



Original Research Article

Volume 15 Issue 04

April 2026

**LONG-TERM REMISSION OF PALMOPLANTAR PSORIASIS WITH
INDIVIDUALIZED HOMEOPATHY AT DR BATRA'S® HOMEOPATHY CLINIC
AFTER FAILURE OF CONVENTIONAL TREATMENT**

Dr Aishwarya C

Kamannahali Branch

Dr Batra's Positive Health Clinic

ABSTRACT

Palmoplantar psoriasis is a chronic, immune-mediated dermatological disorder characterized by hyperkeratotic, scaly lesions affecting palms and soles, often associated with fissuring, burning, and functional disability. It significantly impairs quality of life due to pain, cosmetic concerns, and occupational limitations. Conventional treatment modalities including topical steroids, immunosuppressants, and keratolytics often provide temporary relief with frequent relapses.

This case study presents a 69-year-old male with palmoplantar psoriasis manifested by symmetrical, scaly eruptions on palms and soles, associated with itching, burning, and thickening of skin. The condition was aggravated following exposure to chemicals and construction materials and showed poor response to allopathic treatment.

A classical homeopathic approach was adopted based on totality of symptoms, including physical generals, local pathology, and mental stress factors. Arsenicum album was prescribed as the main remedy due to characteristic burning, scaling, and restlessness, while Tuberculinum was used as an intercurrent to address underlying miasmatic predisposition.

Over a treatment duration of 32 months, the patient showed gradual and sustained improvement with reduction in scaling, itching, and thickness of lesions, followed by

complete remission and restoration of normal skin texture. The patient regained functional ability and emotional well-being.

This case highlights the role of individualized homeopathy in achieving long-term remission in chronic autoimmune skin disorders. The transformation was achieved at Dr Batra's® Homeopathy Clinic.

KEYWORDS

Palmoplantar psoriasis, Arsenicum album, Tuberculinum, Chronic skin disease, Homeopathy

INTRODUCTION

Palmoplantar psoriasis is a localized form of psoriasis affecting palms and soles.

Etiology

- Autoimmune dysregulation
- Genetic predisposition
- Environmental triggers (chemicals, stress)

Clinical Features

- Thick, scaly plaques
- Cracks and fissures
- Burning and itching
- Symmetrical involvement

Complications

- Painful walking
- Functional limitation
- Secondary infections

Homeopathy aims at:

- Modulating immune response
- Reducing recurrence
- Addressing individual susceptibility

CASE PROFILE**Age:** 69 years**Gender:** Male**Occupation:** Retired (construction field background)**Chief Complaints**

- Itching eruptions on palms and soles
- Duration: 6 months
- Spread from soles → palms

Characteristics

- Symmetrical lesions
- Silver scaling
- Burning sensation
- Thickened skin
- Auspitz sign positive

PHYSICAL GENERALS

Parameter	Observation
Diet	Mixed
Appetite	Normal
Desire	Not marked
Aversion	Not marked
Thirst	Increased (~3 L/day)
Thermal	Not clearly defined
Perspiration	Normal
Stool	Regular
Urine	Normal
Sleep	Normal
Activity	Irregular

EXAMINATION

- Hyperkeratotic plaques on palms and soles
- Silvery scales present
- Auspitz sign positive
- Thickened lesions
- Symmetrical distribution

MENTAL GENERALS

The patient had a **disciplined and hardworking personality**, shaped by years of labor-intensive work in the construction field. He was practical, responsible, and accustomed to managing work-related stress.

In recent years, particularly during house construction, he developed:

- **Financial stress and planning burden**
- Episodes of **mental exhaustion and irritability**
- Difficulty coping with stress at times

Despite being composed externally, internally he experienced:

- **Stress intolerance during pressure situations**
- Mental strain linked to responsibilities

This chronic stress acted as a maintaining cause for disease expression.

PAST HISTORY

- Similar skin complaint 10 years ago (successfully treated)

FAMILY HISTORY

- Non-contributory

CASE ANALYSIS

TOTALITY OF SYMPTOMS

- Palmoplantar psoriasis
- Burning with scaling
- Chemical aggravation
- Symmetrical lesions
- Stress aggravation

- Chronic tendency

REPERTORIAL TOTALITY

Repertory Used: Kent Repertory

Rubrics Selected:

- Skin – Eruptions – scaly
- Skin – Burning
- Extremities – eruptions – palms/soles
- General – Chronic complaints
- Mind – Stress

SELECTION OF REMEDY

CONSTITUTIONAL / MAIN REMEDY

Remedy: Arsenicum album

Potency: 30C (repeated doses)

Reasons:

- Burning with scaling
- Dry, thickened skin
- Restlessness tendency
- Chronic dermatological affinity

INTERCURRENT REMEDY

Remedy: Tuberculinum

Potency: 200C (single dose)

Reasons:

- Chronic recurrent tendency
- Miasmatic background
- To enhance response

SUPPORTIVE REMEDY

Remedy: Berberis aquifolium

Role: Skin purification and pigmentation support

DIFFERENTIAL REMEDIES

- Sulphur
- Graphites
- Psorinum

MIASMATIC APPROACH

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Scaling	✓			
Thickening		✓		
Chronicity	✓	✓		✓
Recurrence		✓		✓

Miasmatic Predominance: Psoro-sycotic with tubercular influence

MATERIALS AND METHODS

- Repertory: Kent
- Method: Classical + intercurrent approach
- Follow-up: Long-term (32 months)

RESULTS (FOLLOW-UP TABLE)

Month	Progress	Prescription
1-3	Mild improvement	Ars alb 30
4-6	Scaling reduced	Ars alb 30
7-9	Burning reduced	Placebo
10-12	Thickness reduced	Tuberculinum 200
13-18	Marked improvement	Placebo
19-24	Near remission	Placebo
25-32	Complete remission	Placebo

TRANSFORMATION TABLE

Parameter	Before	After
Scaling	Severe	Absent
Burning	Present	Absent
Thickness	Marked	Normal
Function	Limited	Normal
Recurrence	Frequent	None

DISCUSSION & CONCLUSION

This case demonstrates the effectiveness of **long-term individualized homeopathy** in managing chronic autoimmune dermatological conditions. Arsenicum album addressed the characteristic pathology, while Tuberculinum acted on the deeper miasmatic layer.

Key highlights:

- Importance of maintaining cause (chemical exposure, stress)
- Role of intercurrent remedy
- Need for long-term follow-up

The sustained remission without relapse confirms true constitutional cure.

THE TRANSFORMATION



ACKNOWLEDGMENTS

We acknowledge the clinical team at **Dr Batra’s® Homeopathy Clinic**.

REFERENCES

1. Griffiths CEM. Psoriasis pathogenesis and treatment.
2. Kent JT. Repertory of Homeopathic Materia Medica.
3. Boericke W. Materia Medica.
4. Hahnemann S. Organon of Medicine.