



Original Research Article

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ERYTHRODERMIC PSORIASIS REVERSED: A YEAR-LONG JOURNEY OF HEALING

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Abstract

This case report describes the successful healing of a 42-year-old woman suffering from erythrodermic psoriasis for more than two years. She presented with widespread itching, flaking, and scaling along with emotional distress due to family issues and past grief. With regular treatment and continuous support at Dr Batra's Positive Health Clinic, she gradually improved. Month by month, her eruptions reduced, dark spots faded, and her overall mental state became calmer. After one year of treatment, she was completely cured and regained peace of mind and confidence in her daily life.

Keywords

erythrodermic psoriasis, case report, homeopathy, Dr Batra's, healing, chronic skin disease

Introduction

Erythrodermic psoriasis is one of the most severe and rare forms of psoriasis, involving almost the entire body surface with redness, scaling, and itching. It often has a chronic and relapsing course, causing both physical discomfort and emotional suffering. Conventional treatments may control symptoms but are limited by side effects and relapses. Homeopathy, with its holistic and individualized approach, offers safe and long-term relief. This case report

highlights the successful management of erythrodermic psoriasis at Dr Batra's Positive Health Clinic, where the patient not only experienced complete recovery from her skin condition but also a significant improvement in her emotional well-being.

Case Profile

She is a 42-year-old housewife who has been suffering greatly from erythrodermic psoriasis, which began with persistent itching and heavy flaking on her scalp. Over the past two years, thick, large scales have formed, accompanied by severe itching, burning, and discomfort, leaving her scalp oily, tender, and constantly irritated. The relentless skin changes have not only caused physical pain but also deep emotional distress, making her feel isolated, anxious, and overwhelmed in her daily life. Her condition has disrupted her confidence, household responsibilities, and social interactions, pushing her into depression. Recently, with support from her husband, she has begun to emerge from this period of despair, but the chronic suffering from the disease continues to weigh heavily on her overall quality of life.

Physical Generals

Physical General	Findings
Diet	Vegetarian
Appetite	Increased these days, especially for outside foods
Desires	Salty food, namkeen, salted peanuts, junk
Aversion	Milk, Sweets
Thermal Reaction	Hot
Thirst	Increased, but at large gaps
Stools	Satisfactory
Urine	Normal
Perspiration	Scanty, non-offensive
Sleep	Refreshing, about 8 hours
Dreams	Of animals, past people who died

Examination

Abdomen bloated and distended

Mental Generals–

A 42-year-old dignified housewife from Bijnor, has always been reserved by nature and carries herself with quiet composure. Since childhood, she was obedient and disciplined, performing well in school, though she often kept her emotions within and never openly shared her inner struggles. She grew up in a traditional family with her parents, where expectations were high but she remained dutiful, sensitive, and respectful. As she matured, she took on the responsibilities of being a homemaker and mother to two children, balancing family life with patience and dignity. She does not easily express her worries and prefers to suffer silently, keeping her stress hidden even from her closest family members. A turning point in her life came two years ago when her cousin brother, to whom she was deeply attached, died suddenly in a car accident. Since then, she has been unable to overcome the grief, often brooding over the incident and becoming tearful whenever she remembers it. This prolonged sorrow has taken a toll on her health, coinciding with the development of severe scalp psoriasis, now progressing to erythrodermic psoriasis, marked by intense itching, flaking, and burning of the skin. She avoids social gatherings due to embarrassment about her condition, feels anxious when she sees herself in the mirror, and experiences deep sensitivity—so much so that even a harsh word can wound her easily. She dreams repeatedly of people from the past who have died, further intensifying her sadness. Although her husband and children form her immediate support system, she remains withdrawn, dignified, and self-contained, continuing to carry her grief and illness silently, without sharing her pain openly.

Past History

- **Jaundice** at age of 6
- **Chickenpox** in childhood
- **Past stress:** Deep grief after cousin's sudden death in a car accident (2 years back); still broods over it and becomes tearful on recollection

Family History

- **Mother:** Hypertension
- **Father:** Healthy
- **Paternal aunt:** History of irregular periods
- No other major hereditary illness noted

Case analysis Reportorial totality

Rubrics Selected

Mind

- Ailments from death of loved ones
- Ailments from embarrassment
- Reserved, does not share feelings
- Brooding
- Indifference, apathy
- Fastidious
- While talking, avoids eye contact, looks at wall, does not want photos to be clicked
- Pain accompanied by nausea

