



Original Research Article

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HOMEOPATHIC TREATMENT OF ERYTHRODERMIC PSORIASIS AT DR BATRA'S

Dr Lakshmi Kanth Ponnuru

BHMS : MBA (HR), Head -Medical Services, Vijayawada Branch, Dr Batra's Positive Health Clinic Pvt. Ltd.

Email id : lakshmikanthponnuru@gmail.com

Abstract

Erythrodermic psoriasis is a severe and rare form of psoriasis characterized by widespread redness, scaling, and systemic symptoms, often accompanied by complications like psoriatic arthritis. This paper presents a 45-year-old patient presented at Dr Batra's with severe red, elevated, and itchy eruptions on the scalp, body, palms, and soles, along with joint pain and swelling. With consistent homeopathic treatment over 4 months, significant improvement was observed, demonstrating the effectiveness of homeopathy in managing and controlling severe psoriasis cases.

Keywords

Erythrodermic psoriasis, Dr Batra's, homeopathy

Introduction

Psoriasis is a chronic autoimmune skin disorder with an individualized symptomatic presentation, causing severe itching, redness, and scaling that can lead to both physical discomfort and emotional distress. Erythrodermic psoriasis, a rare and severe form, affects large areas of the skin, often accompanied by fever, chills, and joint pain. Triggers like stress,

infections, and immune dysfunction can worsen the condition, leading to complications such as dehydration, infections, and psoriatic arthritis if left untreated.

Case profile

A 45-year-old male patient presented with severe red, elevated, and itchy eruptions on the scalp, body, palms, and soles, accompanied by extensive scaling. He had a history of similar complaints 6–7 years ago while in Mumbai, where he was diagnosed with psoriasis vulgaris and successfully treated with homeopathy. Upon examination, psoriasis spots with scaling were observed, along with a positive Auspitz sign. The patient experienced widespread scaling, shivering, joint pain, swelling, and redness affecting all joints, including those of the hands. Based on clinical findings, a provisional diagnosis of erythrodermic psoriasis with psoriatic arthropathy was made.

Physical Generals

Diet	Non Vegetarian
Appetite	good and normal
Desire	Chicken, egg, spicy food, pickles, biriyani, warm tea or coffee
Aversion	Fish
Thermal Reaction	Sensitive to cold weather, pt is chilly
Thirst	Normal thirst - 1.5- 2 lit /day
Stools	Regular , no blood/piles/worms
Urine	Normal, no significant symptoms
Perspiration	More on face and scalp
Sleep	7-8 hours - alcohol is must to sleep
Dreams	No specific dreams

Examination

Multiple large spots on the scalp, thighs, back, forearms, legs, and both palms.

Red, raised inflammatory patches covered with white scales.

Auspitz sign: Positive.

Swelling and tenderness in multiple joints of both hands.

High-grade fever with chills.

Mental Generals –

The patient previously worked in an IT job, where high stress from targets and deadlines initially triggered his psoriasis. He sought homeopathic treatment seven years ago, which provided significant relief. After resigning, he shifted to contract work. In 2019, the sudden loss of both parents to COVID-19 within a week reactivated his psoriasis. He is known to be kind-hearted, generous with money, and enjoys social interactions without strong religious inclinations. He generally remains calm, showing little anxiety but becomes angry if his children speak disrespectfully. Emotionally expressive, he weeps with deep feelings and is grateful upon achieving his goals. He also has a good sexual desire.

Past History

Psoriasis started when he was stressed up with IT job with deadlines - so resigned job

Family History

Both of his parents passed away in 2019 due to COVID-19, at the ages of 75 and 65, within a week of each other. He has been grieving this loss ever since.

Case analysis reportorial totality

Repertory used	Rubrics selected
Phatak repertory	<ul style="list-style-type: none"> - Weeps - Grief, sorrow - Chill Itching - Red, redness skin, discharge etc Inflammation - Eruption tendency to – psoriasis Joints – affections in general

Repertory screenshot

Remedies	sep.	puls.	sulph.	rtus-t.	graph.	merc.	lyc.	staph.	caust.	nat-m.	nux-v.	phos.	bell.	sil.	bry.	cham.	apis	ars.	calc.	acon.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Symptoms Covered	7	6	6	6	6	5	5	5	5	5	5	5	4	4	4	4	4	4	4	3
Intensity	9	15	13	11	8	10	9	9	8	8	8	7	9	9	8	7	6	6	6	6
Result	7/9	6/15	6/13	6/11	6/8	5/10	5/9	5/9	5/8	5/8	5/8	5/7	4/9	4/9	4/8	4/7	4/6	4/6	4/6	3/6
Clipboard 1																				
W - Weeps	2	3	2	1	2		2		1	2		1	2			2	1		1	
G - Grief, sorrow		2			1		1	2	2	1								1		
C - Chill	1	3		1	1		3	2	1	3	1			2				2		
I - Itching	1	2	2	2	1	2	2	2	3	1	1	1		2	1		2	1	2	1
R - Red, redness skin, discharges etc.	1		3	2		2					2	1	3		2	2	2			3
I - Inflammation	1	3	1	3		2		2			3	2	3	3	3	1	1	2	1	2
E - Eruptions; tendency to - psoriasis	2		2		2	1						2								
J - Joints - affections in general	1	2	3	2	1	3	1	1	1	1	1		1	2	2	2			2	

Remedy

Sepia 200 (Weekly Dose): Chosen as the constitutional remedy for the patient's emotional state, redness, and inflammation.

Belladonna 30 (Morning): Given for high fever, acute redness, chills, and cellulitis.

Kali Ars 30 (Evening): Prescribed to manage general pathology.

Sulphur (Intercurrent): Considered as an anti-psoric remedy but not yet administered.

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Itchy, scaly eruptions	✓			
Redness and inflammation		✓	✓	
Joint pain and swelling		✓		
Fever with chills	✓			✓
Emotional sensitivity (weeping, gratitude)	✓			
Cellulitis and ulcerative tendency			✓	✓

Materials and Methods

Phatak repertory was used for repertorization

Results

Date	Progress	Prescription
22/06/2024	First prescription given	Sepia 200 (Weekly) + Bell 30 (Morning) + Kali Ars 30 (Evening) + Kali Sulph 6X (Morning) + 5 Phos 6X (Evening)
10/08/2024	Red spots, inflammation, fever, and joint pains improved	Repeat the same prescription
05/10/2024	Significant reduction in spots and itching, scalp condition improved, joint pains and fever reduced	Sac lac
29/11/2024	Spots reappeared as the patient stopped taking medicines	Sepia 200 weekly doses +Kali Sulph 6X
04/03/2025	No spots, overall much better, occasional joint pain with 1-2 spots appearing rarely	Sepia 1M (Weekly) + Sac Lac

Discussion & Conclusion

In the selection of a homeopathic remedy, it is crucial to choose one that not only matches the patient's mental and emotional symptoms but also aligns with the pathological presentation. In this case, Sepia was chosen as the constitutional remedy because it effectively covered the patient's weeping tendency, along with the intense redness, inflammation of the skin, and joint affections. Although grief over his parents' death was not directly addressed by Sepia, it was prioritized due to its strong similarity to the patient's psoriasis symptoms, including violent redness and joint involvement. This case highlights the importance of holistic remedy selection, considering both emotional and physical aspects to achieve successful long-term management.

The transformation



Acknowledgments

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