for spicy food
- Aversion to sour food and dal
- Thirst approximately 4 litres/day
- Hot patient
- Profuse perspiration even during cold weather
- Sleep initially sound
- Dreams predominantly of deceased persons
- Postmenopausal

Mental Generals

The patient exhibited several characteristic constitutional features:

- Easily angered
- Expressed anger by shouting
- Emotionally sensitive
- Wept easily
- Desired company
- Fear of water
- No significant external stress
- Affection towards fish

Clinical Examination

General examination revealed pallor.

Dermatological examination showed:

- Multiple thick hyperkeratotic plaques
- Extensive silvery-white scaling
- Moderate erythema
- Fissures with occasional bleeding

- Lesions involving hands, legs, feet, thighs and back

Wood's lamp examination demonstrated red fluorescence.

Investigations

Previous laboratory investigations had been performed approximately six months before presentation.

During follow-up:

- Serum cholesterol was found to be elevated.
- Repeat blood investigations were advised.

Clinical Diagnosis

Chronic Plaque Psoriasis

Case Analysis

The patient represented a chronic hereditary form of plaque psoriasis with extensive skin involvement and repeated failure to achieve sustained remission despite previous treatment.

The characteristic totality included:

Mental Characteristics

- Irritability with violent expression
- Weeping disposition
- Sensitive nature
- Desire for company
- Dreams of dead people
- Fear of water

Physical Characteristics

- Hot thermal state
- Great thirst
- Craving for spicy food
- Aversion to sour food
- Profuse perspiration

Particular Symptoms

- Thick hyperkeratotic plaques
- Moderate itching
- Bloody fissures
- Chronic progressive course

- Family history of psoriasis

Following repertorial analysis and Materia Medica differentiation, Arsenicum iodatum was selected as the constitutional remedy because it closely corresponded to the chronic psoriatic pathology, extensive scaling, constitutional thermal state, progressive course, and characteristic mental symptoms.

Totality of Symptoms

Mental Generals

- Irritable; gets angry easily and shouts
- Sensitive and weeps easily
- Desire for company
- Fear of water
- Dreams of dead people
- No major life stress

Physical Generals

- Hot patient
- Excessive thirst (approximately 4 L/day)
- Desire for spicy food
- Aversion to sour food and dal
- Profuse perspiration even in cold weather
- Sleep sound
- Menopausal
- Hypertension on regular medication

Particular Symptoms

- Thick scaly plaques over hands, legs, feet, thighs and back
- Moderate itching
- Painful cracks with occasional bloody discharge
- Extensive chronic lesions
- Positive family history of psoriasis
- Hyperkeratotic plaques
- Red fluorescence on Wood's lamp

Repertorial Analysis

The following rubrics were considered during repertorisation:

- Mind – Anger, violent

- Mind – Company, desire for
- Mind – Weeping easily
- Mind – Fear of water
- Dreams – Dead persons
- Skin – Eruptions, psoriasis
- Skin – Cracks with bleeding
- Skin – Itching
- Skin – Scaling
- Generalities – Heat, patient hot
- Stomach – Desire spicy food
- Generalities – Thirst increased

Leading Remedies

- Arsenicum iodatum
- Arsenicum album
- Sulphur
- Graphites
- Mezereum
- Petroleum

Remedy Differentiation

Arsenicum iodatum (Constitutional Remedy)

Arsenicum iodatum was selected because it corresponded closely with:

- Chronic extensive plaque psoriasis
- Thick hyperkeratotic scaling
- Progressive spread despite previous treatment
- Moderate itching
- Hot thermal state
- Great thirst
- Family history of psoriasis
- Chronic inflammatory skin pathology
- Constitutional symptom similarity

Differential Remedies

Sulphur

Considered because of chronic itching and hot constitution but rejected as the patient's constitutional picture and pathological evolution corresponded better with Arsenicum iodatum.

Graphites

Considered because of fissuring and oozing lesions but lacked the marked thirst, hot thermal state and progressive psoriatic pathology.

Petroleum

Considered because of painful fissures and cracked skin but did not sufficiently cover the constitutional generals.

