



Original Research Article

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HOMEOPATHIC MANAGEMENT OF LONG-STANDING PSORIASIS AT DR BATRA'S

Dr Marylin Hazarika

Designation CHC, Guwahati branch

Dr Batra's Positive Health Clinic Pvt. Ltd., Qualification BHMS

Email id chc-guwahati@drbatras.com, Mobile 7399 044 554

Abstract

Psoriasis is a chronic, immune-mediated inflammatory skin disorder characterized by well-demarcated, erythematous plaques covered with silvery-white scales. Psoriasis significantly impacts quality of life due to persistent itching, cosmetic disfigurement, and associated psychosocial stress.

Homeopathy, with its individualized approach, aims to address both the local skin manifestations and the underlying constitutional susceptibility, thus offering a holistic management plan. This paper presents a detailed case study of a patient with a 15-year history of psoriasis, initially localized to the legs and later spreading extensively. The homeopathic prescription was based on totality of symptoms, demonstrated a steady reduction in lesion size, scaling, redness, and itching, with eventual stabilization and absence of new eruptions. Improvement was noted not only in skin condition but also in mental well-being and stress levels. The case highlights the effectiveness of individualized homeopathic treatment in managing chronic skin disorders at Dr Batra's

Keywords: Psoriasis, Homeopathy, Chronic skin disease, Constitutional remedy, Case study, Dr Batra's

Introduction

Psoriasis is a chronic, immune-mediated dermatological condition characterized by erythematous plaques with adherent silvery-white scales, typically affecting extensor surfaces, scalp, and trunk. It affects approximately 2–3% of the global population, with higher

prevalence in colder climates and lower rates near the equator (1,2). The disease has a genetic basis, with human leukocyte antigen (HLA)-Cw6 strongly associated with early-onset psoriasis (3).

Etiological factors include genetic predisposition, autoimmune mechanisms involving T-helper (Th1 and Th17) cells, and environmental triggers such as infections, stress, certain medications, alcohol, and climate changes (4,5). Common signs and symptoms include sharply demarcated red plaques with silvery scales, itching, burning, and, in some cases, nail pitting or onycholysis. Auspitz sign, characterized by pinpoint bleeding upon scale removal, is a classic diagnostic feature (6).

Complications of psoriasis extend beyond the skin, with psoriatic arthritis, metabolic syndrome, cardiovascular disease, and psychosocial distress being notable associations (7,8). The chronic relapsing-remitting nature of the disease necessitates long-term management strategies.

Case Profile

41 years female presents with a chronic history of psoriasis since 2010, initially affecting the legs with dry, scaly lesions, which remained intermittently controlled with medication until an abrupt generalized spread occurred about six months ago. Current physical complaints include persistent dry, scaly red patches, predominantly on the legs, with intermittent itching of moderate intensity, sometimes aggravated in the evening and night. Scaling is described as fine and powdery, with episodes of mild redness and occasional hyperpigmentation, but without cracks, swelling, or nail involvement. Over the course of follow-up, the thickness and size of lesions have reduced significantly, from larger plaques to minute patches of 1–2 mm diameter, and no Auspitz sign is presently observed. The scalp shows mild flaky dandruff with reduced scaling and itching. Skin dryness persists, necessitating frequent application of moisturizers and oils. Overall, the lesions are under control, with no new patches in recent months, though mild residual itching and scaling continue.

Physical Generals

Diet: Regular; includes flax seeds, eggs, fish, green vegetables, fruits, dry fruits; avoids red meat, processed food, and refined flour.

Appetite: Good.

Desire: Likes eggs, fish, green vegetables.

Aversion: Red meat, processed food, white flour.

Thermal Reaction: Moderately hot; prefers cool environment

Thirst: Normal.

Stools: Normal; regular.

Urine: Normal; no complaints.

Perspiration: Normal; no abnormal odor or staining.

Sleep: Refreshing; no difficulty falling asleep.

Dreams: Not specified; likely unremarkable.