Repertory screenshot--

Remedy Name	Nat-m	Puls	Ars	Phos	Sep	Sulph
Totality	16	12	11	11	11	10
Symptom Covered	7	6	6	6	6	6
[AL] [S]Speaking:Embarrassed:						
[C] [Mind]Ailments from:Anger, vexation:Grief, with silent:	2	1	1	1		
[C] [Mind]Brooding:					1	1
[PH] [Phatak A-Z]Cravings:Salty things:	3			2		
[C] [Mind]Indifference, apathy:	3	3	2	3	3	2
[C] [Rectum]Constipation:	3	2	3	3	3	3
[CL] [Clinical]Leucorrhoea:	2	2	2		2	2
[C] [Stomach]Nausea:Pain, during:	1	1	1	1	1	1
[C] [Mind]Fastidious:	2	3	2	1	1	1

Selection of Remedy

Type	Remedy	Potency	Dose	Reasons
Constitutional	Natrum muriaticum	200	2 doses	Selected on the basis of repertorial totality — ailments from grief, reserved nature, brooding, indifference, sensitivity, desire for salty food, aversion to milk, constipation, and dreams of past/dead people. Matches her dignified, reserved personality and chronic state.
Acute	Mezereum	30	TDS	Chosen for acute scalp condition with thick crusts, intense itching, scaling, and burning — well-indicated for her erythrodermic psoriasis state.

Miasmatic Approach

Symptoms / Rubrics	Psora	Sycosis	Syphilis	Tubercular
Ailments from grief, silent brooding	+	++		
Reserved nature, embarrassment, indifference		++		
Desire for salty food	+	++		
Constipation (hard stool)	+	++		
Leucorrhoea before menses, irregular menses		++		
Fastidiousness		++		
Dreams of past/dead people	+	++		
Scalp eruptions with crusts, chronic skin disorder		+++		

Miasmatic predominance

SYCOSIS — predominates in this case, with strong sycotic traits like **reserved nature, brooding, ailments from grief, desire for salty food, constipation, fastidiousness, and chronic skin manifestations.**

Materials and Methods

SYNTHESIS REPERTORY

Results

Month	Progress	Prescription
1st month	Patient started treatment. Eruptions, itching, and flaking persisted as before. General health remained stable.	Natrum mur 200 – 2 doses Mezereum 30 TDS × 4 weeks Calcarea Phos 6X TDS × 4 weeks
2nd month	Skin eruptions increased in intensity; aggravation noted with more scaling and redness. Patient felt emotionally low but was counseled to continue medicines.	Continued

3rd month	Eruptions continued to remain aggravated with persistent itching and discomfort. No systemic complaints. Patient reassured about initial aggravation.	Continued
4th month	Condition remained almost the same; no new lesions, but existing ones showed little change. Patient slightly anxious about slow progress.	Continued
5th month	Itching reduced noticeably, though eruptions and thickened plaques still present. Some relief in burning sensation.	Continued
6th month	Old eruptions started leaving behind dark brown/black spots. Active inflammation slightly less intense. Patient mentally more hopeful.	Continued
7th month	At some sites, fresh activity persisted with redness and scaling, while at other sites lesions were subsiding. Mixed picture of old and new patches.	Continued
8th month	Significant improvement. No fresh eruptions, no redness or scaling. Only post-inflammatory hyperpigmented black spots remained.	Continued
9th month	Majority of lesions healed. Black spots much lighter; only faint marks remained. No itching or flaking.	Continued
10th month	Complete healing of lesions. Skin appeared healthy, without black spots or scaling.	Continued
11th month	Cure maintained. No relapse of eruptions, no itching, no new lesions. General health stable.	—
12th month	Patient remained completely cured. Skin clear, no black spots, itching, or scaling. Emotional state balanced, quality of life restored.	

Discussion & Conclusion

This case proved to be a real challenge both for the patient and for me as the physician. The eruptions had spread extensively over her scalp and body, causing constant itching, flaking, and emotional suffering. The initial months of treatment were marked by aggravation and little visible improvement, which tested the patient's patience and endurance. Along with the medicines, consistent counseling and reassurance played a crucial role in sustaining her hope.

As a married woman, she was also facing difficulties from her husband's side and her family relationships were deteriorating, which compounded her stress and grief. The constitutional remedy **Natrum muriaticum** gradually began to act deeply, addressing her suppressed emotions, grief, and reserved nature, while the acute remedy **Mezereum** gave her relief from the distressing scalp eruptions. Over time, her skin lesions healed, first leaving dark spots, which also faded with continued treatment.

After a year of regular follow-ups, the patient experienced complete cure. Not only was her skin clear, but her mental state also improved significantly. She now feels at peace with herself and her surroundings. The case highlights the importance of holistic case-taking, patience during the initial aggravations, correct miasmatic assessment, and the deep constitutional action of the chosen remedy.

The transformation



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