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HOMEOPATHIC MANAGEMENT OF ERYTHRODERMIC PSORIASIS WITH SULPHUR

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Abstract

Erythrodermic psoriasis is a rare, severe, and potentially debilitating variant of psoriasis, characterized by widespread erythema, scaling, itching, swelling, and systemic involvement. Conventional treatments often provide temporary relief, with frequent relapses. Homeopathy offers a holistic approach, emphasizing individualized prescriptions and miasmatic understanding to restore systemic balance and prevent recurrence. This case report presents a 25-year-old male who had been suffering from erythrodermic psoriasis since 2018. The patient had widespread skin flaking, redness, swelling, and intense itching, aggravated in winters, and experienced emotional distress, social withdrawal, and steroid-induced weight gain. Family history of autoimmune disease was positive. After thorough case-taking, *Sulphur 200* was prescribed based on constitutional indications and psoric miasmatic predominance. Within two months, the patient showed marked improvement in skin lesions and emotional well-being, regaining confidence, engaging socially, and exploring professional opportunities.

This paper highlights the efficacy of individualized homeopathy in chronic, relapsing dermatological conditions, demonstrating not only physical symptom relief but also mental-emotional restoration. The miasmatic assessment helped in guiding treatment and preventing relapse, showcasing the importance of a holistic approach in severe psoriasis management.

Keywords:

Erythrodermic psoriasis, Homeopathy, Sulphur, Miasmatic approach, Chronic skin disease

Introduction

Psoriasis is a chronic, autoimmune skin disorder with erythema, scaling, and pruritus as the hallmark signs. Erythrodermic psoriasis is a severe variant involving the majority of the skin surface and may be associated with systemic symptoms such as fever, malaise, and dehydration. Common causes include genetic predisposition, environmental triggers, stress, infections, and suppression of skin lesions. Complications can include secondary infections, electrolyte imbalance, and psychological distress. Conventional treatment involves corticosteroids and immunosuppressants, which may result in relapses and systemic side effects. Homeopathy aims to address the underlying constitutional and miasmatic susceptibility, targeting both the physical manifestations and mental-emotional disturbances of the patient.

Case Profile

A 25-year-old male presented with severe erythrodermic psoriasis since 2018. He had widespread skin redness, scaling, flaking, swelling, and intense itching. Symptoms worsened in winter, and he had a history of steroid-induced weight gain. The illness had caused social withdrawal, emotional instability, and family tension. Previous treatments provided only temporary relief, with recurrent flare-ups. Family history of autoimmune disease was positive.

Physical Generals

Parameter	Observation
Diet	Mixed
Appetite	Moderate
Desire	Spicy food, sweets
Aversion	Fatty and fried food
Thermal Reaction	Warm-blooded, intolerant to heat
Thirst	Moderate
Stools	Regular, normal consistency
Urine	Normal, sufficient
Perspiration	Profuse, offensive
Sleep	Disturbed due to itching
Dreams	Anxiety-related dreams, stressful

Examination

- General physical examination revealed diffuse erythema with thick scaling and flaking across the body.
- Swelling of affected areas noted, with tenderness on palpation.
- Nails and joints were not involved.
- No systemic complications observed at the time of consultation.

Mental Generals

- Low self-esteem, hopelessness, transient suicidal thoughts
- Emotional sensitivity, easily irritable
- Social withdrawal, avoided public and professional interactions
- Gradual improvement in mood with reduction in physical symptoms

Past History

- Multiple allopathic and homeopathic treatments taken previously.
- Temporary relief followed by relapses.
- Steroid therapy caused sudden weight gain.

Family History

- Positive for autoimmune disorders.

Case Analysis

Repertorial Totality

Repertory Used	Rubrics Selected
Kent's Repertory	Skin: eruptions, red, scaling, itchy, aggravated in winter; Mind: hopelessness, anxiety, social withdrawal

Remedy Name	Sulph	Arn	Ind	Kali-c	Lach	Merc	Nat-m	Tot
Totally	3	3	3	3	3	3	3	24
Symptom Covered	3	2	2	2	2	2	2	20
[C] [Mind] Forsaken feeling:	1	1		1	2	2	2	9
[C] [Mind] Fear Betrayed, being:								
[C] [Mind] Fear Failure, of Business or work, in:	1		1	2			1	5
[GN] [Sleep and Dream] Embarrassment Dreams anxious, with feeling of emba								
[C] [Mind] Gill, desire to:	1	2	2		1	1		7

