



Original Research Article

Volume 15 Issue 01

January 2026

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

**Dr. Kankana Kalra**

CHC cum Mentor, Gurgaon MG Road Clinic,  
Dr Batra's Positive Health Clinic Pvt. Ltd., Haryana, India.

B.H.M.S (Pune), FCHD (Homeopathic Dermatology), MUHS, Fellowship in Cosmetology,  
[drkankana.kalra@drbatras.com](mailto:drkankana.kalra@drbatras.com), 9871058091

### 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, miasmatic 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**

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

## REFERENCES

1. **Boericke W.** *Pocket Manual of Homoeopathic Materia Medica*. B. Jain Publishers; Reprint Edition.

2. **Kent JT.** *Repertory of the Homoeopathic Materia Medica*. B. Jain Publishers; 1994.
3. **Hahnemann S.** *Organon of Medicine*. 6th Edition. Translated by William Boericke. B. Jain Publishers; 1994.
4. **Allen HC.** *Keynotes and Characteristics with Comparisons of Some of the Leading Remedies of the Materia Medica*. B. Jain Publishers.