

Original Research Article

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## HOLISTIC HEALING: ENHANCING QUALITY OF LIFE IN PSORIASIS PATIENTS THROUGH HOMEOPATHY – A RETROSPECTIVE STUDY

**Dr Akshay Batra**

Vice Chairman and Managing Director

Dr Batra's Positive Health Clinic Pvt Ltd.

B.H.M.S, L.T.T.S, F.C.H.D, C.P.H. Pediatrics, L.T.T.S Trichology London, A.M.P

Email: [md@drbatras.com](mailto:md@drbatras.com)

### Abstract

Psoriasis, a skin condition, greatly affects the lives of those who suffer from it. It brings feelings of embarrassment, sadness and isolation. Even though treatments are available, it's essential to see how they affect people's lives. This study looked at how homeopathy, impacts the quality of life of psoriasis patients. Dr Batra's Positive Health Clinic Pvt Ltd studied 30 patients aged 10 to 60 who had been treated with homeopathy for a year. They didn't use any other treatments during this time. Patients answered questions about their quality of life using a special questionnaire. The results showed significant improvements in patients' quality of life after homeopathic treatment. They felt less anxious, depressed, and self-conscious about their skin. They were also less worried about how psoriasis might affect their children or social life. In summary, treating psoriasis with homeopathy greatly improves patients' quality of life. This positive impact is seen regardless of the type or severity of psoriasis. It helps reduce stress and improves overall well-being.

**Keywords:** Homeopathy, Psoriasis, Quality of Life

## Background

Studies have shown nearly 60% of the patients consider psoriasis to have a major effect on their quality of life. Many patients with psoriasis experience self-consciousness, embarrassment, depression, social isolation and stigmatization. Thus the impact of psoriasis is beyond its physical burden. However, with the advent of new therapies it is important to obtain an updated assessment of Quality of Life among psoriasis patients. According to the National Psoriasis Foundation's, psoriasis is independently associated with post-traumatic Quality of Life disorder. Many research studies have found link between Quality of Life and psoriasis. Although homeopathy being the medicine of mind and body, its effects over Quality of Life has remain untouched and requires further exploration.

Hence, an attempt is made to understand retrospectively the role of homeopathy constitutional and its effects over Quality of life in patients of Psoriasis.

## Objectives

To understand the effects of homeopathy constitutional over quality of Life in patient's of Psoriasis.

## Methods

Retrospective case study was conducted over 30 psoriatic cases age group 10 – 60, in order to understand the role of homeopathy in improving the quality of life in patients of psoriasis. The selected cases have completed 12 months of homeopathic treatment. None of them was taking any other treatment apart from homeopathy during the study period. All these selected cases were allotted a modified quality of life questionnaire based upon Dermatology Life Quality Index (**DLQI**) to identify the effect of psoriasis over their quality of life.

The individualized homeopathic prescriptions were based upon the standard case taking format. The results were considered upon the objective parameters such as dyed scaling, itching, photographic evidences and parameters of improved quality of life..

Parameters of Quality of Life	Scoring	
1. Difficult to cope up with the disease making me more anxious	Very Much	:Scored3
2. Feeling disturbed, depressed when I see my skin	A lot	:Scored2
3. Feels self-conscious	A little	:Scored1
4. Want to hide the skin	Not at all	:Scored0
5. Concerned that Psoriasis will affect children		
6. Feels as an outcast or social misfit		

### Results: Improvement in quality of life

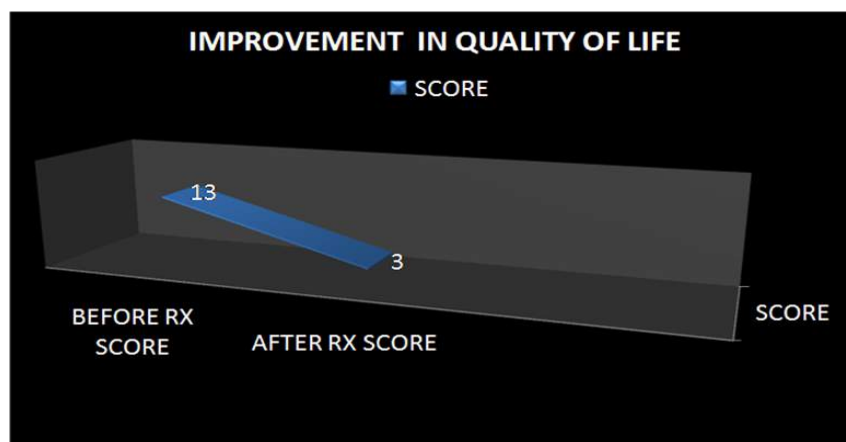
	Before treatment	After treatment
Average	13	3
T score	2.70773E-16	$P < 0.0001$

### Changes noted in individual feelings

Statistical significance was seen by applying t-test. Raw t score is 2.70773E-16. The result shows it is significant at  $P < 0.0001$

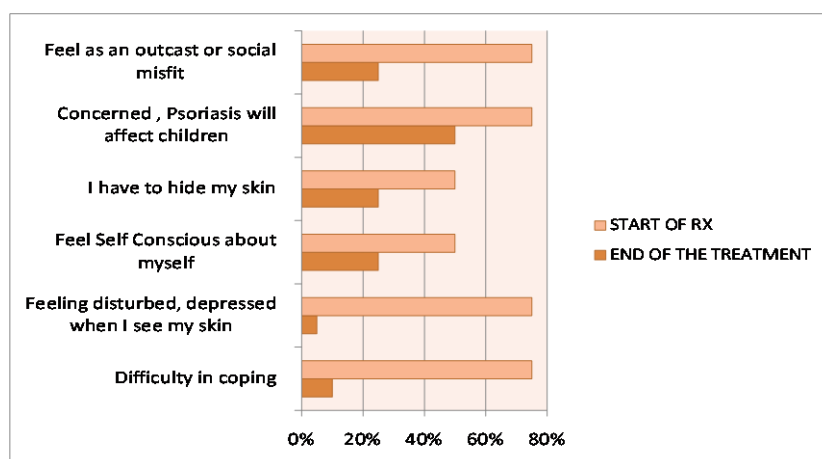
### Conclusions:

When psoriasis is treated effectively with homeopathy it leads to a strong, positive impact over the quality of life of the patient, irrespective of the type and severity of the disorder. This may, in turn, lead to reduced stress, improved quality of life and overall well-being.



HIGH SCORE = AFFECTED QUALITY OF LIFE

LOW SCORE = IMPROVED QUALITY OF LIFE



## The transformation







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