Selection of Remedy

Type	Remedy	Potency	Dose	Reasons
Constitutional	Sulphur	200	Single dose, repeated as per response	Psoric predisposition, chronic relapsing skin eruptions, itching worse at night, emotional sensitivity, flaking and redness aggravated in winter
Acute	—	—	—	Not indicated
Intercurrent	—	—	—	Not indicated

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Chronic relapsing skin eruptions	√			
Itching worse at night	√			
Aggravation in winter	√			
Steroid-induced weight gain		√		

Miasmatic predominance: Psoric with secondary sycotic tendencies

Materials and Methods

- Repertorization performed using Kent's Repertory (Homeopathic Repertory, 6th Edition)
- Totality considered for constitutional prescription based on physical, mental, and general symptoms

Results

Months	Progress	Prescription
1st Month	Redness and scaling moderately reduced; night-time itching decreased ~50%; emotional state slightly improved	Sulphur 200
2nd Month	Marked improvement in flaking, redness minimal, swelling almost resolved; emotional stability restored, confidence regained, exploring job opportunities	Sulphur 200

Discussion & Conclusion

This case highlights the role of individualized homeopathy in managing severe erythrodermic psoriasis. Constitutional prescription of *Sulphur 200*, guided by psoric miasmatic predominance, led to substantial improvement in both physical and mental-emotional domains. The patient's chronic relapsing skin condition was resolved, and emotional and social functioning was restored. This emphasizes the importance of holistic and miasmatic homeopathic assessment in severe dermatological conditions, ensuring sustained relief and improved quality of life.

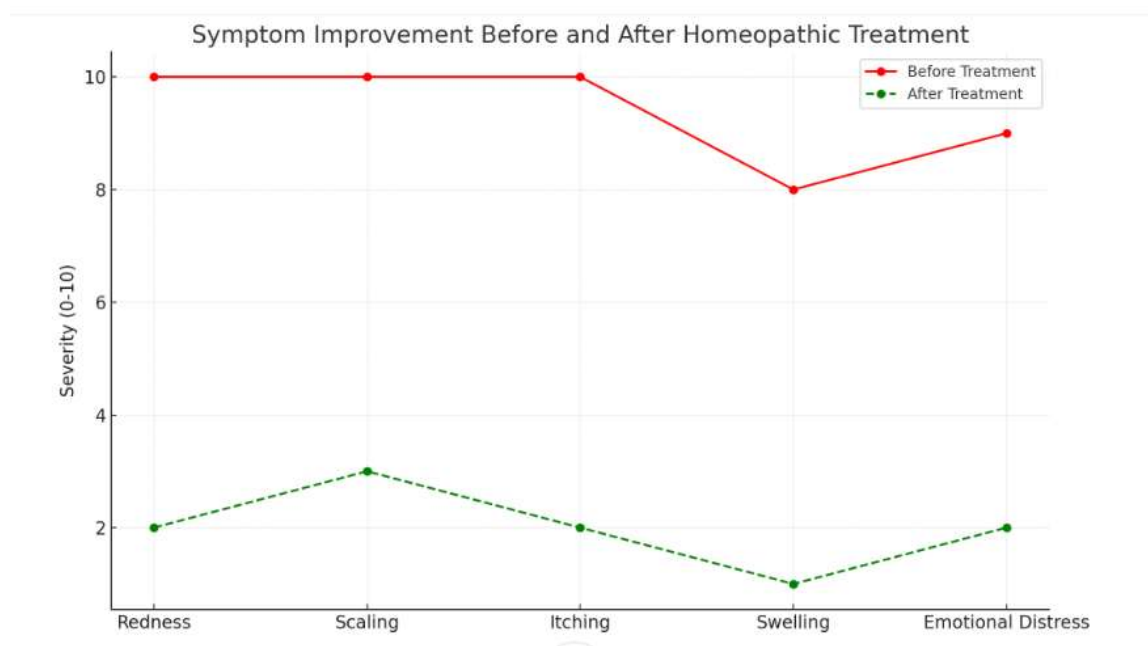
The Transformation



- Before treatment: widespread erythema, thick scaling, intense itching, emotional withdrawal
- After treatment: significant reduction in redness and scaling, minimal itching, improved confidence and social activity

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References

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