



Original Research Article

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## COMPLETE CLINICAL REMISSION OF ERYTHRODERMIC PSORIASIS: A CASE REPORT FROM DR BATRA'S HOMEOPATHY CLINIC

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### Abstract

Erythrodermic psoriasis is a rare and severe form of psoriasis characterized by generalized erythema, extensive scaling, inflammation, and significant impairment of quality of life. The condition may be precipitated by emotional stress, systemic inflammation, or immune dysregulation and frequently requires intensive medical management. This case report describes a young male who developed generalized erythrodermic psoriasis involving almost the entire body surface area following a period of severe emotional stress. The disease was characterized by extensive redness, profuse scaling, severe dryness, itching, disturbed sleep, anxiety, and social discomfort. Individualized constitutional homeopathic treatment resulted in progressive reduction of erythema, scaling, dryness, itching, and complete healing of lesions without relapse during follow-up. This case documents a remarkable clinical transformation achieved at Dr Batra's Homeopathy Clinic.

**Keywords:** Erythrodermic Psoriasis, Generalized Psoriasis, Constitutional Homeopathy, Stress-Induced Psoriasis, Chronic Skin Disease

### Introduction

Erythrodermic psoriasis is one of the most severe variants of psoriasis and is characterized by widespread erythema, desquamation, scaling, inflammation, and systemic involvement. It

may involve more than 75–90% of the body surface area and can significantly impair physical and psychological well-being.

The condition is frequently associated with emotional stress, immune dysfunction, and environmental triggers. Conventional treatment often involves systemic immunosuppressants, biologics, corticosteroids, and intensive dermatological care.

Homeopathy approaches psoriasis through constitutional individualization, considering emotional triggers, personality traits, physical generals, and disease susceptibility.

This report describes successful constitutional homeopathic management of generalized erythrodermic psoriasis with complete clinical remission.

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### **Case Profile**

**Age:** Adult Male

**Occupation:** Logistics Professional, Genpact Gurgaon

**Diet:** Vegetarian

**Duration:** Since March 2025

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### **Chief Complaints**

#### **Erythrodermic Psoriasis Since March 2025**

- Generalized body involvement
  - Extensive erythema
  - Severe scaling
  - Profuse flaking
  - Marked dryness
  - Intense itching
  - Sleep disturbance due to itching
  - Progressive spread over entire body
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## **History of Present Illness**

The patient developed generalized skin lesions in March 2025. Initially the lesions appeared with excessive dryness and erythema, followed by extensive scaling and flaking involving almost the entire body.

The disease rapidly progressed into erythrodermic psoriasis characterized by severe redness, profuse scaling, generalized inflammation, and intense dryness. The patient had stopped using soaps for several months because of worsening irritation.

A significant emotional trigger preceded the onset of the disease. The patient experienced prolonged emotional stress related to a serious legal dispute involving his elder brother, who was imprisoned for approximately three months following a family conflict and legal case. The emotional burden of this event had a profound psychological impact and preceded the onset of skin symptoms.

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## **Detailed Mental Evolution**

The patient described a generally happy childhood and stable upbringing. He completed graduation in commerce and later obtained a master's degree in logistics. He reported good relationships with colleagues and satisfaction with his professional life.

However, a major emotional disturbance occurred when a family conflict escalated into a legal dispute. Following heated arguments among relatives, a police case was filed and his elder brother was jailed for several months. The patient experienced intense helplessness, anger, anxiety, and emotional distress during this period.

He admitted that he becomes irritated easily and is particularly sensitive to insults and humiliation. He strongly dislikes injustice and finds it difficult to tolerate situations in which he feels wrongly accused.

Another unresolved emotional event involved separation from a former girlfriend during graduation years. Although several years had passed, he continued to remember the event and acknowledged lingering emotional attachment.

A peculiar symptom was recurrent dreams of revenge, reflecting unresolved anger and emotional conflict.

