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## **HOLISTIC HOMEOPATHIC MANAGEMENT OF CHRONIC PALMOPLANTAR PSORIASIS: A TRANSFORMATIONAL OUTCOME AT DR BATRA'S HOMEOPATHY CLINIC**

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### **Abstract**

Palmoplantar psoriasis is a chronic, relapsing inflammatory dermatosis that significantly impairs quality of life due to pain, fissuring, and difficulty in ambulation. Elderly patients often present with multiple comorbidities, making long-term management challenging. This case study documents the successful homeopathic management of a 69-year-old female with chronic palmoplantar psoriasis of one year's duration, associated with severe itching, painful fissures, winter aggravation, and impaired mobility. The patient had associated hypertension and hypothyroidism and reported only partial and temporary relief with prior conventional treatment and topical measures.

A detailed homeopathic case-taking with emphasis on mental generals, physical generals, and characteristic particulars was undertaken. Individualized constitutional treatment along with supportive local care resulted in gradual and sustained improvement. Over a follow-up period of nearly one year, the patient showed marked reduction in scaling, fissures, pain, and itching, with restoration of normal walking ability and significant improvement in overall well-being. This case highlights the role of individualized homeopathy in managing chronic dermatological conditions and demonstrates a clear clinical transformation achieved at Dr Batra's Homeopathy Clinic.

### **Keywords**

Palmoplantar psoriasis; Homeopathy; Chronic skin disease; Elderly patient; Holistic treatment; Dr Batra's Homeopathy Clinic

## Introduction

Palmoplantar psoriasis is a localized yet disabling variant of psoriasis characterized by hyperkeratosis, fissuring, scaling, and pain involving the palms and soles. It often proves resistant to conventional therapies and has a profound impact on daily activities and emotional well-being. In elderly patients, management is further complicated by comorbid systemic illnesses and reduced tolerance to long-term topical or systemic medications. Homeopathy, with its individualized and holistic approach, aims not only at symptomatic relief but also at restoring internal balance and improving quality of life. This paper presents a detailed account of such an approach in a chronic case managed at Dr Batra's Homeopathy Clinic.

## Case Profile

**Age/Gender:** 69-year-old female

**Diagnosis:** Chronic palmoplantar psoriasis (1 year)

**Associated Complaints:** Severe itching, irritation, painful fissures, difficulty in walking

**Comorbidities:** Hypertension, Hypothyroidism (on conventional medication)

**Aggravation:** Winter season

**Craving:** Milk

**Previous Treatment:** Conventional medicines and topical applications with partial, temporary relief

## Life Space and Mental Generals

The patient was born and brought up in Chennai in a stable family environment. Childhood scholastic performance was good, and she described herself as disciplined, responsible, and emotionally sensitive. She maintained cordial relationships with peers and elders and derived happiness from family bonding. As life progressed, her emotional world increasingly revolved around her children and grandchildren, deriving deep joy and emotional fulfillment from them.

In later years, she experienced emotional setbacks related to the loss of loved ones, which left a lasting impression on her mental state. She became more inwardly sensitive, with a tendency to suppress emotional distress rather than express it openly. Anxiety regarding the well-being of her children and grandchildren was prominent. Despite physical discomfort,

she often minimized her suffering, sometimes even laughing at her own pain as a coping mechanism. Her mental state reflected resilience, emotional attachment to family, and anxiety rooted in concern for loved ones rather than self.

With the chronicity of her skin complaint and difficulty in walking, she experienced frustration but remained compliant and hopeful toward treatment. As improvement began, she reported a marked sense of emotional relief, confidence, and happiness.

### **Physical Generals**

- **Appetite:** Normal
- **Craving:** Milk
- **Thirst:** Normal (approximately 3 liters/day)
- **Thermal Reaction:** Chilly patient, prefers covering
- **Bathing:** Prefers hot water
- **Perspiration:** Normal, non-offensive
- **Sleep:** 7 hours, refreshing
- **Stools & Urine:** Regular and satisfactory

### **Particulars**

- Thick scaling and hyperkeratosis of palms and soles
- Deep painful fissures, especially over heels
- Severe itching and irritation
- Pain while walking, initially unable to walk comfortably
- Winter aggravation
- Gradual post-treatment improvement with residual hyperpigmentation

### **Totality of Symptoms**

- Chronic palmoplantar psoriasis with fissures and scaling
- Severe itching with pain affecting mobility
- Aggravation in winter
- Chilly patient

- Craving for milk
- Anxiety about children and grandchildren
- Emotional sensitivity following loss of loved ones
- Laughs at own pain

### Repertorial Rubrics

- **MIND – JOY – grandchildren; looking at one's**
- **MIND – AILMENTS FROM – death of loved ones**
- **MIND – ANXIETY – children, about**
- **MIND – LAUGHING – pain – own pain; with their**
- **SKIN – ERUPTIONS – psoriasis**

Remedies	ars.	calc.	rhust-t.	ph-ac.	caust.	lyc.	sep.	sulph.	vanil.	nit-ac.	phos.	puls.	ambr.	aster.	aur-m-n.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Symptoms Covered	3	3	3	3	2	2	2	2	2	2	2	2	2	2	2
Intensity	5	4	4	3	4	4	4	4	4	3	3	3	2	2	2
Result	3/5	3/4	3/4	3/3	2/4	2/4	2/4	2/4	2/4	2/3	2/3	2/3	2/2	2/2	2/2
Clipboard 1															
MIND - JOY - grandchildren; looking at one's															
MIND - AILMENTS FROM - death of loved ones - parents or friends; of	1	1	1	1	3	1			3	1		1	1	1	1
MIND - ANXIETY - children - about his	2	1	1	1			1	2	1		1				
MIND - LAUGHING - pain - own pain; with their															
SKIN - ERUPTIONS - psoriasis	2	2	2	1	1	3	3	2		2	2	2	1	1	1

### Repertorization & Remedy Selection

Based on the totality of symptoms, mental generals, physical generals, and characteristic skin manifestations, **Arsenicum album** emerged as the constitutional remedy. The remedy choice was supported by the presence of chronic skin pathology, burning-type irritation (subjectively reported), anxiety for loved ones, chilly constitution, and overall constitutional correspondence.

