



Original Research Article

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## STRESS-INDUCED PSORIASIS TREATED AT DR. BATRA'S

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### Abstract

Psoriasis is a chronic autoimmune skin condition marked by red, scaly, itchy patches and can also involve joint pain. It affects millions worldwide and is often triggered or worsened by emotional stress. This paper highlight a 30 years old Australian female who consulted at Dr Batra's, for her physical symptoms and deep emotional trauma. The patient experienced significant relief in itching, joint pain, and visible skin healing. Alongside physical recovery, she regained emotional strength and confidence. Homeopathy at Dr Batra's helped restore her overall well-being.

### Keywords:

Psoriasis, Homeopathy, Dr Batra's

### Introduction

Psoriasis is a chronic, non-contagious autoimmune skin disorder that accelerates the life cycle of skin cells, leading to thick, red, scaly patches. It commonly affects the scalp, elbows, knees, back, and can sometimes involve the face and joints. The exact cause is unknown, but genetic predisposition, immune system dysfunction, stress, infections, and certain foods or medications can trigger or worsen the condition.

Symptoms include red patches of skin covered with silvery scales, itching, burning, and soreness. In some cases, patients may also develop psoriatic arthritis, leading to joint pain, stiffness, and swelling. Psoriasis can be emotionally distressing and may significantly impact quality of life.

Complications can include skin infections, social withdrawal, depression, and an increased risk of other autoimmune disorders. Early diagnosis and holistic treatment are key to managing the disease effectively.

### **Case Profile**

A 30-year-old Australian female suffering from psoriasis for the past 14 years, having developed the condition at the age of 16. Initially, the disease presented as a single patch but gradually progressed to involve the entire body, including the face. She experiences intense redness, itching, burning, and pain in the affected areas, along with the recent onset of joint pain, especially in the knees and elbows.

There is no family history of psoriasis, indicating a non-genetic onset. Her medical history reveals a past episode of dengue fever. She has taken multiple allopathic treatments in the past without long-lasting relief and is currently under homeopathic care. Despite treatment, her condition has worsened in the last 2–3 months, particularly after a recent breakup, which has left her emotionally disturbed and sad.

From childhood, she has experienced significant emotional stress, feeling neglected as a middle child and having dealt with a dominating hostel friend and a lack of supportive relationships. She has identified certain food items—such as hot chocolate, fish, and red meat—as aggravating factors and avoids them accordingly.

Her case indicates a strong link between emotional turmoil and the aggravation of her skin condition, making her an ideal candidate for holistic homeopathic intervention that addresses both the physical and emotional roots of her illness.

### **Physical Generals**

Diet	<b>Nonveg</b>
Appetite	<b>Good</b>
Desire	<b>Fried Rice, Chicken Rice, Curries, Pizza, Savoury, Spicy</b>
Aversion	<b>NS</b>
Thermal Reaction	<b>Hot</b>
Thirst	<b>Decreased 500ml – 1lit/day</b>
Stools	<b>Sometimes constipated</b>

Urine	<b>Normal</b>
Perspiration	<b>Normal N.O., N.S.</b>
Sleep	<b>Disturbed</b>
Dreams	<b>N.s</b>

### **Examination**

Online consultation

### **Mental Generals –**

Since childhood, she grew up as the middle of three siblings and often felt ignored and uncared for by her family. She lacked emotional attention and support during her formative years.

Later, when she moved to a hostel for her studies, her only roommate and friend began mentally abusing and dominating her. She felt constantly suppressed, unable to form new friendships, and deeply isolated. Their friendship eventually broke, and soon after, her psoriasis symptoms began to appear.

Even after the onset of the disease, her family remained indifferent, further deepening her sense of being forsaken and unloved. Adding to her emotional burden, her boyfriend ended their relationship three years ago, leaving her heartbroken and emotionally vulnerable.

### **Past History**

Dengue fever

### **Family History**

N.S.

