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INDIVIDUALIZED HOMEOPATHIC MANAGEMENT OF CHRONIC PLAQUE PSORIASIS WITH CONSTITUTIONAL PSORINUM: A CLINICAL CASE FROM DR BATRA'S HOMEOPATHY CLINIC

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Abstract

Psoriasis is a chronic immune-mediated inflammatory skin disorder characterized by erythematous plaques with silvery scales, commonly affecting the scalp, trunk, elbows, and knees. This case report describes a patient suffering from **chronic plaque psoriasis for three years**, Based on detailed case analysis and repertorial evaluation, Over a period of **12 months**, progressive reduction in itching, scaling, and erythema was observed. After eight months of treatment, no new lesions appeared and existing plaques resolved completely.

This case highlights the effectiveness of individualized homeopathic treatment in managing chronic psoriasis and improving patient well-being. A sustained therapeutic improvement was achieved at **Dr Batra's Homeopathy Clinic**.

Keywords

Psoriasis, Homeopathy, Psorinum, Chronic plaque psoriasis, Individualized treatment

Introduction

Psoriasis is a chronic autoimmune inflammatory skin disease characterized by hyperproliferation of keratinocytes and immune dysregulation. The most common clinical type is **chronic plaque psoriasis**, which presents as well-defined erythematous plaques covered with silvery scales.

The pathogenesis involves complex interactions between:

- genetic predisposition
- immune dysfunction
- environmental triggers
- psychological stress

Common clinical manifestations include:

- erythematous scaly plaques
- severe itching
- dryness and cracking of skin
- chronic relapsing course

Psoriasis can significantly impair quality of life due to physical discomfort and social stigma.

Homeopathy addresses the **constitutional susceptibility and miasmatic background**, aiming to restore systemic balance and achieve long-term remission.

Case Profile

Diagnosis: Chronic plaque psoriasis

Differential diagnosis: Guttate psoriasis

Duration of illness: 3 years

Chief complaints:

- Severe scaling over trunk and back
- Large erythematous scaly plaques on trunk
- Smaller lesions over hands and feet
- Severe itching
- Marked dryness of skin
- Itching aggravated at night and at bedtime

Previous treatment included:

- Fluconazole
- Kerokart 40 ointment
- Penidur injections

The patient had also taken homeopathic medicines such as **Arsenicum album** and **Echinacea** previously with limited improvement.

Physical Generals

Parameter	Findings
Appetite	Normal
Thirst	Normal
Urine	Yellowish
Stool	Constipation +++
Thermal reaction	Hot patient
Covering	Thin
Sleep	Disturbed
Perspiration	Offensive
Season preference	Winter

Examination

Dermatological examination revealed:

- Multiple erythematous plaques with silvery scales
- Large scaly lesions over trunk and back
- Smaller plaques over extremities
- Severe dryness and scaling
- Excoriation marks due to scratching

Laboratory investigations:

Hemoglobin – 16 g/dL

Serum IgE – 229.9 IU/mL

TSH – 2.88 mIU/L

Mental Generals

The patient experienced significant emotional stress during adolescence. Due to financial difficulties, he had to leave home at the age of 16 and start working to repay loans taken for his sister's marriage.

This early responsibility created a persistent sense of emotional burden and suppressed anger.

Personality traits included:

- marked irritability
- tendency to shout during anger
- suppressed emotions
- hardworking and industrious nature

Currently he works in a road construction company and has been doing night shifts for several years, which adds additional stress.

Past History No significant medical illness reported.

Family History

Elder brother – psoriasis

Parents – deceased (10 years ago)

Case Analysis

Key symptoms forming the totality:

- chronic psoriasis with severe scaling
- itching aggravated at night
- suppressed anger
- irritability and shouting
- history of financial stress

These symptoms indicated a strong **psoric miasmatic background**.

Repertorial Totality

Rubrics selected:

- 1 Skin – eruptions – psoriasis
- 2 Mind – ailments from suppressed anger
- 3 Mind – industrious
- 4 Mind – lack of self confidence

Repertory used: Kent Repertory

Leading remedy: **Psorinum**

Remedies	lyc.	aur.	sep.	aur-m-n.	kali-c.	nat-m.	puls.	staph.	ars.	carc.	phos.	falco-pe.	sil.	chin.	ign.	rhuis-t.	tub.	aur-s.	
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
Symptoms Covered	4	4	4	4	4	4	4	4	4	4	4	4	3	3	3	3	3	3	
Intensity	10	7	7	6	6	6	6	6	5	5	5	4	6	5	5	5	5	4	
Result	4/10	4/7	4/7	4/6	4/6	4/6	4/6	4/6	4/5	4/5	4/5	4/4	3/6	3/5	3/5	3/5	3/5	3/4	
Clipboard 5																			
SKIN - ERUPTIONS - psoriasis	3	1	3	1	2	1	2	1	2	1	2	1	2	2		2	1		
MIND - AILMENTS FROM - anger - suppressed	3	1	1	2	1	2	1	3	1	1	1	1			2			1	
MIND - INDUSTRIOUS	2	3	2	1	1	1	1	1	1	1	1	1	1	1	2	1	3	2	
MIND - CONFIDENCE - want of self-confidence	2	2	1	2	2	2	2	1	1	2	1	1	3	2	1	2	1	1	

Selection of Remedy

Constitutional Remedy

Remedy: **Psorinum**

Reason:

- deep acting anti-psoric remedy
- chronic skin diseases with scaling
- symptoms aggravated at night
- psoric miasmatic background

Supportive Remedy

Remedy: **Kali sulphuricum**

Reason:

- indicated for chronic scaly skin conditions
- assists epidermal regeneration

Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Psoriasis	✓			
Chronic recurrence	✓	✓		
Dry scaly lesions	✓			

Miasmatic predominance: **Psoric**

Materials and Methods

Repertorization was performed using **Kent Repertory through computerized repertorial analysis**.

Treatment protocol included:

- individualized constitutional homeopathic remedy
- supportive remedies
- dietary advice and lifestyle modification.

Results

Month	Progress	Prescription
1st month	Slight aggravation of itching	Psorinum
2nd month	Itching reduced	Kali sulph
3rd month	Scaling reduced	Psorinum
4th month	Plaques shrinking	Kali sulph
5th month	Redness reduced	Psorinum
6th month	Only mild lesions remaining	Kali sulph
8th month	No new lesions	Psorinum
12th month	Complete remission	Maintenance

Transformation Table

Parameter	Before Treatment	After Treatment
Scaling	Severe	Absent
Itching	Severe	Absent
Plaques	Extensive	Resolved
Sleep disturbance	Present	Improved
Quality of life	Poor	Significantly improved

Discussion & Conclusion

Psoriasis is a chronic inflammatory disease often requiring long-term management. Conventional treatment primarily focuses on controlling inflammation but may not address the underlying susceptibility.

In this case, individualized homeopathic treatment addressed the patient's constitutional traits and emotional stress factors.

The remedy **Psorinum**, selected based on repertorial analysis and miasmatic evaluation, acted as a deep constitutional remedy targeting the psoric background of the disease.

Gradual improvement was observed over the course of treatment, with reduction in itching, scaling, and erythematous plaques.

The patient experienced sustained remission with improved physical and emotional well-being.

This case demonstrates the potential of classical homeopathic prescribing in managing chronic plaque psoriasis and highlights a successful therapeutic outcome achieved at **Dr Batra's Homeopathy Clinic**.

The Transformation

Before Treatment

- Severe scaly plaques over trunk and back
- Intense itching at night
- Disturbed sleep

After Treatment

- No active lesions
- Absence of itching and scaling
- Improved quality of life

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