



Original Research Article

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**INDIVIDUALIZED HOMOEOPATHIC MANAGEMENT OF CHRONIC PLAQUE PSORIASIS
WITH SEVERE PRURITUS: A CASE REPORT AT DR BATRA'S**

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Abstract

Background

Psoriasis is a chronic immune-mediated inflammatory skin disease characterized by erythematous scaly plaques, itching, and recurrent relapses. Emotional stress, unresolved grief, and long-standing interpersonal conflicts are recognized triggers that may influence disease activity.

Case Summary

A 67-year-old female presented with biopsy-confirmed psoriasis since 2020. The disease initially began on the scalp and gradually spread to multiple body regions. Severe itching, scaling, erythema, and sleep disturbance significantly affected her quality of life. The patient had a history of prolonged emotional stress, family conflicts, caregiving burden for a disabled daughter, and suppressed grief. Individualized homoeopathic treatment was prescribed based on the totality of symptoms.

Intervention

Ignatia amara was selected as the constitutional remedy considering the patient's silent grief, emotional suppression, sensitivity, and long-standing disappointments. Mezereum was prescribed as an acute remedy for severe itching and psoriatic lesions. Regular moisturization was advised.

Outcome

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Within four months, significant improvement was observed in itching, erythema, scaling, scalp involvement, and overall lesion severity. Sleep quality improved and the patient reported marked improvement in quality of life.

Keywords: Psoriasis, Chronic Plaque Psoriasis, Homoeopathy, Ignatia, Mezereum, Emotional Stress

Introduction

Psoriasis is a chronic inflammatory dermatosis characterized by hyperproliferation of keratinocytes and immune dysregulation. The disease often follows a relapsing-remitting course and may be aggravated by psychological stress, emotional trauma, infections, and environmental triggers.

This case highlights substantial improvement in chronic psoriasis following individualized homoeopathic treatment in a patient with significant psychosocial stressors and longstanding emotional suppression.

Patient Information

Parameter	Details
Age	67 Years
Gender	Female
Occupation	Homemaker
Diagnosis	Chronic Plaque Psoriasis
Duration	Since 2020
Co-morbidity	Hypertension
Family History	Similar skin disease present in family

Chief Complaints

- Psoriasis since 2020.
- Started on scalp and gradually spread.

- Multiple erythematous scaly lesions.
 - Severe itching.
 - Scaling.
 - Pricking and burning sensation.
 - Sleep disturbance due to itching.
 - Emotional distress because of skin condition.
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History of Present Illness

The disease began on the scalp in 2020. A skin biopsy confirmed psoriasis. The patient initially received conventional treatment for 2–3 months followed by homoeopathic treatment, which was interrupted during the COVID pandemic. Subsequently she pursued Ayurvedic treatment with partial relief.

At presentation:

- Multiple psoriatic plaques were present.
 - Severe itching was disturbing sleep.
 - Extensive scaling and erythema were noted.
 - Patient reported that itching was so intense that she felt like scratching with a knife.
 - Vaseline was the only topical application being used.
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Past History

- Bilateral knee replacement surgery (2014).
 - Hypertension for 1–2 years on regular medication.
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Family History

- Positive family history of similar skin disease.

Personal History

Parameter	Findings
Appetite	Normal
Craving	Curd
Thirst	Normal
Thermals	Hot
Sleep	Disturbed
Menopausal Status	Post-menopausal

Mental and Emotional Profile

The patient revealed a history of profound emotional struggles.

Significant Life Events

- Strict and dominating mother-in-law.
- Dominating husband.
- Years of emotional suppression after marriage.
- Caregiver burden for a daughter disabled due to polio.
- Separation from extended family due to conflicts.
- Death of mother 28 years ago.
- Emotional distress when son moved abroad.

Personality Traits

- Courageous.
- Strong sense of responsibility.
- Dominating personality.
- Easily makes friends.
- Sensitive to criticism.
- Feels undervalued despite lifelong sacrifices.

- Does not cry publicly.
- Prefers to weep in solitude.
- Feels relieved after weeping.
- Fearless and confident externally.

Emotional Themes

- Silent grief.
- Suppressed emotions.
- Disappointment.
- Feeling unrecognized.
- Sense of sacrifice without appreciation.