Examination

Skin: Multiple erythematous patches with fine, powdery scaling, predominantly on both legs. Mild redness present. Lesions have reduced in size to 1–2 mm diameter. No cracks or thickening.

Scalp: Mild flaky dandruff with reduced scaling and itching.

Eyes: History of mild itching and dryness bilaterally (controlled at present).

Woods Lamp Examination: Red fluorescence observed over affected areas with fine white scaling.

Mental Generals –

The patient is a homemaker living in a nuclear family with her husband, who works in the defense sector, and two sons. She shares a healthy and cordial relationship with her in-laws and has a very caring and supportive husband. However, she reports occasional feelings of anger when her husband fails to understand her concerns, during which she expresses her displeasure openly and does not harbor resentment for long.

She describes herself as generally responsible, dedicating most of her day to household and family duties. Despite this, she sometimes experiences sadness, particularly when she feels she might have to shoulder the responsibility of caring for her children alone. Her main source of stress is related to her skin condition, which causes itching, discomfort, and limitations in clothing choices, leading to feelings of self-consciousness and social discomfort.

There is no history of significant stress, trauma, or hardship during childhood; she recalls her upbringing as carefree and happy. She is hopeful about her recovery, and recent improvement in symptoms has positively influenced her mood. She is not overly anxious but does admit to mild emotional fluctuations in response to her health condition. Overall, she appears mentally resilient, adaptive, and optimistic, with occasional transient emotional disturbances linked to her illness.

Past History

History of *Pemphigus* at the age of 6 years, treated with medication for approximately 2 years.

History of five pregnancies: two living children, two miscarriages, and one induced abortion.

Family History

Father: History of stroke.

Mother: History of hypertension.

No known family history of psoriasis, other autoimmune skin conditions, or other major chronic illnesses.

Case analysis

Reportorial totality

Mind – Anxiety – health, about

Mind – Anger – easily

Skin – Eruptions – scales

Skin – Eruptions – red

Skin – Dry

Skin – Itching

Generalities – Food and drinks – meat – aversion

Generalities – Food and drinks – fish – desire

Generalities – Warmth – aggravates

Repertory screenshot

Remedy Name	P ¹⁰⁰	L ¹⁰	F ¹²	H ¹²	M ¹¹	D ¹¹	C ¹⁰	A ¹⁰	S ¹⁰
Totality	14	14	12	12	11	11	10	10	10
Symptom Covered	4	4	5	4	7	5	4	5	5
[C] [Mind]Anxiety Health, about:	2	2	2	1	1	1	1	1	1
[C] [Mind]Ailments from Anger, vexation:	2	2	2	2	1	2		2	3
[C] [Skin]Eruptions: Desquamating Scales, white:		1			1			1	
[C] [Skin]Eruptions: Blotches Red:	1				1		1		
[C] [Skin]Dry:	3	3	2	2	2	3	2	3	2
[C] [Skin]Itching:	2	3	3	3	3	2	3	3	3
[C] [Generalities]Food and drinks: Meat: Aversion: Scrap meat:									
[C] [Generalities]Food and drinks: Meat: Aversion: Fat meat:	1						2		
[KT] [Stomach]Desires: Fish:	1			2					
[C] [Generalities]Pain: General: Warmth amel.:									
[C] [Generalities]Heat: Vital, lack of: Warmth agg.:	2	3	4	2	2	3	1		1

Selection of Remedy

Constitutional

- **Remedy name:** Arsenicum album
- **Remedy potency:** 30C
- **Remedy dose:** 2–3 pills, once to thrice daily (as adjusted during follow-ups)
- **Remedy reasons:** Chosen on the basis of totality of symptoms—chronic dry, scaly, erythematous skin eruptions with itching worse at night and evening, marked dryness, mental traits of anxiety about health, and easy anger. General modalities such as aggravation from warmth, aversion to meat, and desire for fish matched the constitutional picture.

