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HOMEOPATHIC MANAGEMENT OF CHRONIC SCALP PSORIASIS: A LONG-TERM CASE REPORT FROM DR BATRA'S HOMEOPATHY CLINIC

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Abstract

Scalp psoriasis is a chronic immune-mediated inflammatory disorder characterized by erythematous plaques, adherent scales, itching, burning, and progressive scalp involvement that may significantly affect quality of life. The disease is often persistent and cosmetically distressing because of visible scaling and hair involvement. This case report presents a 27-year-old female suffering from scalp psoriasis since 2018 associated with thick adherent scales, flaking, burning, itching, and hair fall. The condition was further complicated by hypothyroidism and a significant emotional history involving parental loss and loneliness. Individualized constitutional homeopathic treatment resulted in progressive reduction in scaling, disappearance of itching and redness, reduction in plaque thickness, improvement in hair health, and gradual shedding of psoriatic scabs. The case documents a significant clinical transformation achieved at Dr Batra's Homeopathy Clinic.

Keywords:

Scalp Psoriasis, Psoriasis Capitis, Hypothyroidism, Homeopathy, Chronic Psoriasis, Natrum Muriaticum

Introduction

Psoriasis is a chronic immune-mediated inflammatory skin disease affecting approximately 2–3% of the population worldwide. Scalp involvement is among the most common manifestations and frequently presents with adherent silvery scales, erythema, itching, burning, discomfort, and cosmetic embarrassment.

Scalp psoriasis may significantly impair quality of life because of visible flakes, hair involvement, social discomfort, and chronic relapsing behavior. Conventional treatment generally includes topical corticosteroids, keratolytic agents, vitamin D analogues, and immunomodulatory therapies. However, recurrence remains common.

Homeopathy approaches psoriasis through individualized constitutional prescribing based upon mental characteristics, physical generals, disease susceptibility, and miasmatic background.

This report describes the successful long-term constitutional management of chronic scalp psoriasis at Dr Batra's Homeopathy Clinic.

Case Profile

Age: 27 Years

Gender: Female

Occupation: Graduate (B.Tech)

Residence: Lucknow, Uttar Pradesh

Chief Complaints

Scalp Psoriasis Since 2018

- Thick adherent scales over scalp
- Flaking
- Itching
- Burning sensation
- Sticky scales attached to hair shafts
- Hair sticking together due to scales

- Progressive scalp involvement

Hair Fall

- Present since 1 year
 - Associated with scalp lesions
 - Increased shedding during active disease
-

History of Present Illness

The patient developed scalp lesions in 2018 while pursuing B.Tech studies. The disease initially appeared over the frontal scalp and gradually extended to involve the vertex and temporal regions.

The lesions were characterized by thick adherent scales, flaking, burning sensation, itching, and accumulation of sticky scales attached to the hair shafts. During active phases, removal of scales occasionally resulted in discharge of sticky material from beneath the plaques.

The condition caused significant cosmetic concern. The patient frequently avoided social interaction because of visible scalp lesions and hair involvement.

No major family history of psoriasis or other skin diseases was present.

Long-term follow-up documented progressive reduction in scale thickness, disappearance of itching and redness, and eventual shedding of longstanding psoriatic scabs.

Associated Complaints

Hypothyroidism

Diagnosed in 2013.

Maintained on Thyronorm 75 mcg.

Hair Fall

Associated with scalp pathology.

Improved progressively during treatment.

Offensive Sticky Vaginal Discharge

Reported intermittently during case taking.

Past History

Pericardial Effusion (2017)

Hospitalized for 12 days.

Underwent cardiac surgery.

Received prolonged treatment following surgery.

Family History

Father: Throat carcinoma (expired in 2010)

Mother: Depression (expired in 2012)

One elder brother

No family history of psoriasis.

Detailed Mental Evolution

The patient experienced significant emotional loss during childhood and adolescence. Her father died from throat cancer in 2010 and her mother passed away in 2012 after suffering from depression. These losses profoundly affected her emotional development.

Since the death of her parents, she has lived primarily with her elder brother. Although she remains functional and academically successful, she reports persistent feelings of loneliness, especially when alone at home for extended periods.

She prefers solitude, has only a few close friends, and tends to internalize emotions rather than openly expressing them. Despite being confident academically and intellectually, she often dwells upon past emotional losses.

She was a good student, enjoyed mathematics, and completed B.Tech successfully. However, she avoids social gatherings because of embarrassment regarding her scalp condition.

A strong theme throughout the case was loneliness, grief, emotional isolation, and longing for parental support.

