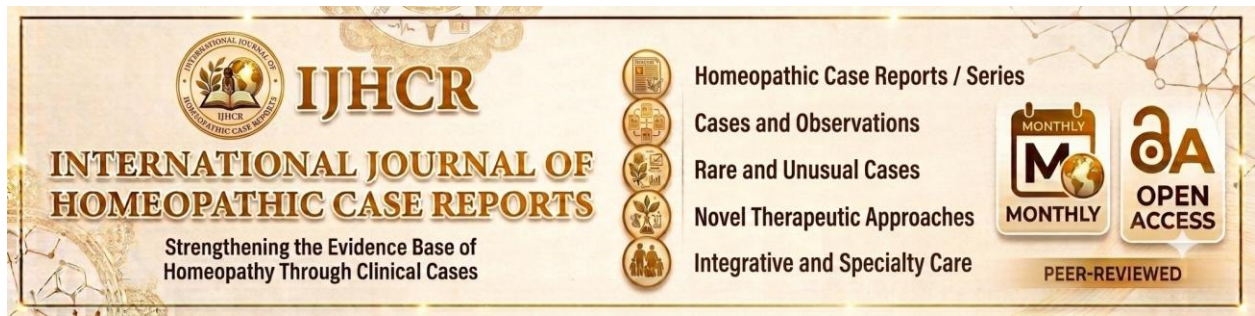




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Constitutional Natrum muriaticum in the Management of Chronic Psoriasis with Scalp Involvement: A Case Report at Dr Batra's

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Abstract

Background

Palmoplantar psoriasis is a chronic inflammatory disorder affecting the palms and soles and is frequently associated with scalp involvement. The disease significantly impairs quality of life because of persistent erythema, scaling, fissuring, itching, discomfort during walking or manual activities, and cosmetic embarrassment. Recurrence despite conventional therapy remains common. Individualized homoeopathic treatment aims to address the patient's constitutional susceptibility rather than the skin lesions alone.

Case Presentation

A 43-year-old male presented with complaints of erythematous, scaly, dry, and pruritic lesions over the scalp, palms, hands, and legs for approximately six months. The disease initially appeared over the scalp during August and gradually progressed to involve the extremities over the following months despite conventional treatment. Symptoms were aggravated during cold weather and winter. The patient also complained of associated hair fall. Constitutional assessment revealed an emotionally strong individual who became anxious regarding his disease, had a tendency to suppress anger, preferred warm weather, consumed a predominantly non-vegetarian diet, and had no significant family history of psoriasis. Based on the constitutional totality, **Natrum muriaticum** was prescribed as the constitutional remedy, with **Mezereum** as the acute remedy and **Kali sulphuricum** as the intercurrent remedy.

Outcome

Serial follow-up demonstrated gradual reduction in scaling, itching, and disease progression. No new lesions developed after treatment. Redness persisted initially but progressively decreased while scalp involvement and pruritus improved considerably. The patient reported significant overall clinical improvement during long-term follow-up.

Keywords

Palmoplantar psoriasis; Scalp psoriasis; Natrum muriaticum; Mezereum; Individualized homoeopathy; Case report

Introduction

Psoriasis is a chronic immune-mediated inflammatory dermatosis characterized by erythematous plaques covered with silvery-white scales. Palmoplantar psoriasis affects approximately 3–4% of patients with psoriasis and often coexists with scalp involvement. Persistent itching, hyperkeratosis, fissuring, dryness, and recurrent relapses markedly impair quality of life and occupational functioning.

Scalp psoriasis affects nearly 80% of individuals with psoriasis during the course of disease and is frequently associated with increased hair shedding due to chronic inflammation.

Conventional management primarily includes topical corticosteroids, vitamin D analogues, keratolytics, phototherapy, and systemic immunomodulatory therapy. Nevertheless, complete remission remains difficult, and recurrence is common.

Homoeopathy approaches chronic dermatological disorders constitutionally by evaluating mental, emotional, hereditary, and physical characteristics together with local pathological findings.

The present report describes successful constitutional management of chronic palmoplantar and scalp psoriasis using individualized homoeopathic treatment.

Case Presentation

A 43-year-old male presented to **Dr Batra's® Positive Health Clinics** with complaints of erythema, itching, dryness, irritation, and scaling involving the scalp, palms, hands, and lower limbs for approximately six months.

The disease began over the scalp during August and gradually spread to involve both upper and lower extremities.

During the two months preceding consultation, the lesions had increased in severity despite conventional allopathic treatment.

History of Present Illness

The patient complained of:

- Persistent erythema
- Dryness
- Irritation
- Intense itching
- Scaling
- Progressive spread of lesions

Initially the lesions appeared over the scalp.

