



Original Research Article

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CONSTITUTIONAL HOMEOPATHY IN PALMOPLANTAR PSORIASIS: A CASE FROM DR BATRA'S HOMEOPATHY CLINIC

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Abstract

Palmoplantar psoriasis is a chronic, relapsing inflammatory dermatosis that significantly affects quality of life due to pain, fissuring, and functional disability. Conventional management often provides temporary symptomatic relief with frequent relapses. This case report describes the successful constitutional homeopathic management of a young female with chronic palmoplantar psoriasis of two years' duration, previously treated unsuccessfully with allopathic and alternative therapies. A classical homeopathic approach based on detailed case-taking, individualisation, repertorisation, and miasmatic understanding was adopted. Marked clinical improvement with sustained remission was achieved through a single constitutional remedy supported by intercurrent and acute prescriptions. **This case highlights a clear physical and emotional transformation achieved at Dr Batra's Homeopathy Clinic.**

Keywords

Palmoplantar psoriasis, constitutional homeopathy, Natrum muriaticum, suppressed emotions, repertorisation, miasmatic approach

Introduction

Psoriasis is a chronic immune-mediated inflammatory skin disorder characterised by hyperproliferation of keratinocytes and systemic inflammation. Palmoplantar psoriasis poses a therapeutic challenge due to thickened skin, painful fissures, functional limitation, and frequent relapses. Homeopathy, through constitutional prescribing, aims not only at lesion clearance but also at addressing the underlying susceptibility and psycho-emotional triggers contributing to disease chronicity.

Case Profile

Patient Information

- **Age/Sex:** Adult female
- **Occupation:** Homemaker (previously employed as a manager)
- **Duration of illness:** 2 years
- **Presenting complaint:** Chronic palmoplantar psoriasis

Chief Complaints

- Dry, thick, cracked, crusty eruptions over palms and soles
- Painful fissures with difficulty in walking
- Itching ++
- Seasonal aggravation
- Recurrent relapses despite treatment

History of Present Illness

The patient developed dryness and cracking of the soles and palms two years prior, which gradually progressed to thickened plaques with fissuring and pain, significantly impairing mobility and daily activities. She had consulted dermatologists and was treated with topical steroids and keratolytics, along with Ayurvedic medicines, with only temporary relief. Lesions relapsed on stopping medication.

Past, Family & Personal History

- **Past history:** No major systemic illness
- **Family history:** Non-contributory

- **Habits:** Non-significant
- **Diet:** Mixed
- **Menstrual history:** Regular

Mental Symptoms

From childhood, the patient exhibited a **reserved, shy, and emotionally sensitive temperament**. She preferred a small circle of friends and avoided emotional exposure. Emotional hurts were internalised rather than expressed. During adolescence, she developed a tendency to **weep alone**, finding it difficult to share feelings even with close family members. Consolation aggravated her emotional state rather than relieving it.

In adulthood, emotional stress intensified following marital discord and betrayal, which she concealed internally. She became increasingly **introverted, overthinking, worrying excessively**, and emotionally suppressed. She avoided confrontation, chose silence over expression, and internalised grief. Music served as an emotional outlet. Over time, this prolonged emotional suppression coincided with the onset and persistence of her skin disease, suggesting a strong psychosomatic link.

Physical Generals

- **Appetite:** Good
- **Thirst:** Decreased (<1 litre/day)
- **Bowels:** Regular
- **Urine:** Normal
- **Sleep:** Sound, refreshing (6–7 hours)
- **Thermals:** Hot patient
- **Perspiration:** Normal, non-offensive

Local Examination

- **Skin:** Dry, thickened, hyperkeratotic plaques with deep fissures on palms and soles
- **Auspitz sign:** Positive
- **Wood's lamp:** Non-fluorescent
- **Associated complaints:** Difficulty in walking due to pain

Diagnosis Palmoplantar Psoriasis

Differential Diagnosis

- Palmoplantar eczema
- Hyperkeratotic dermatitis

Totality of Symptoms

Mental

- Suppressed emotions
- Weeps alone
- Consolation aggravates
- Introverted, shy
- Overthinking, worrying
- Does not share feelings

Physical Generals

- Decreased thirst
- Hot patient
- Likes salty food
- Sound sleep

Particulars

- Dry, cracked, thickened palms and soles
- Painful fissures
- Itching ++
- Difficulty in walking