### **Case analysis** Reportorial totality

Repertory used	Rubrics selected
	Mind – Forsaken feeling Mind – Sadness, mental depression Mind – Ailments from disappointment in love Mind – Ailments from domination

<b>Kent Repertory</b>	Mind – Abused, ailments after being Mind – Suppressed, feelings – ailments from Skin – Eruptions – Psoriasis Skin – Eruptions – Scaling Skin – Eruptions – Itching – burning Extremities – Pain – Joints – Rheumatic – knees and elbows Generals – Food and drinks – meat – aggravates Generals – Food and drinks – chocolate – aggravates
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### Repertory screenshot

Remedy Name	Sep	Ips	Puls	Kali-br	Nak-m	Chia	Kali-p	Lach	Pb-ac
<b>Totality</b>	8	8	7	7	7	6	6	6	6
<b>Symptom Covered</b>	4	3	4	3	3	3	3	3	3
[C] [Mind]Delusions, imaginations:Deserted, forsaken:			1	2		1		1	
[C] [Mind]Sadness, despondency, depression, melancholy:	3	3	3	3	3	3	3	3	2
[C] [Mind]Ailments from:Love:Disappointed, unhappy:	1	4			3		2	2	3
[C] [Mind]Ailments from:Domination by others, a long history of:	1								
[C] [Mind]Delusions, imaginations:Abused, being:		1							
[C] [Skin]Eruptions:Psoriasis:	3		2	2	1	2	1		1
[PH] [Phatak A-Z]Food drinks (Agg. _Amel.):Chocolate Agg.:			1						

### Selection of Remedy

Constitutional Remedy:

Sepia 200 – 2 doses

*Indicated based on constitutional analysis including hormonal imbalance, indifference, weeping tendency, and aggravation from consolation.*

Acute Remedy:

Iris versicolor 6C – 2 doses

*Selected for irregular patches of psoriasis with shining scales.*

Intercurrent Remedy:

Psorinum 200 – 2 doses (administered in the 1st week)

*Prescribed due to strong miasmatic background, feelings of despair, hopelessness, and "forsaken" sensation – especially the rubric: "Despair of recovery, hopeless feeling, left alone feeling".*

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Forsaken feeling, sadness, depression	✓			✓
Ailments from disappointment in love	✓		✓	
Ailments from domination, abuse, suppression		✓	✓	✓
Eruptions – Psoriasis with scaling and itching + burning		✓	✓	✓
Joint pains – Rheumatic (knees and elbows)		✓	✓	
Food aggravation – meat, chocolate	✓			✓

**Results**

Month	Progress	Prescription
<b>1st Month</b>	Initial eruptions subsided; later worsened with bleeding and itching after eating cheese.	<b>Sepia 200C</b> 2 doses <b>Iris Versicolor 6C</b> 2 doses Psorinum 200 1 <sup>st</sup> week
<b>2nd Month</b>	Allergies identified; itching controlled; mind calmer.	<b>Sepia 200C</b> 2 doses <b>Iris Versicolor 6C</b> 2 doses Psorinum 200 1 <sup>st</sup> week
<b>3rd Month</b>	Redness reduced; skin smoother; mental state improving.	<b>Sepia 200C</b> 2 doses <b>Iris Versicolor 6C</b> 2 doses Psorinum 200 1 <sup>st</sup> week
<b>4th Month</b>	Significant relief in itching and joint pain; emotional positivity noticeable.	<b>Sepia 200C</b> 2 doses <b>Iris Versicolor 6C</b> 2 doses Psorinum 200 1 <sup>st</sup> week
<b>5th Month</b>	Skin almost clear; minimal symptoms; feels hopeful and emotionally stronger.	<b>Sepia 200C</b> 2 doses <b>Iris Versicolor 6C</b> 2 doses Psorinum 200 1 <sup>st</sup> week

## Discussion & Conclusion

This case reflects the deep connection between emotional health and chronic skin conditions like psoriasis. The patient, a 30-year-old woman, had been struggling with psoriasis for over a decade, which gradually worsened to cover her entire body and was accompanied by joint pain. Despite years of allopathic treatment, the relief was only temporary. Her emotional history revealed years of neglect, mental abuse, isolation, and a significant heartbreak—highlighting a clear link between emotional distress and physical flare-ups. When she began homeopathic treatment at Dr Batra's, the focus was not only on her skin symptoms but also on her unresolved emotional trauma. Over a period of five months, she showed remarkable improvement. Her skin lesions reduced, the itching and redness subsided, and her joint discomfort eased. More importantly, her mental state became more balanced—she began feeling hopeful, emotionally stronger, and more confident. This case emphasizes that with the right individualized approach, homeopathy can bring about profound healing by addressing both the emotional and physical layers of a chronic disease.

## The transformation



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