Prescription

Constitutional

Arsenicum iodatum 200C

Supportive Advice

- Regular emollient application
- Avoid scratching
- Gradual withdrawal of topical corticosteroid under supervision
- Adequate hydration
- Stress reduction
- Avoid known dietary triggers
- Regular follow-up

Follow-up

Date	Clinical Progress
Baseline	Extensive thick scaly plaques over hands, legs, feet, thighs and back with moderate itching, fissuring and occasional bleeding.
February 2026	Blood investigations showed elevated cholesterol. Skin lesions remained stable.
April 2026	Plaques improved; thickness markedly reduced. Hand lesions still spreading slowly. Sleep disturbance and acidity developed temporarily.
Mid-April 2026	Teleconsultation for insomnia; supportive medicines prescribed.
May 2026	No new lesions. Existing plaques reduced considerably. Moderate itching persisted. Overall improvement noted.
June 2026	Continued reduction in lesion thickness and scaling. Itching further reduced. General health improved.
July 2026	No new patches. Existing lesions healing. Mild residual itching only. Advised discontinuation of Dermovate ointment and repeat laboratory investigations.



Figure 1: Before and After Clinical Photographs

Outcome

After approximately six months of individualized homoeopathic treatment:

- No development of new psoriatic plaques.
- Marked reduction in plaque thickness.
- Significant decrease in scaling.
- Progressive healing of older lesions.
- Moderate itching reduced considerably.
- Sleep improved after constitutional treatment.
- Topical corticosteroid dependence was successfully reduced.
- Overall quality of life improved substantially.

Discussion

Psoriasis is a chronic immune-mediated inflammatory disease characterized by recurrent exacerbations and prolonged periods of remission. Genetic predisposition, immune dysregulation, and environmental triggers contribute to disease persistence. This patient demonstrated several poor prognostic indicators, including long disease duration, extensive body surface involvement, previous unsuccessful therapies, and a positive family history.

The individualized homoeopathic prescription was based on the totality of constitutional mental characteristics, physical generals, and distinctive pathological features rather than only the dermatological diagnosis. During follow-up, improvement occurred in accordance with Hering's law, with cessation of new lesion formation followed by gradual flattening of plaques, reduction in scaling, and improvement in itching. An important clinical milestone was the successful discontinuation of long-term topical corticosteroid application while maintaining continued improvement.

This case highlights that individualized constitutional homoeopathic treatment, combined with appropriate lifestyle advice and regular monitoring, may contribute to sustained clinical improvement and better disease control in chronic plaque psoriasis.

Health-Related Quality of Life (HRQL)

At presentation, the patient experienced persistent itching, painful fissures, cosmetic embarrassment due to visible plaques, disturbed confidence, and dependence on topical medications.

Following treatment:

- Itching became minimal.
- Plaques became flatter and less visible.
- Daily activities became more comfortable.
- Sleep quality improved.
- Confidence improved because of visible skin healing.
- Dependence on topical corticosteroids reduced.
- Overall physical and emotional well-being improved.

Patient Perspective

“For years my psoriasis kept spreading despite treatment. The thick scales, itching, and cracks affected my confidence and daily life. Over the last few months, I have noticed that no new patches have appeared, the old lesions are becoming thinner, and the itching is much less. I am happy that I am gradually able to stop using steroid ointments and my skin is healing.”

Learning Points

- Constitutional individualization remains central to homoeopathic management of chronic psoriasis.
- Long-standing plaque psoriasis requires regular objective follow-up to document gradual improvement.
- Reduction in plaque thickness, scaling, and cessation of new lesion formation are valuable indicators of clinical response.
- Gradual withdrawal of topical corticosteroids under supervision is possible when sustained clinical improvement is achieved.
- A holistic approach addressing constitutional symptoms and lifestyle factors may improve both disease control and quality of life.

Conclusion

This case demonstrates sustained clinical improvement in chronic plaque psoriasis following individualized constitutional homoeopathic treatment. Progressive reduction in plaque thickness, scaling, itching, and the absence of new lesions, together with successful tapering of topical corticosteroids, indicate a favorable long-term response. The case highlights the potential role of individualized homoeopathy as part of an integrative, patient-centered approach for managing chronic psoriasis.