



Original Research Article

Volume 15 Issue 06

June 2026

MANAGEMENT OF CHRONIC ERYTHRODERMIC PSORIASIS WITH STEROID DEPENDENCY – A CASE REPORT AT DR BATRA'S HOMOEOPATHY

Dr Shweta Bhaskar

Amritsar

Dr Batra's Positive Health Clinic

Abstract

Psoriasis is a chronic immune-mediated inflammatory dermatosis characterized by erythematous plaques, scaling, itching, and recurrent relapses. Erythrodermic psoriasis is a severe and potentially life-threatening variant involving generalized erythema and scaling over large body surface areas. Long-term use of systemic steroids and antihistamines often leads to dependency and incomplete disease control.

This case report describes a 70-year-old female suffering from psoriasis for 25 years, with extensive skin involvement, severe itching, burning, oedema, scaling, and prolonged steroid dependence. Individualized homeopathic treatment based on the totality of physical and mental symptoms resulted in reduction of erythema, itching, burning, oedema, oozing, and improved quality of life while facilitating gradual reduction of conventional medications.

Keywords: Psoriasis, Erythrodermic Psoriasis, Homeopathy, Steroid Dependency, Chronic Dermatitis, Dr Batra's Homeopathy.

Introduction

Psoriasis affects approximately 2–3% of the global population and is characterized by dysregulated immune responses involving T-helper cells and inflammatory cytokines. Erythrodermic psoriasis is one of the most severe forms and presents with generalized erythema, scaling, intense itching, burning sensations, and systemic complications.

Patients often remain dependent on corticosteroids, antihistamines, and immunosuppressive therapies for years. Homeopathy aims to address the individual

susceptibility of the patient and may offer a complementary therapeutic approach in chronic relapsing conditions.

Case Presentation

Patient Information

- Age/Gender: 70-year-old female
- Diagnosis: Erythrodermic Psoriasis
- Duration: 25 years
- Associated illnesses:
 - Type 2 Diabetes Mellitus
 - Hypertension
 - Chronic constipation
 - Hyperacidity

History of Present Illness

The patient reported onset of skin lesions in the year 2000, beginning over the abdomen and gradually spreading to involve almost the entire body including the face.

For 25 years she remained on continuous conventional treatment including:

- Steroids
- Antihistamines
- Levocetirizine
- Montelukast
- NSAIDs

Despite treatment, facial erythema, itching, burning, scaling, and recurrent exacerbations persisted.

At presentation:

- Generalized erythema involving approximately 70–80% body surface area
- Severe itching
- Burning sensation
- Oozing lesions

- Scalp scaling
- Cracks behind ears
- Non-pitting oedema of upper and lower limbs
- Morning aggravation
- Rain aggravation
- Aggravation after getting wet

Family History

- Mother – Asthma
- Daughter – Allergic Rhinitis
- Son – Allergic Rhinitis
- Granddaughter – Allergic Rhinitis

Physical Generals

- Appetite reduced
- Eats twice daily
- Desire for sweets
- Thirst low (3–4 glasses/day)
- Profuse perspiration
- Sleep 6–7 hours
- Dreams of dead people
- Fear of darkness
- Fear of water

Mental Generals

- Suppressed emotions
- Introverted
- Oversensitive
- Emotional
- Weeping tendency
- Religious disposition

- Likes devotional music and Sufi songs
- Anxiety regarding health
- Fear something bad may happen
- Strong internal grief
- Feels neglected by son and daughter-in-law
- Prefers solitude
- Cries alone
- Unable to express emotions

Clinical Examination

Baseline Findings

- Diffuse erythema
- Generalized scaling
- Severe itching and burning
- Oozing scalp lesions
- Fissures behind ears
- Swelling of limbs
- Warm skin on touch
- Steroid dependence

Blood Pressure:

- 217/117 mmHg

Totality of Symptoms

Mental

- Suppressed emotions
- Silent grief
- Weeping alone
- Solitary disposition
- Anxiety regarding health
- Oversensitivity

Physical

- Desire sweets
- Thirstless
- Profuse perspiration
- Burning skin lesions
- Severe itching
- Rain aggravation
- Worse after getting wet
- Dreams of dead people

Prescription

Constitutional Remedy

Natrum Muriaticum

Selected based on:

- Suppressed grief
- Reserved nature
- Emotional sensitivity
- Solitary disposition
- Desire for sweets
- Inability to express emotions

Acute Support

Myristica Sebifera

Used for management of acute inflammatory skin manifestations and severe itching.

Intercurrent

Echinacea

Prescribed as supportive intercurrent remedy.

Follow-Up

March 2026

- Facial redness reduced

- Burning reduced
- Itching reduced
- One residual rash over right hand

April 2026

- No new lesions
- Swelling reduced
- Itching significantly reduced
- Patient stable

May 2026

- Generalized erythema reduced
- Scratching frequency reduced
- Oozing reduced
- Improved skin comfort

June 2026

- Itching improved by approximately 5–10%
- Oozing from scalp markedly reduced
- Cracks on wrists reduced
- Limb swelling absent
- Better overall comfort

Outcome Assessment

Clinical Improvement

Parameter	Baseline	Follow-up
Facial erythema	Severe	Reduced
Burning	Severe	Reduced
Itching	Severe	Reduced
Oozing	Present	Minimal

Parameter	Baseline	Follow-up
Limb oedema	Present	Absent
Scaling	Extensive	Reduced
Quality of life	Poor	Improved



Discussion

This case demonstrates the role of individualized homeopathic treatment in a chronic, severe case of erythrodermic psoriasis with long-standing steroid dependency. The patient's presentation reflected significant emotional suppression, grief, social withdrawal, and anxiety, which formed an important component of remedy selection.

Improvement was observed not only in cutaneous symptoms but also in systemic manifestations such as oedema, sleep quality, and overall wellbeing. The gradual reduction in inflammatory activity without disease progression suggests a positive therapeutic response.

Although a single case cannot establish efficacy, it highlights the potential role of individualized homeopathy as an adjunctive approach in chronic inflammatory dermatoses.

Conclusion

A 70-year-old female with 25-year history of erythrodermic psoriasis and long-term steroid dependency demonstrated clinically significant improvement following individualized homeopathic treatment at Dr Batra's®. Reduction in erythema, itching, burning, oedema, and oozing lesions was observed, along with improvement in quality of life.

Further controlled studies are required to evaluate the role of homeopathy in severe psoriasis and steroid-dependent dermatological disorders.

Patient Perspective

"For many years I depended on medicines but continued to suffer from itching, burning and redness. Gradually I noticed improvement in my skin, reduction in swelling and better comfort in daily life. I feel more hopeful now."

Declaration of Patient Consent

Appropriate informed consent was obtained from the patient for use of clinical information and photographs for academic and publication purposes while maintaining anonymity.

Conflict of Interest

None declared.

Funding

No external funding received.