Physical Generals

Parameter	Findings
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Appetite	Normal
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Desire	Curd
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Aversion	Nothing specific
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Thermals	Hot
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Sleep	Disturbed
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Perspiration	Normal
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Clinical Findings

Baseline

- Multiple erythematous plaques.
- Extensive scaling.
- Severe itching.
- Scalp involvement.

- Sleep disturbance.
 - Significant impact on daily activities.
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Totality of Symptoms

Mental Generals

- Silent grief.
- Suppressed emotions.
- Sensitive to blame.
- Weeps alone.
- Feels unappreciated.
- Long history of emotional disappointments.
- Strong sense of duty.

Physical Generals

- Hot patient.
- Desire for curd.
- Disturbed sleep.

Particular Symptoms

- Psoriasis.
 - Severe itching.
 - Scaling.
 - Erythema.
 - Scalp involvement.
 - Pricking pain.
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Repertorial Analysis

Important rubrics considered:

- Mind – Grief, ailments from.
- Mind – Weeping alone.

- Mind – Responsibility, increased sense of.
- Mind – Sensitive to reprimands.
- Skin – Eruptions, psoriasis.
- Skin – Itching, intense.
- Skin – Scaling.

Remedy Selection

Constitutional Remedy: Ignatia amara

Acute Remedy: Mezereum

Remedies	puia.	lyc.	ign.	nat-m.	carc.	lach.	phos.	spong.	duic.	aur-m-s.	con.	cupr.	lit-t.	med.	merc.	nat-a.	plat.	sulph.	arg.	aur.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Symptoms Covered	4	3	3	3	3	3	3	3	2	2	2	2	2	2	2	2	2	2	2	2
Intensity	5	5	4	4	3	3	3	3	4	3	3	3	3	3	3	3	3	3	2	2
Result	4/5	3/5	3/4	3/4	3/3	3/3	3/3	3/3	2/4	2/3	2/3	2/3	2/3	2/3	2/3	2/3	2/3	2/3	2/2	2/2
Clipboard 1																				
MIND - COURAGEOUS	2		2		1	1	1	1	2						1		1	1		
MIND - WEeping - alone, when	1	1	1	2				1		2	1									
MIND - RESPONSIBILITY - taking responsibility too seriously	1	1	1	1	1	1	1					1	2	1		2			1	1
MIND - DICTATORIAL	1	3		1	1	1	1	1	2	1	1	2	1	2	2	1	2	2	1	1



Follow-Up Timeline

Date	Clinical Findings
Jan 2026	Severe itching, scaling, erythema
Feb 2026	Itching slightly improved, scaling reduced
Mar 2026	Better compared to baseline photographs, scalp scaling fluctuating
Apr 2026	Significant reduction in itching, erythema and scaling
Apr 2026 (Late)	Most skin lesions visibly improved
May 2026	No itching, skin much better, insomnia persists
Jun 2026	Marked overall improvement; only mild scalp and leg scaling remains

Outcome Assessment

Parameter	Baseline	Final Follow-Up
Itching	Severe	Minimal
Scaling	Severe	Mild
Erythema	Marked	Minimal
Scalp Involvement	Severe	Mild
Sleep Disturbance	Present	Improved
Quality of Life	Poor	Significantly Improved

Health-Related Quality of Life (HRQL)

Before Treatment

- Constant itching.
- Sleep disturbance.
- Emotional distress.
- Difficulty relaxing.

- Reduced comfort in daily life.

After Treatment

- Marked reduction in itching.
 - Better sleep.
 - Improved emotional well-being.
 - Comfortable daily functioning.
 - Increased confidence regarding skin condition.
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Discussion

This case demonstrates the importance of understanding the emotional background in chronic psoriasis. The patient exhibited several characteristic features including silent grief, emotional suppression, sensitivity to criticism, and a prolonged history of caregiving stress.

The selected constitutional remedy, Ignatia amara, corresponded closely with the patient's emotional state, while Mezereum addressed the acute dermatological manifestations. Improvement occurred not only in lesion severity but also in overall well-being and sleep quality.

Conclusion

A 67-year-old female with chronic plaque psoriasis of five years' duration demonstrated substantial clinical improvement within four months of individualized homoeopathic treatment. Significant reductions in itching, erythema, scaling, and scalp involvement were observed, along with notable improvement in quality of life.

Patient Testimonial

"For years I suffered from severe itching and scaling. The itching was so intense that I felt like scratching my skin with a knife. Gradually the itching reduced, the scaling improved, and now I can sleep much better. I feel more comfortable and hopeful than before."