



A CASE OF PSORIASIFORM DERMATITIS IN AN 82-YEAR-OLD FEMALE SUCCESSFULLY MANAGED WITH CLASSICAL HOMEOPATHY AT DR BATRA'S

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Abstract

An 82-year-old female presented with widespread psoriasiform dermatitis. After multiple therapies, she shifted to homeopathy under care at Dr Batra's. A detailed totality, repertorisation, miasmic understanding, and life-space assessment led to **Rhus toxicodendron 200**, which produced gradual yet complete resolution of lesions, itching, and scaling, with improvement in general well-being.

INTRODUCTION

Psoriasiform dermatitis in elderly patients is commonly chronic, steroid-dependent, and complicated by comorbidities. Homeopathy aims to restore equilibrium at both physical and emotional levels. This case illustrates a multimodal homeopathic approach—totality, miasm, life-space, and individualized remedy selection—leading to successful long-term recovery.

CASE PRESENTATION

Patient Details

- **Name:** Balaya Nirmal
- **Age/Sex:** 82/F
- **Presenting Complaint:**
 - Psoriasiform dermatitis since 2 months

- Red patches all over body, soles included
- Itching & burning, aggravated intermittently; required Allegra
- Triggered after a **boil behind the ear**
- Hairfall in bunches, worse after shampoo

Past History

- COVID infection – May 2021
- Diabetes mellitus
- Hypertension
- Thyroid dysfunction
- Post-COVID: interrupted urine flow, now on catheter (2024)

Family History

- Brother – eczema
- Sister – eczema
- Father – paralysis

Generals

- Appetite – normal
- Thirst – 1–2 L/day
- Stool – slightly constipated (after allopathic medicines)
- Urine – interrupted flow post-COVID; improved later
- Sleep – 8–9 hrs, refreshing
- Cravings – sweets +, green vegetables
- Perspiration – scanty
- Thermal – warm/hot
- Dreams – NAD

MENTAL & LIFE-SPACE ANALYSIS

The patient describes herself as a **happy, content individual**, deeply bonded with her husband. At her advanced age, she often thinks that *both of them should pass together* to avoid being alone—indicating **anticipatory grief**, acceptance of mortality, and attachment.

Her early life involved **severe trauma** during the Partition: father died suddenly, family struggled for food, mother worked to educate children. These hardships developed:

- inner resilience
- strong family attachment
- tendency to worry about children excessively

She was **very anxious** during her children's education; now they live away, which emotionally strains her though she accepts it.

She reports:

- **Anger on small things**, especially towards husband
- Very social, enjoys company, games, cooking, reading stories
- Takes stress about her son's frequent unemployment over last 10 years

Despite hardships, she expresses **gratitude and contentment**, saying she has lived a "beautiful life."

Core mental themes:

- Anxiety about family
- Attachment, dependency on spouse
- Irritability & anger from small matters
- Emotional trauma with acceptance
- Strong social nature
- Quiet internal grief

These point to **Rhus-tox, Nat-mur, Puls, and Calc-group** personalities, but her physical characteristics directed strongly toward Rhus-tox.

TOTALITY OF SYMPTOMS

Physical Totality

1. Psoriasiform eruptions—red, itchy, burning
2. Itching > warm applications, < at night
3. Scaling patches on the body and soles
4. Hairfall in bunches, worse after washing
5. Ailments from exposure to damp/cold → (history)

6. Ailments following viral illness (COVID)
7. Interrupted urine flow after infection
8. Weakness in an elderly, thin patient (41 kg)
9. Aggravation after steroids / withdrawal

Mental & Emotional Totality

1. Anxiety about children
2. Anticipatory grief / fear of being alone
3. Anger from trifles
4. Desire for company, social, playful
5. Past deep trauma but with acceptance
6. Strong attachment to spouse

Generals

- Warm patient
- Scanty perspiration
- Sweet craving
- Constipation from medicines

