



Review Article

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FIGHT OF PSORIASIS WITH HOMEOPATHY

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Abstract:

Psoriasis is an inflammatory skin condition that affects two to three per cent of the population. It can appear at any age, but mostly between the ages of 11 and 60. Psoriasis is an autoimmune disease, belonging to a group of conditions where the immune system is overactive and attacks its own cells and tissues. Normally skin cells are formed at the bottom of the outer layer of our skin. The cells go through a cycle of change, moving upwards through the layers to the surface of the skin where they die and are shed within a period of three to four weeks. In psoriasis this process is speeded up and cells can go through this cycle within three to four days. This causes thickening of the skin and its characteristic scaly appearance. Psoriasis affects mainly the skin and nails, but in six per cent of cases it is accompanied by inflammation of joints, affecting mainly fingers, toes and the spine and is called psoriatic arthritis.

Key words:

Case report, skin thickening, Homoeopathy, *Autoimmune disease*, *Lycopodium*

INTRODUCTION

The word psoriasis is derived from the Greek word psora, meaning itch, although in most cases the affected skin is not particularly itchy. But some patients do experience a lot of itching and sometimes the eruptions can be sore and painful, in particular when there are cracks present. Psoriasis can affect the whole body, including the scalp, but the face is often spared. There are different types psoriasis vulgaris, plaque psoriasis, appears in big patches of thickened skin usually with white/silvery scales on the elbows and knees, but also other parts of the body. When one finds lots of small scaly spots and patches the condition is called psoriasis guttate. This form often affects children and is frequently triggered by streptococcal throat infections and often disappears by itself within a few weeks or months. Psoriasis pustulosa, usually presents with little yellow pustules and affects the palms of the hands and soles of feet.

In up to 50 per cent of psoriasis patients, nails can also be affected. One can see small indentures in the nails or circular discolorations under the nails. In more severe cases the nails can thicken and separate from the underlying nail bed.

The causes of psoriasis are still not entirely clear, although in 30 per cent of patients there is a family history of the condition. Certain factors can trigger the onset of the skin eruptions including streptococcal throat infections, particular medicines and injury to the skin, and emotional factors, such as stress or situations of trauma, shock and bereavement. Those trigger factors can be important for the homeopathic practitioner as it might indicate which remedy might be appropriate for that particular person.

Due to its appearance, psoriasis can profoundly affect an individual, as people unfamiliar with the condition might think it is contagious. The sufferer may also have to endure adverse comments from others about their appearance, which can affect his or her quality of life immensely

There is a selection of conventional treatments on offer, starting with topical treatments, then phototherapy (light treatment) and then stronger, oral treatments. Topical treatments vary from simple emollients to moisturize the skin and alleviate itching, to salicylic acid - based creams, topical steroid creams of varying strength and tar preparations. Treatment

with various forms of ultraviolet light is also used, sometimes in combination with a medicine called Psoralen.

Many patients themselves notice the beneficial effect on their skin of ultraviolet light when their psoriasis improves with exposure to sunlight in the summer months. For severe psoriasis, oral medication can be used, often in addition to topical treatment. However, they can have side effects.

CASE STUDY

Miss RRL, 16 yrs of age was came to me in June 2012 for treatment of her lingering skin disease. It was too severe outbreak. The whole of her body severely affected. The scales was too much that it fallen with her every movement. Her skin complaints was started 4yrs back. It was cleared completely since. She had taken many treatments which improved things temporarily but it returned again and again. When I saw her she had itchy spots all over. She became sad and sleepless with it. She had frequent depressive episodes. She was not wanted to do the things and to go anywhere.

PRESENT COMPLAINTS:-

Sr no.	Location	Sensation	Modalities	Concomitants
1	Skin since 4yrs	Itching with eruptions- psoriatic	< evening < warmth of bed > cold application	-----
2	GIT- rectum -	Inactivity No urge to pass stool	-----	-----
3	General- mind	Taciturn Melancholic- Aversion to work		

PAST HISTORY:- similar episodes in past

FAMILY HISTORY:- Mother- Lumbar spondylisis

Father – DM, HTN

PERSONAL HISTORY:- the following positive symptoms was noted

Appetite- Reduced

Aversion -fish

Desire -sweets

Bowels- constipation, no urge to pass stool, only straining with little soft stool

Sleep disturbed due to sufferings

Thermals - Towards hot

Menstrual history- menarche at 13yrs, regular cycle profuse, backache before menses.

Mentals- sad and despondent, grief about illness, taciturn, aversion to do anything, to work, to go anywhere.

General examination- NAD

Systemic examination-NAD

Physical make up- Dark complexion, old looking dry wrinked skin of face, dry spilt hairs.

