



Original Research Article

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## A CASE STUDY ON DR. BATRA'S SUCCESS IN TREATING PLAQUE PSORIASIS

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### Abstract

Plaque psoriasis is a chronic autoimmune disorder characterized by the rapid production of skin cells, leading to the formation of thick, scaly patches called plaques. This paper discusses the management of plaque psoriasis with homeopathic remedies at Dr Batra's. The treatment involved constitutional remedies that led to significant improvement in the patient's condition, reducing flare-ups and enhancing overall well-being.

### Keywords:

Plaque psoriasis, Dr Batra's, homeopathic remedies

### Introduction

Plaque psoriasis is a chronic autoimmune disorder where the immune system mistakenly accelerates the production of skin cells, leading to thick, scaly plaques. The primary cause is believed to be a combination of genetic predisposition and environmental triggers, such as stress or infections. Symptoms typically include red, inflamed patches of skin covered with silvery scales, often accompanied by intense itching and discomfort. If left untreated, it can lead to complications such as joint pain, infections, and emotional distress due to the visible nature of the disease. Effective management often requires addressing both physical symptoms and underlying triggers.

## Case Profile

1.5 years ago, flaking started on the scalp and gradually spread to the legs, with new patches continuing to appear. The patient experiences intense **itching**, mostly at night, and **burning sensations during baths**. The itching ameliorates after scratching for a while. His past medical history includes **hyperlipidemia**, diagnosed in February 2024. Family history reveals that his sister has **asthma**. The patient's stress levels are high due to his work at the **Kharar court**, and he follows a **non-vegetarian diet**, with occasional consumption of outside food. He has not taken any supplements and is using **clobetasol** and **levocetirizine**. On examination, his scalp and legs show a **leathery appearance**, and **Auspitz's sign** is positive.

## Physical Generals

Diet	Normal north Indian veg diet
Appetite	Normal
Desire	Salty food
Aversion	None
Thermal Reaction	Hot sensitivity
Thirst	Increased in summer
Stools	Normal bowel habits no constipation
Urine	Normal
Perspiration	Profuse armpits offensive
Sleep	Restful
Dreams	Not specific

## Examination

Woodslamp- leathery eruptions seen with hyper pigmented boundaries

## Mental Generals –

In the family, the patient's mother and elder sister divorced in 2019 due to significant interference from the mother-in-law and sister-in-law. The patient was stressed for 2–3 months following the divorce, but he eventually recovered after deciding on the divorce, as the entire family was suffering. During his childhood, he lived in Sector 24, which was a very good experience for him, and he adapted easily to living in Kharar seven years ago. His father passed away in an accident in 2012. The patient began working at the age of 18 at a cyber café in Sector 15. He is non-aggressive, cannot easily forget wrongdoings but is never

vengeful. He has an introverted personality and loves pets, owning a dog. He is diligent, always ensuring that he completes his work before going home.

### Past History

Had hyper lipidemia in feb 2024

### Family History

Sister asthmatic

### Case analysis - Reportorial totality

Repertory used	Rubrics selected
<b>Synthesis repertory</b>	<ul style="list-style-type: none"> <li>– Ailments from anger indignation,</li> <li>– brooding grief over,</li> <li>– cares full of company averse to,</li> <li>– too much sense of duty.</li> </ul>

### Repertory screenshot

		nat-m.	ars.	aur.	nux-v.	calc.	ham.	ign.	lyc.	staph.	cal
		1	2	3	4	5	6	7	8	9	10
		4	2	2	2	2	2	2	2	1	1
		5	3	3	3	2	2	2	2	4	3
5. Clipboard 5											
▶ 1. MIND - AILMENTS FROM - anger - indignation; with	(19) 1	2	1	2	2	1	1		1		
▶ 2. MIND - BROODING - grief; over	(4) 1	1						1			
▶ 3. MIND - CARES, full of - company; with aversion to	(3) 1	1					1				
▶ 4. MIND - DUTY - too much sense of duty	(38) 1	1	2	1	1	1		1	1		3

### Selection of Remedy

Natrum muraticum – 200

### Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Ailments from anger	✓			
Brooding over grief	✓			
Averse to company	✓			
Excessive sense of duty	✓			

### Materials and Methods

Synthesis Repertory

## Results

Months	Progress	Prescription
<b>1st Month</b>	Flaking started from the scalp, then spread to the legs. New patches are still appearing. Intense itching, mostly at night. Burning during baths.	<b>Natrium Muraticum 200, 2 doses</b> followed by <b>Sac Lac BD</b>
<b>2nd Month</b>	Psoriatic rashes increased, with severe itching. After applying lotion, rashes worsened. New patches on the thighs. High stress levels. Bleeding and scarring. Thirst increased (2 liters/day). Patches appeared on arms and back. Pain in feet.	<b>Sac Lac BD</b>
<b>3rd Month</b>	Psoriatic rashes improved on the legs. Dryness reduced, no bleeding in eruptions. Itching slightly reduced, mostly at night. Patches increased on the back. Normal appetite. Thirst remains at 2 liters/day. Stomach normal.	<b>Sac Lac BD</b>
<b>4th Month</b>	Eruptions significantly improved. Plaques are no longer present; brown spots can be seen on legs and back.	<b>Sac Lac BD</b>
<b>5th Month</b>	Psoriatic eruptions greatly improved. No scaling or itching. Flakes reduced, and no new eruptions. Advised more water intake and lifestyle changes. Stress was previously high due to itching but is now better. Non-aggressive personality, introverted, cannot forget wrongdoings but not vengeful.	<b>Sac Lac BD</b>
<b>6th Month</b>	Psoriatic eruptions on legs improved; no itching. The patient is 80% better in terms of complaints. No stress. Job in Kharar has no stress impact.	<b>Sac Lac BD</b>
<b>7th Month</b>	Scalp psoriasis slightly increased. Itching is still present, but stress levels are normal. Eruptions on legs and arms are 80% better, and no new eruptions appeared.	<b>Sac Lac BD</b>
<b>8th Month</b>	Psoriatic eruptions almost fully recovered. No itching, pain, or irritation. No new eruptions. Stress levels normal. Thirst increased to 3 liters/day. Scalp psoriasis is 90% better with no itching.	<b>Sac Lac BD</b>
<b>9th Month</b>	The patient is 95% better. No itching. Stress levels are nil, and no new eruptions. Did not take any allopathic medicines. Significant improvement after homeopathic treatment.	<b>Sac Lac BD</b>
<b>10th Month</b>	No eruptions visible. Only hyperpigmentation remains.	<b>Sac Lac BD</b>
<b>11th Month</b>	Skin is cured, no eruptions visible.	<b>Sac Lac BD</b>
<b>12th Month</b>	Completely cured.	<b>Sac Lac BD</b>

## Discussion & Conclusion

Constitutional remedies in homeopathy prove to be highly effective when prescribed after a thorough examination of the patient's case, considering the totality of symptoms and following proper repertorization. In this case, the approach focused on addressing both physical and emotional aspects of the condition. The patient showed remarkable improvement, with a reduction in psoriatic eruptions, itching, and associated stress. This case highlights the value of individualized homeopathic treatment in managing chronic skin conditions like psoriasis, emphasizing a holistic and personalized approach to healing.

### The transformation



### Acknowledgments

I feel proud to work with this organization, where I have had the opportunity to heal people and change lives. I would like to thank my parents for their constant guidance, support, and motivation. I also want to extend my gratitude to all the clinic staff for their dedication and enthusiasm in taking care of our patients.

### References

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