



Original Research Article

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LONG-STANDING PLAQUE PSORIASIS SUCCESSFULLY MANAGED WITH CONSTITUTIONAL LYCOPODIUM: A LONG-TERM FOLLOW-UP CASE FROM DR BATRA'S HOMEOPATHY CLINIC

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Abstract

Plaque psoriasis is a chronic immune-mediated inflammatory skin disorder characterized by erythematous plaques covered with silvery scales and a relapsing-remitting course. This case report describes a **67-year-old male with a 25-year history of plaque psoriasis** involving the scalp, axillae, gluteal folds, thigh, and hips. The lesions were characterized by **marked scaling and positive Auspitz sign**, significantly affecting the patient's quality of life. Over the course of treatment, gradual reduction in scaling, itching, and plaque size was observed.

Long-term follow-up demonstrated **complete resolution of most lesions with sustained remission and absence of relapse for over five years**, indicating the effectiveness of individualized homeopathic management in chronic plaque psoriasis.

Keywords

Plaque psoriasis, Psoriasis vulgaris, Homeopathy, Lycopodium clavatum, Chronic skin disease

Introduction

Psoriasis is a chronic immune-mediated dermatological disease affecting approximately **2–3% of the global population**. The most common form, **plaque psoriasis**, presents with erythematous plaques covered with silvery scales and may involve areas such as the scalp, elbows, knees, trunk, and skin folds.

Key clinical features include:

- erythematous plaques
- silvery scaling
- itching and dryness
- positive Auspitz sign
- chronic relapsing course

Triggers and contributing factors include genetic predisposition, stress, infections, lifestyle habits, and immune dysregulation.

Conventional management focuses on symptomatic suppression using corticosteroids, phototherapy, immunosuppressants, and biologic agents. However, long-term management remains challenging due to relapse and treatment dependence.

Homeopathy treats psoriasis by addressing the **constitutional susceptibility and underlying miasmatic background**, thereby aiming for long-term remission.

Case Profile

Patient: Male

Age: 67 years

Marital status: Married

Occupation: Retired

Chief complaints:

- psoriasis for **25 years**
- gradual increase in number and size of lesions
- thick silvery scales present

Location of lesions:

- axilla (armpits)
- right thigh

- hips
- scalp
- gluteal folds

Clinical findings:

- scaling ++
- Auspitz sign positive
- Koebner phenomenon negative

Past History

No significant systemic illness reported.

Personal History

Addiction: Smoking since **35 years**

Initially 10–12 cigarettes per day, later gradually reduced and eventually stopped.

Family History

No significant family history of psoriasis reported.

Physical Generals

Appetite: Normal

Sleep: Sound

Exercise: Walking daily

Weight: Around 84–88 kg during treatment period

Case Analysis

Key symptoms considered for remedy selection:

- long-standing chronic psoriasis
- thick scaly plaques
- chronic relapsing course
- strong constitutional traits
- history of stress and lifestyle factors

Based on the totality of symptoms and constitutional analysis, **Lycopodium clavatum** emerged as the most appropriate remedy.

Selection of Remedy

Constitutional Remedy

Lycopodium clavatum

Reason for prescription:

- deep acting constitutional remedy
- indicated in chronic skin diseases
- suits long-standing conditions with gradual progression
- matches the patient's mental and physical generals

Potency Selection

Lycopodium 10M

Rationale:

- high potency selected due to
 - long chronic history (25 years)
 - strong constitutional symptoms
 - good vitality and susceptibility

Differential Remedies Considered

- Staphysagria
- Lachesis

However, the overall symptom picture strongly indicated **Lycopodium**.

Treatment Progress

Initial Phase

Moderate improvement observed with reduction in itching and scaling.

Intermediate Phase

Gradual shrinking of plaques and normalization of skin texture.

Long-Term Follow-up

Most lesions disappeared, with only minimal residual patches during certain periods.



Follow-up Highlights

- Scaling reduced significantly
- Itching disappeared
- Majority of plaques resolved
- No new lesions appeared
- Skin gradually returned to normal texture
- smoking gradually reduced and later stopped
- regular walking maintained
- stress levels improved

Outcome

- almost all psoriasis patches resolved
- only occasional mild dryness noted
- no relapse or flare-ups for **over 5 years**

Health-Related Quality of Life (HRQL)

The patient reported significant improvement in daily life.

Before treatment:

- discomfort due to visible skin lesions
- scaling and itching affecting routine activities

After treatment:

- skin almost normal
- no itching or active lesions
- improved confidence and comfort

The patient expressed satisfaction and happiness with the treatment outcome.

Discussion

Psoriasis is a chronic autoimmune skin disease requiring long-term management. Conventional therapies often provide symptomatic relief but do not necessarily prevent recurrence.

In this case, individualized homeopathic treatment addressed the patient's constitutional susceptibility and chronic disease pattern.

Lycopodium clavatum, a deep acting remedy known for chronic skin disorders, produced gradual yet sustained improvement.

The long-term follow-up showing absence of relapse highlights the potential role of homeopathy in achieving lasting remission.

Conclusion This case demonstrates that individualized homeopathic treatment can effectively manage long-standing plaque psoriasis.

The constitutional remedy **Lycopodium clavatum** produced significant clinical improvement, resolution of lesions, and sustained remission for several years.

The case highlights the importance of constitutional prescribing and long-term follow-up in chronic dermatological conditions.