## Miasmatic Approach

The case predominantly reflected a **psoro-sycotic miasmatic background**, evident from chronicity, hyperkeratosis, fissuring, and relapsing tendency, with emotional sensitivity and anxiety. Constitutional treatment was planned accordingly.

## Follow-Up

Date	Clinical Findings / Patient Remarks	Assessment	Prescription & Advice
<b>Jan 2025 (Baseline)</b>	Severe itching and irritation of palms and soles. Deep painful fissures over heels. Thick scaling. Difficulty in walking. Winter aggravation. Sleep normal. Thirst 2–3 L/day. BP high.	Active chronic palmoplantar psoriasis with functional impairment.	<b>Arsenicum album</b> (constitutional remedy). External soothing kit. Foot care advice: warm water wash, avoid peeling skin, avoid barefoot walking.
<b>Feb 2025</b>	Itching severe, cracks painful but no bleeding. Scaling prominent. Walking painful. BP uncontrolled due to irregular medication intake.	Possible initial/homeopathic aggravation at local level; generals stable.	<b>Arsenicum album</b> continued. Soothing kit application increased. Advised regular antihypertensive & thyroid medication.
<b>Mar 2025</b>	Scaling, tenderness and itching reduced. Pain at fissures persists but less intense. Walking slightly improved.	Definite therapeutic response observed.	<b>Arsenicum album</b> continued. Moisturisation emphasized. Dietary advice reinforced.
<b>Apr 2025</b>	Marked reduction in scaling of palms and soles. Fissures healing. Pain while walking significantly reduced. BP improved after allopathic review.	Recovery phase initiated; systemic balance improving.	<b>Arsenicum album</b> in maintenance dosing. Regular moisturiser. Night oil application advised.

<b>Jun 2025</b>	No itching, no fissures, no tenderness. Skin smoother with mild discoloration. Walking comfortable. BP stable.	Stable remission achieved.	<b>Arsenicum album</b> at longer intervals. Supportive skin care only.
<b>Jul 2025</b>	Scaling further reduced. No pain or itching. Only hyperpigmentation remains.	Continued structural and cosmetic healing.	<b>Arsenicum album</b> continued (infrequent dose). Oil application at night, moisturiser during day.
<b>Aug 2025</b>	No new lesions. Thickness and redness reduced. Appetite slightly decreased; sleep refreshed.	Sustained improvement without relapse.	<b>Arsenicum album</b> maintenance. Hydration and skin care advice continued.
<b>Sep 2025</b>	Wood's lamp: no active scales or new lesions. Skin stable. Patient emotionally satisfied and confident.	Long-term disease control achieved.	<b>Arsenicum album</b> continued. Lifestyle advice: walking, breathing exercises, adequate water intake.
<b>Oct 2025</b>	No scaling or itching. Skin appearance normal. BP well controlled.	Maintained remission.	<b>Arsenicum album</b> as constitutional support. Moisturiser advised.
<b>Dec 2025</b>	No lesions on palms/soles. Mild painless heel cracks. Discoloration reduced well. Occasional scalp itching.	Near-complete recovery with minimal residual dryness.	<b>Arsenicum album</b> maintenance. Heel moisturisation. Supportive scalp care.

### Clinical Outcome

#### Severe palmoplantar psoriasis → Resolved

- Painful fissures → **Healed**
- Walking difficulty → **Completely relieved**
- Winter aggravation → **No longer significant**
- Quality of life → **Markedly improved**
- Patient reports being **happy, confident, and satisfied**



**Transformation Table**

Parameter	Before Treatment	After Treatment
Scaling	Severe	Absent
Fissures	Deep, painful	Mild to none
Itching	Severe	Absent
Pain while walking	Present	Completely relieved
Skin color	Red, thickened	Normal with mild pigmentation
Quality of life	Restricted mobility	Independent, confident
Emotional state	Anxious, distressed	Happy, satisfied

## Discussion

Palmoplantar psoriasis is notoriously difficult to treat, particularly in elderly patients with systemic comorbidities. In this case, despite prior conventional management, the patient continued to suffer from painful fissures and impaired mobility. Individualized homeopathic treatment based on a comprehensive evaluation of mental, physical, and local symptoms resulted in gradual yet sustained improvement. This case reinforces the importance of constitutional prescribing, patient compliance, and supportive lifestyle advice in chronic dermatological conditions.

## Conclusion

This case demonstrates that individualized homeopathic treatment can offer safe, effective, and sustainable relief in chronic palmoplantar psoriasis, even in elderly patients with associated systemic illnesses. The holistic approach addressed not only the physical manifestations but also the emotional and constitutional aspects of the patient. A clear and lasting **clinical transformation was achieved at Dr Batra's Homeopathy Clinic**, reinforcing the role of classical homeopathy in chronic skin disorders.

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