Acute

- **Remedy name:** Natrum sulphuricum / Kali phosphoricum
- **Remedy potency:** 6X
- **Remedy dose:** 2–1 tablets daily or twice daily as indicated
- **Remedy reasons:** Prescribed to manage acute flare-ups and address associated symptoms—Natrum sulphuricum for skin dryness and hepatic support, and Kali phosphoricum for mental fatigue and stress during active skin inflammation—without disturbing the constitutional remedy's action.

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Mind – Anxiety – health, about	✓			
Mind – Anger – easily	✓			
Skin – Eruptions – scales	✓	✓		
Skin – Eruptions – red	✓	✓		
Skin – Dry	✓			
Skin – Itching	✓	✓		
Generalities – Food and drinks – meat – aversion	✓			
Generalities – Food and drinks – fish – desire		✓		
Generalities – Warmth – aggravates	✓			

Materials and Methods

Complete repertory was used for Repertorization

Results

Month	Progress	Prescription
1st month (Feb 2025)	Initial presentation with multiple dry, scaly lesions and redness; itching of moderate intensity; Auspitz sign present. Lesions on legs and generalized spread.	Calcarea carbonica 200C – 2 doses, twice weekly (first 2 days) + Saccharum lactis – 2 doses, twice weekly (first week) + Arsenicum album 30C – 2 doses, once daily
2nd month (Mar 2025)	Itching and scaling mildly better; intensity of itching reduced; redness mild; no new patches; scaling powdery; no discharge; sleep restful.	Arsenicum album 30C – 2 doses, twice daily + Saccharum lactis – 2 doses, twice weekly
3rd month (Apr 2025)	Scalp scaling reduced to flaky dandruff; itching reduced; redness present but scaling mild; lesion size reduced to 1-2 mm; Auspitz absent.	Arsenicum album 30C – 2 doses, twice daily + Kali phosphoricum 6X – 1 dose at bedtime daily

4th month (May 2025)	New flare-ups controlled; itching and redness increased briefly then reduced; mild dryness of eyes; skin dry with fine scaling; hyperpigmented patches on legs.	Arsenicum album 30C – 3 doses, thrice daily + Kali phosphoricum 6X – 1 dose at bedtime daily
5th month (Jun 2025)	No new patches; red tiny patches with scaling; no Auspitz sign; moderate itching causing difficulty in concentration; mental state improved.	Arsenicum album 30C – 3 doses, thrice daily + Natrum sulphuricum 6X – 2 doses, twice daily
6th month (Jul 2025)	Patches controlled; itching mild in both legs; mild scaling; no cracks, thickness, or Auspitz sign; continued improvement.	Arsenicum album 30C – 3 doses, thrice daily + Natrum sulphuricum 6X – 2 doses, twice daily

Discussion & Conclusion

Conclusion

The patient presented with a long-standing history of psoriasis, initially localized to the legs but progressing to generalized involvement in recent months. Skin lesions were characterized by dryness, fine scaling, erythema, and intermittent itching, with evening and night aggravations. The chronicity of the condition and its cosmetic implications had led to mild emotional distress, feelings of self-consciousness, and occasional mood fluctuations, though overall mental resilience was maintained.

On examination, patches showed varying degrees of redness and scaling, with earlier presence of Auspitz sign later becoming absent as treatment progressed. Scalp involvement was mild, with flaky dandruff and reduced itching over time. There was no nail pathology, and systemic examination was unremarkable. Woods lamp evaluation consistently revealed red fluorescence in affected areas, with gradual reduction in scaling and lesion size.

Over the follow-up period, there was steady improvement in both the objective skin findings and the patient's subjective sense of well-being. Lesions reduced from larger plaques to minute patches, itching lessened in frequency and intensity, and no new patches were observed in later stages. Mental stress diminished in parallel with visible skin recovery, leading to improved confidence and a more optimistic outlook.

This case demonstrates the progressive control of a chronic dermatological condition through consistent treatment, lifestyle modifications, and supportive care. The gradual reduction in lesion size, disappearance of Auspitz sign, control of itching, and absence of

new eruptions over several months indicate a clear movement towards long-term remission and improved quality of life.

The transformation



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