Gradually the disease spread to:

- Hands
- Palms
- Legs

Associated complaint:

- Hair fall

The patient denied any joint pain or systemic symptoms.

Modalities

Aggravation

- Cold weather
- Winter season

Amelioration

No marked ameliorating factor was identified.

Previous Treatment

The patient had received conventional allopathic treatment before seeking homoeopathic management.

Only temporary relief was achieved.

Disease progression continued.

Past History

- Childhood typhoid
- No history of tuberculosis
- No major surgery
- No hospitalization

Family History

There was **no family history of psoriasis**.

Parents and siblings were otherwise healthy.

Personal History

Appetite:

Normal.

Diet:

Predominantly non-vegetarian.

Craving:

Chicken.

Thirst:

Approximately 2–3 litres/day.

Sleep:

Refreshing.

Approximately six hours.

Thermals:

Preferred warm weather.

Perspiration:

Normal.

Bowel and bladder habits:

Normal.

Life Space

The patient was born and brought up in Hyderabad.

He described a pleasant childhood without major emotional trauma.

His professional environment was satisfactory without significant occupational stress.

Mental Generals

The patient described himself as emotionally strong.

He admitted mild anxiety regarding his skin disease because of progressive spread.

He became angry easily but consciously attempted to control his anger.

He denied excessive emotional sensitivity.

No major grief or psychiatric illness was reported.

Physical Generals

- Appetite normal
- Non-vegetarian diet
- Desire for chicken
- Normal thirst
- Refreshing sleep
- Warm weather preference
- Normal perspiration
- Hair fall

Clinical Examination

Dermatological examination demonstrated:

- Well-defined erythematous plaques
- Dry hyperkeratotic lesions
- Silvery scaling
- Scalp involvement
- Palmar lesions
- Hand lesions
- Leg lesions
- Mild diffuse hair thinning

No evidence of psoriatic arthritis or nail involvement was observed.

Investigations

Routine laboratory investigations were within normal limits.

No systemic abnormalities were identified.

Diagnosis

Primary Diagnosis

Chronic Palmoplantar Psoriasis with Scalp Psoriasis

Differential Diagnosis

- Chronic eczema
- Seborrhoeic dermatitis
- Allergic contact dermatitis
- Lichen simplex chronicus
- Tinea corporis

Case Analysis

The patient presented with chronic palmoplantar psoriasis associated with scalp involvement and hair fall. The disease showed gradual progression despite conventional treatment and demonstrated a characteristic aggravation during winter and cold weather.

Constitutional evaluation revealed a patient who was emotionally strong, mildly anxious regarding his illness, capable of controlling anger, preferred warm weather, and had normal physical generals except for hair thinning. Repertorial analysis favored **Natrum muriaticum** as the constitutional similimum, while **Mezereum** was prescribed during the active inflammatory phase because of scalp involvement with scaling and itching. **Kali sulphuricum** was administered intermittently as an intercurrent remedy to support chronic skin recovery.

The constitutional prescription was selected based on the overall mental and physical characteristics rather than the dermatological diagnosis alone.

Totality of Symptoms

Mental Generals

- Mild anxiety regarding skin disease
- Anxiety due to progression of lesions
- Emotionally strong
- Easily gets angry but controls anger
- No major emotional trauma
- Good occupational adjustment

Physical Generals

- Appetite normal
- Normal thirst (2–3 L/day)
- Non-vegetarian diet
- Desire for chicken
- Refreshing sleep
- Warm weather preference
- Hair fall
- Normal perspiration

Particular Symptoms

- Palmoplantar psoriasis
- Scalp psoriasis
- Progressive spread of lesions
- Dryness
- Erythema
- Scaling
- Intense itching
- Irritation
- Hair thinning
- Aggravation during winter
- Aggravation from cold weather

Evaluation of Characteristic Symptoms

The constitutional prescription was based on the following symptoms:

Mental Characteristics

- Anxiety regarding illness
- Emotional stability
- Controls anger
- Concern regarding disease progression

Physical Characteristics

- Warm weather preference
- Hair thinning
- Normal appetite
- Normal thirst
- Refreshing sleep

Particular Symptoms

- Scalp psoriasis
- Palmoplantar psoriasis
- Dry scales
- Winter aggravation

- Hair fall
- Chronic itching

Repertorial Analysis

Kent's Repertory was consulted using the constitutional symptoms.

Selected Rubrics

Mind

- Anxiety about health
- Anger; controls
- Emotional strength

Skin

- Psoriasis
- Dry eruptions
- Scaling
- Itching
- Eruptions spreading

Generalities

- Winter aggravation
- Hair falling
- Warm weather ameliorates

The repertorial analysis showed **Natrum muriaticum** as the leading constitutional remedy, followed by **Phosphorus**, **Sepia**, **Calcarea carbonica**, and **Sulphur**.