REPERTORY RUBRICS

- Skin; eruption; psoriatic
- Skin; itching; burning; night
- Skin; eruptions; red; scaling
- Skin; eruptions; after infection
- Generalities; old people; complaints in
- Generalities; convalescence; slow
- Generalities; damp weather; agg
- Generalities; hair falls out; after washing
- Mind; anxiety; family, about
- Mind; fear; being alone
- Mind; irritability; trifles, from

- Mind; cheerful despite complaints
- Warmth >
- Restlessness <
- Motion >

Remedies that repeatedly appear:

Rhus-tox, Arsenicum-alb, Sulphur, Graphites, Lycopodium

Rhus-tox covering:

- Psoriasiform lesions
- Itching + burning
- Restlessness
- Warmth ameliorates
- Ailments after infection
- Hairfall after washing
- Irritability, anxiety, attachment

MIASMATIC ANALYSIS

- **Psora:** itching, burning, functional disturbances, anxiety
- **Sycotic:** chronicity, suppressed eruptions after steroids, urinary retention
- **Syphilitic:** scaling, destructive skin pathology

Predominant miasm: *Psoro-sycotic* with *mild syphilitic layer*
→ Remedies like Rhus-tox, Sulphur, Graphites often indicated
→ Rhus-tox matches both the totality and miasm.

REMEDY SELECTION

Remedy Given: Rhus toxicodendron 200

Justification:

- Classic remedy for **psoriasiform eruptions** with **itching + burning**
- **Warmth, motion, and rubbing** relieve
- Suited to patients with **restlessness, anxiety, and emotional strain**
- Indicated after **viral infections, skin suppression, steroid withdrawal**
- Elderly with weakness but responsiveness

FOLLOW-UP SUMMARY TABLE

Date	Clinical Status	Skin Changes	General Health	Remarks
Feb 2022	First consult	Widespread red patches, itching severe	Weakness, hairfall	Steroids stopped; started Rhus-tox 200
Mar 2022	40% better	Lesions drying	Sleep normal	↓ itching
Apr 2022	60% better	Scaling reduced	Hairfall lesser	No new eruptions
May 2022	80% better	Only prickly-heat type rash	Good energy	Off all steroids
Aug-Sep 2022	Near remission	Skin healed fully	Weight 41 kg	Dr remark: "skin cured completely"
Dec 2022-2023	Stable	No lesions	Good mobility	Occasional dryness
Jan 2024	Electrolyte imbalance corrected	No skin issues	Urine flow improving	Sodium low, potassium slightly high, managed
Mar-Apr 2024	Minor scaling in heat	No flare-up	Endoscopy normal	Given supportive doses
June 2024	Very stable	No lesions	Using catheter but better sleep	Skin: clear
Current Status	Complete remission	No itching, scaling, redness	Feels rejuvenated, confident	Walking better, socially active

DISCUSSION

The case highlights:

- Importance of withdrawing suppressive allopathy gradually
- Strong correlation between emotional trauma, ageing anxieties, and skin expression
- Rhus-tox's deep action on **post-infection skin complaints, burning-itchy eruptions, and restless mind**
- Elderly individuals respond beautifully when remedy matches both emotional and physical spheres



OUTCOME

- ✓ Complete healing of skin lesions
- ✓ No recurrence even after stopping steroids
- ✓ Marked reduction in itching, burning, scaling
- ✓ Improved hairfall
- ✓ Emotional upliftment—regained confidence, enjoys routine, social life
- ✓ Improved urinary symptoms & sleep
- ✓ No dependency on antihistamines

CONCLUSION

This case demonstrates the effectiveness of classical homeopathy in a chronic psoriasisiform dermatitis case in an elderly woman with multiple comorbidities. *Rhus toxicodendron* 200, chosen on individualized totality and miasmatic background, produced sustained recovery at physical, emotional, and constitutional levels.

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