Physical Generals

| Parameter | Findings |
|-----------|----------|
|-----------|----------|

| | |
|----------|--------|
| Appetite | Normal |
|----------|--------|

| | |
|------|-------|
| Diet | Mixed |
|------|-------|

| | |
|--------|------------|
| Desire | Salty food |
|--------|------------|

| | |
|----------|-------------|
| Aversion | None marked |
|----------|-------------|

| | |
|--------|-----------|
| Thirst | Decreased |
|--------|-----------|

| | |
|----------|-------------|
| Thermals | Hot patient |
|----------|-------------|

| | |
|----------|----------------------------------|
| Covering | Likes covering despite hot state |
|----------|----------------------------------|

| | |
|-------|------------|
| Sleep | Refreshing |
|-------|------------|

| | |
|--------------|---------|
| Perspiration | Profuse |
|--------------|---------|

Clinical Examination

Initial Assessment

- Thick psoriatic plaques
 - Adherent scales
 - Flaking
 - Burning
 - Itching
 - Hair sticking together
 - Hair fall
 - Rough scalp texture
-

Homeopathic Analysis

Characteristic Mental Symptoms

- Loneliness

- Dwelling on past grief
- Emotional isolation
- Introverted nature
- Likes solitude
- Depression from parental loss

Characteristic Physical Generals

- Desire for salt
- Thirstlessness
- Hot patient
- Profuse perspiration

Particular Symptoms

- Scalp psoriasis
- Thick adherent scales
- Burning sensation
- Itching
- Hair fall
- Sticky scales attached to hair

Totality of Symptoms

1. Mind – Grief from parental loss
2. Mind – Loneliness
3. Mind – Desire for solitude
4. Mind – Dwells on past events
5. Generalities – Salt desire
6. Generalities – Thirstlessness
7. Generalities – Hot patient
8. Scalp – Psoriasis
9. Scalp – Thick scales

10. Scalp – Burning

11. Scalp – Hair fall

Remedy Selection

Constitutional Remedy

Natrum Muriaticum

Basis of Prescription

- Chronic grief
- Loneliness
- Emotional isolation
- Introverted disposition
- Desire for solitude
- Desire for salty food
- Long-standing scalp pathology

The constitutional picture corresponded closely with Natrum Muriaticum.

Intercurrent Remedy

Sulphur

Prescribed during active phases characterized by itching, burning, and chronic psoric manifestations.

Miasmatic Analysis

| Symptom | Psora | Sycosis | Syphilis |
|---------------|-------|---------|----------|
| Scaling | ✓ | | |
| Itching | ✓ | | |
| Chronicity | | ✓ | |
| Thick plaques | | ✓ | |

| Symptom | Psora Sycosis Syphilis |
|-----------------------|------------------------|
| Hair fall | ✓ |
| Long-standing disease | ✓ |

Predominant Miasm

Psoro-Sycotic

Follow-Up Highlights

August 2023

- Scaling slightly reduced
- Hair root pain reduced
- Hair Pull Test: 2 hairs/4 pulls
- Sticky scales persisted

September 2023

- No itching
- Roughness reduced
- Thickness reduced
- Hair fall decreased significantly

January–April 2024

- Flakes became thinner
- Redness disappeared
- No itching
- No pain
- Scaling reduced in thickness

August–November 2024

- Plaques reduced in size
- Flaking markedly reduced

- No burning
- No redness
- No itching

February–June 2026

- Vertex scab detached
- Temporal lesion significantly improved
- Burning minimal
- Itching absent
- Psoriatic scabs substantially reduced

Transformation Table

| Parameter | Before Treatment | After Treatment |
|------------------|-------------------------|------------------------|
| Scaling | Severe | Mild |
| Plaque Thickness | Marked | Significantly reduced |
| Itching | Persistent | Absent |
| Burning | Frequent | Minimal |
| Redness | Present | Absent |
| Hair Fall | Present | Stable/Improved |
| Sticky Scales | Severe | Markedly reduced |
| Scalp Texture | Rough | Improved |
| Psoriatic Scabs | Persistent | Detached/Reduced |
| Quality of Life | Affected | Improved |



Discussion

This case represents a chronic form of scalp psoriasis of approximately eight years' duration associated with hypothyroidism and significant emotional trauma. The disease was characterized by thick adherent scales, flaking, burning, itching, and progressive scalp involvement.

The most characteristic aspect of the case was the strong history of grief and loneliness following the loss of both parents at a young age. These emotional factors appeared deeply intertwined with the patient's constitutional susceptibility.

Natrum Muriaticum was selected based upon the characteristic combination of chronic grief, loneliness, emotional withdrawal, desire for solitude, salt craving, and long-standing scalp pathology.

A gradual and orderly improvement was observed throughout follow-up. Itching and redness disappeared first, followed by reduction in scale thickness, reduction in plaque size, and eventual shedding of longstanding psoriatic scabs. Hair health also improved as disease activity diminished.

The long-term follow-up demonstrates the value of individualized constitutional homeopathy in chronic scalp psoriasis and highlights the importance of addressing emotional and constitutional factors alongside local pathology.

Conclusion

This case demonstrates the successful constitutional homeopathic management of chronic scalp psoriasis associated with hypothyroidism and profound grief-related emotional factors. Significant reduction in scaling, plaque thickness, itching, burning, and scalp involvement was achieved over long-term follow-up, resulting in substantial clinical improvement and enhanced quality of life. The case documents a significant clinical transformation achieved at Dr Batra's Homeopathy Clinic.