Diagnosis- psoriasis

Miasmatic diagnosis- psoro-syphylitic

ANALYSIS OF CASE-

Taciturn

Aversion to work

Aversion to go anywhere

Grief about illness

Desire sweets

Constipation with soft stools

Constipation with inactivity of rectum

Sleep disturbed due to illness

Skin psoriasis eruptions

Skin dryness

Evening aggravation

Warmth of bed aggravation

13-Itching > by cold application

Menses profuse

Backache before menses

EVALUATION OF SYMPTOMS-

Taciturn

Aversion to work

Aversion to go anywhere

Desire sweets

Constipation with soft stools

Constipation with inactivity of rectum

Sleep disturbed due to illness

Skin psoriasis eruptions

Skin dryness

Evening aggravation

Warmth of bed aggravation

12-Itching > by cold application

TOTALITY OF CASE:-

Mind – Taciturn

Mind – Laziness

Rectum – Inactivity of rectum

Rectum – Constipation – difficult stools – soft stools

Sleep – Disturbed

Generalities – evening

Generalities – warm – bed – aggravation

Skin – Itching – cold – amel

Generalities – food & drinks – sweet - desire

Skin – dry.

PDF –

Dark complexion

Old looking complexion

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
	33	30	27	27	27	27	27	26	26	25	25	25	25	25
1. MIND - TACITURN (301)	3	1	3	2	3	3	1	1	3	1	2	2	1	1
2. MIND - LAZINESS (350)	3	3	2	3	3	2	3	2	1	2	2	3	2	2
3. RECTUM - INACTIVITY of rectum (166)	2	3	2	3	3	2	2	3	3	3	2	2	3	3
4. RECTUM - CONSTIPATION - difficult stool - so... (75)	1	1	1	2	1	2	3	2	1	3	2	2	2	2
5. SLEEP - DISTURBED (112)	3	3	-	1	-	1	1	-	1	1	-	-	-	-
6. GENERALS - EVENING (241)	3	2	3	2	3	3	3	3	1	3	3	1	2	3
7. GENERALS - WARM - bed - agg. (115)	3	2	2	2	1	3	1	2	3	2	2	1	2	2
8. SKIN - ITCHING - cold - amel. (4)	-	1	-	-	-	-	-	-	-	-	-	-	-	-
9. GENERALS - FOOD and DRINKS - sweets - ... (207)	3	2	3	1	2	2	2	2	1	-	2	3	2	1
10. SKIN - DRY (216)	3	2	3	2	3	2	2	3	3	2	2	3	3	3

DISCUSSIONS

Considering above qualities i.e chronic lingering skin complaints, desire sweet, skin dry, old looking wrinkled skin lycopodium comes very close remedy.

.Final selection – Lycopodium C

30C OD for 3 days

SL BID for 30 days

Follow up -

Date	Itching	Scaling	Cracks	Sleep	Stool	Mind	Treatment
12/07/2012	>>	>>	>>	>	>	+	Lyco30Stat SL
17/10/2012	>>	>>	>>	>>	>	+	SL
05/03/2013	>	++	+	>	>	+	Lyco30 OD for 5 days SL
14/08/2013	>>	>>	>>	>	>	>	SL
11/03/2014	++	++	-	>	>	>	Lyco30 Od for 3 days SL
25/02/2015	>>	>>	>>	>	>	>	SL
04/04/2016	>>	>>	>>	>	>	>	SL
24/01/2017	>>	>>	>>	>	>	>	SL
05/03/2018	++	+	>>	>	>	>	Lyco30 Od for 3 days SL
10/10/2019	>>	>>	>>	>	>	>	SL

CONCLUSION

The case studies concluded that there is a very positive, effective and long term disease-free situation that can be achieved with –Individualized homeopathic treatment. Not only there is an early and fast general feeling of wellbeing their social position and confidence is also restored. Appreciable and good control of mental and emotional status was seen after the correct homeopathic remedy thereby reducing the relapses period and intensity. The incidence or prevalence of disease can also be reduced by supplementation of healthy diet

and change in lifestyle. The avoidance of sedentary lifestyle and conduction of a disciplined daily regimen is found essential for combating many diseases including Psoriasis

She has been doing extremely well since. Her skin has improved and the panic attacks have become less frequent. Even though there is still a lot of stress, she is able to deal with it and feels pleased with her overall progress. Speaking to her during the heat wave at the beginning of June 2013, she was happy to be wearing dresses for the first time in years!

In my view homeopathy definitely has something to offer in the treatment of psoriasis. We can often help with the appearance as well as the experience of psoriasis. And in some instances we can see healing and transformation on a deep level which comprises improvement of the psoriasis as well as healing on an emotional and more general level. If this happens I never fail to marvel at nature's ability to bring about healing as well as our patients courage to embrace it.

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STATEMENT OF ETHICS: The patients provided willful verbal consent during the course of treatment.

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