Repertorial Analysis

Key Rubrics (Kent's Repertory)

- Mind – Emotions – suppressed
- Mind – Weeping – alone

- Mind – Consolation – aggravates
- Mind – Reserved, introverted
- Skin – Eruptions – psoriasis – palms, soles
- Skin – Cracks – deep – painful
- Generalities – Food – salt – desire

Leading Remedy: Natrum muriaticum

Remedies	ign.	nat-m.	caust.	staph.	carc.	bar-c.	gels.	bry.	lyc.	nux-v.	sep.	alum.	arg-n.	ars.	aur.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Symptoms Covered	5	5	5	5	5	4	4	4	4	4	4	4	4	4	4
Intensity	10	10	9	9	5	11	10	9	9	9	9	8	8	8	8
Result	5/10	5/10	5/9	5/9	5/5	4/11	4/10	4/9	4/9	4/9	4/9	4/8	4/8	4/8	4/8
Clipboard 7															
MIND - EMOTIONS - suppressed	2	1	1	3	1				1						
MIND - ANXIETY	2	2	3	1	1	2	2	3	3	2	2	2	3	4	3
MIND - TIMIDITY	2	2	2	1	1	4	3	3	3	2	3	2	1	2	2
MIND - THINKING - complaints - agg.; thinking of his complaints	1	1	2	1	1	2	2	1		2	1	1	2	1	1
MIND - COMPANY - aversion to	3	4	1	3	1	3	3	2	2	3	3	3	2	1	2

LSMC

- **Location:** Palms and soles
- **Sensation:** Dryness, cracking, pain, itching
- **Modalities:** Aggravation by emotional stress and seasonal change
- **Concomitants:** Emotional suppression, decreased thirst

Miasmatic Analysis

- **Dominant miasm:** Psora
- **Sub-miasm:** Sycosis (chronicity, recurrence, thickened skin)

Remedy Selection

Constitutional Remedy: Natrum muriaticum 200C

- Strong emotional suppression
- Weeping alone
- Consolation aggravates
- Introverted, reserved personality
- Desire for salty food
- Chronic skin pathology linked to grief

Potency Selection

- **200C** selected based on good susceptibility, clear constitutional picture, and chronic disease state.

Treatment Plan

- Constitutional remedy to correct the underlying susceptibility
- Acute remedy for local skin pathology
- Intercurrent anti-miasmatic remedy to prevent relapse
- Lifestyle and emotional counselling

Follow-Up & Prescription Table

Date	Clinical Status	Prescription
Start	Severe fissuring, pain, unable to walk comfortably	Nat mur 200C – single dose
3-4 months	Marked reduction in thickness, fissures healing	Placebo
6 months	Palms clear, soles improving	Petroleum 30C (acute), placebo
9 months	Seasonal aggravation, mild relapse soles	Petroleum 30C
12 months	80% improvement, emotional stress present	Placebo
15 months	New stressor (divorce), mild dryness	Sulphur (intercurrent)
18 months	Lesions regressing, no new patches	Placebo
24 months	95% clearance palms & soles, no itching	Placebo

Transformation Table

Parameter	Before Treatment	After Treatment
Skin lesions	Thick, cracked, painful plaques	95% clearance
Walking	Painful, restricted	Normal
Itching	Severe	Minimal to absent
Emotional state	Suppressed, grieving, isolated	Emotionally stable
Stress handling	Poor	Improved coping
Quality of life	Severely affected	Restored



Discussion

This case demonstrates the classical homeopathic principle that chronic skin diseases often represent deeper emotional and miasmatic disturbances. Suppressed grief and prolonged emotional stress acted as maintaining causes in this patient. Natrum muriaticum addressed both the mental and physical planes, leading to holistic healing rather than superficial suppression. The use of acute and intercurrent remedies supported the constitutional action and prevented relapse during stress and seasonal changes.

Conclusion

A classical, individualised homeopathic approach resulted in significant clinical improvement, emotional stabilisation, and sustained remission in a chronic case of palmoplantar psoriasis unresponsive to conventional therapies. This case reflects a profound

physical and emotional transformation achieved through constitutional homeopathic treatment at Dr Batra's Homeopathy Clinic.

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