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## HOMEOPATHIC MANAGEMENT OF CHRONIC PLAQUE PSORIASIS: EVIDENCE FROM A SINGLE-CASE STUDY AT DR BATRA'S® HOMEOPATHY CLINIC

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### Abstract

Psoriasis vulgaris is a chronic, relapsing inflammatory dermatosis with significant psychosocial impact. Conventional therapy often provides only symptomatic suppression with frequent relapses. This case report presents a patient with chronic, progressive psoriasis vulgaris of one-year duration, unresponsive to prolonged allopathic treatment, who was managed using classical homeopathic principles. Individualized remedy selection based on totality of symptoms, constitutional assessment, and miasmatic understanding led to sustained clinical improvement and long-term remission. **This case demonstrates a clear physical, emotional, and functional transformation achieved through individualized homeopathic treatment at Dr Batra's® Homeopathy Clinic.**

### Keywords

Psoriasis vulgaris, Classical homeopathy, Kali sulphuricum, Calcarea fluorica, Miasmatic approach, Individualization, Dr Batra's Homeopathy

## Introduction

Psoriasis vulgaris is a chronic immune-mediated skin disorder characterized by erythematous, scaly plaques, pruritus, and recurrent flares. The disease significantly affects quality of life and is often associated with emotional stress, anger, and social withdrawal. Conventional management primarily aims at suppression using topical steroids, keratolytics, and systemic agents, frequently resulting in rebound exacerbations and pigmentation changes.

Homeopathy approaches psoriasis as a manifestation of internal disharmony, emphasizing constitutional susceptibility, emotional factors, and miasmatic background. This case illustrates the application of classical homeopathic methodology in a patient with long-standing, generalized psoriasis unresponsive to conventional treatment.

## Case Profile

**Age/Sex:** Adult male

**Diagnosis:** Psoriasis vulgaris

**Duration of illness:** ~1 year

**Duration of treatment:** 10 months

**Duration of remission achieved:** 8 months (ongoing)

## History of Present Illness

The patient presented with widespread psoriatic lesions involving the scalp, trunk, abdomen, and bilateral lower limbs. The first lesion appeared on the left leg following minor injury and gradually ascended and spread to involve the entire body. Symptoms included **intense itching (+++) persisting throughout the day, marked scaling, redness, and dryness**. Pruritus was worse at night.

The patient had received allopathic treatment for 6–7 months, including topical salicylic acid solutions, ointments, and oral medications, following which the skin became **blackish and hyperpigmented**, with no sustained relief. Pain in the legs and intermittent joint discomfort were also reported.

## Past, Family, and Personal History

- **Past history:** No major systemic illness

- **Family history:** Mother suffering from psoriasis
  - Appetite: Decreased
  - Cravings: Spicy food, chicken
  - Thirst: Normal
  - Perspiration: Normal, non-offensive
  - Thermal reaction: Hot patient
  - Sleep: Refreshing, 6–7 hours

## **Mentals**

From childhood, the patient exhibited an **extroverted and socially active temperament**, easily mingling with peers and maintaining a large circle of friends. He was average in academics, preferred outdoor sports like cricket, and demonstrated practical thinking rather than emotional expressiveness.

During adolescence and early adulthood, traits of **irritability and anger** became more pronounced. He reacted impulsively by shouting when contradicted, followed by brooding for one to two hours, after which the emotions would subside. He showed a marked desire for **sympathy and reassurance**, especially during stressful phases.

Following relocation away from home for work, emotional stress intensified due to separation from family, lack of home food, relationship conflicts, and job-related uncertainty. This period coincided with worsening of skin complaints. Despite stress, he remained emotionally reserved, coping practically rather than expressing vulnerability.

## **Clinical Examination**

- Well-defined erythematous plaques with silvery scaling
- Extensive involvement of scalp, trunk, abdomen, and lower limbs
- Dryness and exfoliation prominent on legs
- Auspitz sign: Positive
- Joint pain: Mild, intermittent

## **Diagnosis**

### **Psoriasis vulgaris**

### **Differential Diagnosis**

- Chronic eczema

- Lichen planus
- Seborrheic dermatitis

### **Homeopathic Case Analysis**

#### **Totality of Symptoms**

- Psoriasis with extensive scaling and intense itching
- Itching worse at night
- Lesions following injury (Koebner phenomenon)
- Hot patient
- Anger with impulsive reaction, desire for sympathy
- Stress aggravation
- Family history of psoriasis

#### **Repertorial Consideration (Key Rubrics)**

- Skin – Eruptions – Psoriasis
- Skin – Itching – Night
- Skin – Scaling – Profuse
- Mind – Anger – Violent
- Mind – Desire for sympathy
- Generalities – Heat – Aggravation

#### **LSMC**

- **Location:** Scalp, trunk, abdomen, legs
- **Sensation:** Intense itching, dryness, pain
- **Modalities:** Worse at night, worse stress
- **Concomitants:** Anger, stress, joint pain

#### **Miasmatic Analysis**

Predominantly **Psoric-Syphilitic miasm**, indicated by chronicity, intense pruritus, scaling, tissue involvement, and hereditary background.

## Remedy Selection and Rationale

### 1. Kali sulphuricum

Chosen as the **core remedy** based on:

- Scaling dermatoses
- Psoriasis with yellowish scales and itching
- Action on epidermal tissues

### 2. Calcarea fluorica

Prescribed constitutionally due to:

- Chronic skin affections with hardness and persistence
- Flare-ups and relapse tendency
- Underlying constitutional weakness

### Treatment Plan

- **Acute:** Kali sulphuricum 6X BD
- **Constitutional:** Calcarea fluorica 200 (single doses as indicated)
- **Intercurrent:** Kali sulphuricum powder locally with curd for scalp dandruff
- **External:** Simple oil application, non-medicated soap

### Follow-Up and Prescription Details

#### Follow-Up Table

Date	Clinical Changes	Prescription
02/06/2025	Scaling ↓ 50%, itching ↓, redness ↓	KS 6X BD
05/07/2025	Patches improving, itching minimal	Continue KS
15/08/2025	Persistent flaking, joint pain	Calc-F 200
13/10/2025	Redness ↓, itching absent	KS 6X
10/11/2025	Lesions better, leg patches persist	Moisturizer + KS
29/01/2026	Stable remission	Observation
09/02/2026	Lesions markedly reduced, confidence ↑	Maintenance

### Transformation Table

Parameter	Before Treatment	After Treatment
Skin lesions	Generalized, inflamed	Minimal residual patches
Itching	Severe (+++)	Absent
Scaling	Profuse	Mild to none
Pigmentation	Blackish discoloration	Improved tone
Emotional state	Irritable, stressed	Calm, confident
Social life	Withdrawn	Active, employed
Quality of life	Poor	Significantly improved



### Discussion

This case highlights the importance of individualized homeopathic prescribing based on totality rather than disease diagnosis alone. Suppressive allopathic therapy failed to address the underlying susceptibility, resulting in chronicity and pigmentation changes. Classical homeopathic treatment using Kali sulphuricum and Calcarea fluorica, supported by miasmatic understanding and constitutional assessment, led to sustained remission and overall improvement.

### Conclusion

This case demonstrates that chronic psoriasis vulgaris, even after failure of conventional therapy, can be effectively managed through classical homeopathy. The holistic approach resulted not only in dermatological improvement but also in emotional stability and

enhanced quality of life. **A clear and sustained transformation was achieved through individualized homeopathic treatment at Dr Batra's® Homeopathy Clinic.**

### **References**

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