## Characteristic Mental Symptoms

- Anxiety
- Loneliness
- Irritability
- Dwelling on past events
- Sensitive to insult
- Revengeful dreams
- Emotional stress from family conflict
- Brooding over disappointments

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## Physical Generals

### Parameter Findings

Appetite	Good
Diet	Vegetarian
Thirst	3 litres/day
Bowels	Regular
Sleep	Disturbed initially
Alcohol	Once every 15 days
Smoking	1-2 cigarettes/day

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## Homeopathic Analysis

### Mental Generals

- Anxiety after family stress
- Irritability
- Cannot tolerate insult

- Dwells on past grief
- Revengeful dreams
- Loneliness

### **Physical Generals**

- Increased thirst
- Good appetite
- Vegetarian
- Sleep disturbed from itching

### **Particular Symptoms**

- Generalized psoriasis
- Extensive erythema
- Scaling
- Flaking
- Dryness
- Itching

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### **Totality of Symptoms**

1. Mind – Anxiety from family problems
2. Mind – Irritability
3. Mind – Sensitive to insult
4. Mind – Dwells on past emotional events
5. Mind – Revengeful dreams
6. Skin – Psoriasis
7. Skin – Scaling
8. Skin – Flaking
9. Skin – Erythema

- 10. Skin – Dryness
- 11. Skin – Itching
- 12. Sleep disturbed from itching

**Miasmatic Assessment**

<b>Symptom</b>	<b>Psora Sycosis Syphilis</b>	
Scaling	✓	
Itching	✓	
Chronic inflammation	✓	✓
Extensive skin involvement	✓	✓
Erythroderma		✓
Relapsing tendency	✓	

**Predominant Miasm**

**Psoro-Syphilitic**

**Follow-Up Summary**

<b>Month</b>	<b>Clinical Status</b>
April 2025	Severe generalized erythema, scaling, dryness and itching
June 2025	Itching mild, dryness significantly reduced, anxiety improved
July 2025	Marked improvement in skin lesions, sleep improved
August 2025	Scaling minimal, erythema markedly reduced
September 2025	No new lesions, itching absent, anxiety significantly better

<b>Month</b>	<b>Clinical Status</b>
October 2025	Lesions healed throughout body, only post-inflammatory pigmentation remained
December 2025	Occasional minor scalp scaling, no relapse
January 2026	Only 1–2 residual lesions, no itching
March 2026	Complete healing of all lesions
May 2026	No active psoriasis, pigmentation resolving, stable remission maintained

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**Transformation Table**

<b>Parameter</b>	<b>Before Treatment</b>	<b>After Treatment</b>
Body Surface Involvement	Extensive	Cleared
Erythema	Severe	Absent
Scaling	Profuse	Absent
Flaking	Severe	Absent
Dryness	Severe	Resolved
Itching	Severe	Absent
Sleep	Disturbed	Refreshing
Anxiety	Significant	Improved
New Lesions	Progressive	None
Relapse	Frequent risk	No relapse
Quality of Life	Markedly affected	Restored



## Discussion

The present case represents a severe form of erythrodermic psoriasis triggered by intense emotional stress. The chronology strongly suggested a relationship between emotional trauma and disease onset. The patient's constitutional picture was dominated by irritability, sensitivity to insult, unresolved emotional conflict, anxiety, and brooding tendencies.

The disease manifested with extensive erythema, severe scaling, generalized dryness, and intense itching affecting almost the entire body surface. Such presentations frequently require aggressive conventional intervention because of the severity of inflammation and risk of complications.

Following constitutional homeopathic treatment, improvement occurred in a systematic manner. Anxiety and sleep improved first, followed by reduction in itching, erythema, scaling, and finally complete healing of lesions. No relapse was observed during prolonged follow-up.

The orderly improvement and long-term stability suggest that constitutional treatment addressed both the emotional trigger and the chronic inflammatory skin process. The absence of recurrence despite complete withdrawal of active lesions further supports the depth of improvement achieved.

## **Conclusion**

This case demonstrates successful constitutional homeopathic management of generalized erythrodermic psoriasis associated with severe emotional stress. Progressive reduction in erythema, scaling, itching, dryness, and complete healing of lesions were achieved with sustained remission and no relapse during follow-up. The case highlights the importance of constitutional individualization in severe dermatological disorders and documents a significant clinical transformation achieved at Dr Batra's Homeopathy Clinic.