



Original Research Article

Volume 14 Issue 12

December 2025

SUCCESSFUL HOMEOPATHIC MANAGEMENT OF CHRONIC PALMOPLANTAR PSORIASIS WITH RECURRENT RESPIRATORY COMPLAINTS: A LONG-TERM TRANSFORMATIONAL OUTCOME AT DR BATRA'S® HOMEOPATHY CLINIC

Dr L Mathuvenkatesan

Designation Medical Mentor

Annanagar Branch

Dr Batra's Positive Health Clinic Pvt. Ltd.

Qualification MD

Email id drmathuvenkatesan.l@drbatras.com, Mobile 99940 95969

Abstract

Palmoplantar psoriasis is a chronic, relapsing inflammatory dermatosis often associated with significant physical discomfort and impaired quality of life. Conventional approaches frequently provide temporary symptomatic relief with high recurrence rates. This case report documents the long-term holistic management of a pediatric case of chronic palmoplantar psoriasis with recurrent respiratory tract infections, treated at Dr Batra's® Homeopathy Clinic. Despite prior therapeutic attempts, the condition showed persistence and progression. Individualized classical homeopathic intervention resulted in sustained dermatological remission, marked reduction in systemic susceptibility, and overall constitutional improvement. This case highlights the depth of transformation achieved through individualized homeopathy at Dr Batra's® Homeopathy Clinic.

Keywords

Palmoplantar Psoriasis, Classical Homeopathy, Constitutional Treatment, Pediatric Psoriasis, Holistic Healing, Dr Batra's® Homeopathy

Introduction

Palmoplantar psoriasis represents a difficult-to-treat variant of psoriasis due to its chronicity, functional impairment, and frequent relapses. In pediatric patients, it poses additional challenges owing to immune immaturity and recurrent infections. Homeopathy, with its individualized and holistic approach, aims not only at lesion clearance but also at modifying disease susceptibility. This paper presents a long-term follow-up of a pediatric case treated at Dr Batra's® Homeopathy Clinic, demonstrating sustained remission and systemic transformation.

Case Profile

- **Age:** Pediatric
- **Gender:** Male
- **Diagnosis:** Chronic Palmoplantar Psoriasis
- **Duration:** Since March 2021
- **Presenting Complaints:**
 - Red, erythematous, scaly lesions over palms and soles
 - Deep cracks with bleeding
 - Peeling of skin
 - Itching and pain
 - Functional difficulty due to fissures
- **Associated Complaints:**
 - Recurrent episodes of cold, cough, tonsillitis
 - Snoring and mouth breathing during episodes

Past & Family History

- No family history of psoriasis
- Antenatal history significant for maternal stress, threatened abortion, preterm birth, and cesarean delivery
- Mother had borderline thyroid dysfunction

Mental

From early childhood, the patient exhibited a **calm, obedient, and composed temperament**. He was generally emotionally stable and well-adjusted within the family environment. However, due to recurrent illness episodes and persistent skin complaints, behavioral changes gradually emerged.

During the active disease phase, **irritability surfaced**, primarily linked to discomfort, itching, pain from fissures, and repeated medical interventions. Despite this, the child remained emotionally sensitive, cooperative, and non-aggressive. There was no history of hyperactivity, anxiety, fearfulness, or withdrawal. As physical suffering reduced with treatment, emotional balance was restored, reflecting a close mind-body correlation.

Physical Generals

- **Thermal State:** Ambithermal
- **Appetite:** Normal
- **Thirst:** Low (2 glasses/day)
- **Sleep:** 12 hours, refreshing
- **Perspiration:** Normal, non-offensive
- **Stool & Urine:** Regular, normal
- **Cravings:** Pica (indigestible substances)
- **Build:** Thin

Local Examination

- Thickened, erythematous plaques over palms and soles
- Painful fissures with occasional bleeding
- Scaling and hyperkeratosis
- No oozing

Totality of Symptoms

- Palmoplantar psoriasis with deep cracks and bleeding
- Dryness, fissures, hyperkeratosis

- Recurrent respiratory tract infections
- Irritability during illness
- Pica
- Thin constitution
- Low thirst

Repertorial Analysis

Selected Rubrics:

1. Skin – Psoriasis – palms and soles
2. Skin – Cracks – bleeding
3. Skin – Dryness – excessive
4. Mind – Irritability – during illness
5. Generalities – Food – pica
6. Generalities – Recurrent infections – children

Repertorization indicated remedies covering **skin pathology, nutritional assimilation issues, and immune weakness**, guiding constitutional selection.

