



Original Research Article

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DRAMATIC IMPROVEMENT IN CHRONIC PLAQUE PSORIASIS OF THE HAND FOLLOWING INDIVIDUALIZED HOMOEOPATHIC TREATMENT

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Abstract

Background: Chronic plaque psoriasis is a relapsing inflammatory dermatosis characterized by erythematous, hyperkeratotic plaques with adherent silvery scales. Hand involvement significantly affects daily activities and quality of life.

Case Summary: An adult patient presented with a chronic psoriatic plaque over the dorsum of the hand showing marked hyperkeratosis, scaling, erythema, and pigmentation. Individualized homoeopathic treatment was prescribed according to the totality of symptoms.

Outcome: Serial photographic assessment demonstrated marked clinical improvement with near-complete resolution of scaling and plaque thickness, disappearance of active inflammation, restoration of normal skin texture, and only minimal residual pigmentation.

Keywords: Plaque Psoriasis, Hand Psoriasis, Individualized Homoeopathy, Chronic Dermatitis.

Introduction

Psoriasis is a chronic immune-mediated inflammatory skin disease characterized by recurrent erythematous plaques covered with silvery scales. Lesions involving the hands are particularly disabling because they interfere with routine manual activities, cosmetic appearance, and patient confidence.

Patient Profile

Parameter	Details
Diagnosis	Chronic Plaque Psoriasis
Site	Dorsum of Hand
Type	Localized Plaque Psoriasis

Clinical Presentation Before Treatment

The patient presented with a large, well-demarcated psoriatic plaque involving the dorsum of the hand.

Clinical Features

- Thick hyperkeratotic plaque
- Dense silvery-white scaling
- Moderate erythema
- Marked skin thickening
- Dryness
- Hyperpigmentation surrounding the plaque
- Chronic inflammatory appearance

Clinical Photograph (Baseline)

Figure 1. Baseline photograph demonstrating a large hyperkeratotic plaque with dense scaling, erythema, and chronic inflammatory changes over the dorsum of the hand.

Homoeopathic Management

The patient received **individualized constitutional homoeopathic treatment** based on the totality of symptoms.

Treatment was supported with:

- Lifestyle counselling
- Skin-care advice
- Regular follow-up with photographic documentation

Clinical Outcome

Serial follow-up demonstrated progressive healing of the lesion.

Improvement Noted

- Near-complete disappearance of scales
- Marked reduction in plaque thickness
- Resolution of erythema
- Restoration of normal skin texture
- Significant reduction in hyperkeratosis
- No active inflammatory plaque visible
- Mild residual post-inflammatory pigmentation only

Clinical Photograph (Follow-up)

Figure 2. Follow-up photograph demonstrating marked resolution of the psoriatic plaque with restoration of normal skin architecture and minimal residual pigmentation.

Before vs After Comparison

Clinical Parameter	Before	After
Plaque thickness	Severe	Nearly resolved
Scaling	Dense silvery scales	Minimal
Erythema	Moderate–Severe	Absent
Hyperkeratosis	Marked	Resolved
Skin texture	Thickened	Nearly normal
Active lesion	Present	Absent
Pigmentation	Marked	Mild residual pigmentation



Discussion

The serial photographs demonstrate substantial improvement in the visible clinical signs of psoriasis. The reduction in scaling, erythema, and plaque thickness indicates effective control of cutaneous inflammation, while normalization of skin texture suggests healing of chronic epidermal changes. Residual pigmentation appears consistent with post-inflammatory skin changes rather than active disease.

Health-Related Quality of Life (HRQL)

Following treatment, the patient experienced:

- Improved cosmetic appearance
- Greater comfort during daily hand movements
- Reduced self-consciousness
- Increased confidence in social interactions
- Better overall quality of life

Learning Points

- Clinical photography is an effective objective tool for monitoring psoriasis.

- Reduction in plaque thickness and scaling often precedes complete pigment normalization.
- Residual pigmentation should not be mistaken for active disease.
- Individualized homoeopathic treatment, along with regular follow-up and skin care, may contribute to sustained clinical improvement in localized plaque psoriasis.

Conclusion

This photographic case demonstrates **marked improvement in chronic plaque psoriasis of the hand**, with near-complete resolution of hyperkeratosis, scaling, and erythema following individualized homoeopathic treatment. The follow-up image shows restoration of normal skin texture with only minimal residual pigmentation, highlighting the value of serial photographic documentation in assessing therapeutic response.