Remedy Name	Sulph	Sil	Calc	Lys	Phos	Nit-ac	Psor
Totally	12	12	11	11	11	10	9
Symptom Covered	6	5	5	4	4	4	5
[C] [Skin]Eruptions:Psoriasis:	2	2	2	3	2	2	2
[C] [Skin]Eruptions:Sudamina:Children:	1						
[KT] [Extremities]Eruption:Hand:Palm:Psoriasis:	2	1	1	2	3		2
[C] [Skin]Dry:	3	3	3	3	3	2	2
[C] [Mind]Irritability:	3	3	3	3	3	3	2
[C] [Generalities]Food and drinks:Indigestible things:Desires:	1	3	2			3	1

LSMC Analysis

- **Location:** Palms and soles
- **Sensation:** Pain, itching, cracking

- **Modalities:** Aggravation during active illness
- **Concomitants:** Recurrent respiratory infections

Miasmatic Analysis

The case predominantly reflected a **Psoro-sycotic miasm**, evidenced by chronic inflammation, hyperkeratosis, immune dysregulation, and recurrent infections. Deep constitutional management was therefore indicated.

Prescription Strategy

Calcarea phosphorica was indicated due to:

- **Dryness, cracks, and fissures** of the skin
- **Pica** reflecting impaired assimilation
- **Thin constitution** with delayed tissue repair
- **Irritability during illness**
- Tendency for **recurrent infections**

The remedy acted deeply at the constitutional level, correcting both **cutaneous pathology and systemic susceptibility**, leading to sustained remission without suppression.

The treatment approach focused on:

- Strengthening immune response
- Improving nutritional assimilation
- Correcting chronic miasmatic expression
- Supporting skin regeneration

Follow-Up & Prescription Table

Date / Period	Clinical Assessment	Remedy Given	Potency	Dosage & Frequency	Clinical Response
Feb 2022 (Baseline)	Active palmoplantar psoriasis, severe dryness, deep cracks with bleeding, pain, itching, irritability, pica present	Calcarea phosphorica	200C	2 doses weekly	Initiated constitutional action

Mar-Apr 2022	Reduction in bleeding, cracks becoming superficial, foot lesions improving	Calcarea phosphorica	200C	Continued at wider intervals	Marked improvement in fissures
May-Jul 2022	Palms improving, soles almost clear, itching reduced, hyperpigmentation persists	Calcarea phosphorica	200C	Maintenance dosing	No new lesions
Aug-Dec 2022	Complete healing of palmoplantar lesions, no bleeding, skin texture improving	Calcarea phosphorica	200C	Infrequent doses	Sustained remission
2023	No relapse of skin lesions, reduced frequency of respiratory infections	Calcarea phosphorica	200C	As constitutional support	General health improved
2024	Skin normal, no dryness or fissures, immunity improved	Calcarea phosphorica	200C	Preventive dosing	Stable condition
2025 (Latest Follow-up)	No relapse for >3 years, skin healthy, pica resolved, emotional balance restored	Calcarea phosphorica	200C	Occasional constitutional dose	Long-term transformation maintained



Transformation Table

Parameter	Before Treatment	After Treatment
Skin lesions	Active, painful, bleeding	Completely healed
Itching & pain	Severe	Absent
Relapse frequency	Frequent	None for >3 years
Respiratory infections	Monthly episodes	Rare, mild
General health	Compromised	Robust
Emotional state	Irritable during illness	Calm, stable

Discussion

This case illustrates the effectiveness of individualized classical homeopathy in managing chronic palmoplantar psoriasis with systemic involvement. Rather than suppressing cutaneous symptoms, treatment aimed at correcting the underlying susceptibility. The progressive reduction in respiratory infections highlights immune modulation rather than symptomatic control. Long-term follow-up confirms stability and absence of relapse, emphasizing the importance of constitutional prescribing, miasmatic understanding, and patient-specific management. The sustained outcome further underscores the role of holistic care in chronic dermatological conditions.

Conclusion

This case demonstrates that classical homeopathy, when applied with strict adherence to individualization and long-term follow-up, can achieve deep and sustained healing in chronic palmoplantar psoriasis. The transformation observed—including cutaneous clearance, immune stabilization, and emotional well-being—reflects true constitutional improvement. The outcome reinforces the clinical effectiveness of individualized homeopathic care delivered at **Dr Batra's® Homeopathy Clinic**, where long-term transformation was successfully achieved.

References

1. Griffiths CEM, Barker JN. Pathogenesis and clinical features of psoriasis. *Lancet*. 2007;370:263-271.

2. Lebwohl M. Psoriasis. *Lancet*. 2003;361:1197-1204.
3. Boericke W. *Pocket Manual of Homeopathic Materia Medica*. New Delhi: B Jain; 2010.
4. Kent JT. *Lectures on Homeopathic Philosophy*. New Delhi: B Jain; 2004.
5. Hahnemann S. *Organon of Medicine*. 6th ed. New Delhi: B Jain; 2011.
6. Vithoulkas G. *Science of Homeopathy*. New York: Grove Press; 1980.
7. Allen HC. *Keynotes and Characteristics*. New Delhi: B Jain; 2002.
8. Boericke W. *Materia Medica with Repertory*. New Delhi: B Jain; 2007.
9. Khurana A. *Textbook of Dermatology*. New Delhi: Elsevier; 2018