Remedy Differentiation

Natrum muriaticum (Selected Remedy)

Natrum muriaticum corresponded closely with the constitutional picture.

Characteristic features included:

- Chronic scalp involvement
- Hair thinning
- Emotionally strong personality
- Internalized emotions
- Mild anxiety
- Chronic skin disease
- Winter aggravation

The remedy covered both the constitutional characteristics and the dermatological presentation.

Mezereum

Selected as the acute remedy because of:

- Thick scaling of scalp
- Chronic psoriasis
- Dry eruptions
- Persistent itching

Mezereum has a well-recognized affinity for chronic scalp eruptions with thick scales and irritation.

Kali sulphuricum

Given intermittently as an intercurrent remedy because of:

- Chronic desquamation
- Scaling
- Epidermal regeneration
- Persistent skin inflammation

Sulphur

Sulphur was considered because of:

- Chronic psoriasis
- Scaling
- Itching

However, the patient lacked the characteristic Sulphur constitutional features such as heat intolerance, offensive perspiration, untidiness, and standing aggravation.

Phosphorus

Considered because of hair fall and skin involvement.

Rejected because the patient lacked the typical extroverted, fearful, affectionate, and emotionally expressive nature of Phosphorus.

Prescription

Constitutional Remedy

Natrum muriaticum 200C

Indications:

- Hair thinning
- Chronic psoriasis

- Constitutional susceptibility
- Anxiety regarding illness
- Emotional control

Acute Remedy

Mezereum 200C

Selected for:

- Scalp psoriasis
- Dry thick scales
- Chronic itching
- Hair fall associated with scalp inflammation

Intercurrent Remedy

Kali sulphuricum

Prescribed intermittently for chronic scaling and persistent epidermal inflammation.

Miasmatic Analysis

The case represented a **predominantly Psoro-Sycotic miasm**.

Psoric Features

- Itching
- Dryness
- Scaling
- Hair fall

Sycotic Features

- Chronicity
- Progressive spread
- Hyperkeratosis
- Persistent plaques

Follow-up**Table 1. Chronological Follow-up**

Date	Clinical Findings	Outcome
January 2026 (Baseline)	Extensive erythema, scaling, itching over scalp, hands, palms and legs. Hair fall present.	Constitutional treatment initiated
14 February 2026	Disease severity unchanged. Redness persisted with spread to scalp and body. Mild sleeplessness reported after starting treatment.	Observation continued
08 March 2026	No major improvement. Redness and scaling persisted without additional systemic complaints.	Continued constitutional treatment
25 March 2026	Lesions stable. No further spread beyond existing sites.	Continued medicines
10 April 2026	Marked reduction in itching and scaling. No new lesions. Redness persisted.	Definite clinical improvement
05 May 2026	Further reduction in itching. Scaling decreased. No new patches. Mild residual erythema.	Progressive improvement
14 June 2026	Significant reduction in scaling and itching. Overall improvement maintained.	Stable improvement
24 July 2026	No new lesions. Scaling minimal. Itching markedly reduced. Patient comfortable.	Sustained clinical improvement

**Clinical Outcome**

Following individualized constitutional homoeopathic treatment:

- No new psoriatic lesions developed after treatment.

- Scaling reduced considerably.
- Itching improved markedly.
- Hair fall stabilized.
- Redness gradually diminished.
- Disease progression was arrested.
- Overall quality of life improved significantly.

Discussion

Palmoplantar psoriasis associated with scalp involvement is a chronic inflammatory dermatosis that often follows a relapsing-remitting course and can substantially impair quality of life through persistent itching, scaling, fissuring, and cosmetic concerns. Scalp psoriasis may also contribute to increased hair shedding secondary to inflammation. Cold weather and winter are well-recognized aggravating factors due to reduced skin hydration and impairment of the epidermal barrier.

In this patient, the disease began on the scalp and gradually extended to involve the palms, hands, and lower limbs despite prior allopathic treatment. The constitutional evaluation identified a patient who was emotionally resilient but anxious about his illness and capable of controlling anger. These mental characteristics, together with the physical generals and chronic scalp involvement with hair thinning, formed the basis for prescribing **Natrum muriaticum**. **Mezereum** was used during the active phase because of its affinity for chronic scalp eruptions with thick scales, while **Kali sulphuricum** was prescribed intermittently to support resolution of persistent scaling.

During serial follow-up, the patient experienced a temporary period of stability before gradual improvement became evident. Scaling and itching decreased substantially, no further lesions developed, and hair fall stabilized. Residual erythema persisted for some time but continued to improve. The absence of new lesions and sustained reduction in symptoms suggest good disease control over the observation period.

As this is a single observational case, a causal relationship between treatment and improvement cannot be established. Factors such as natural disease fluctuation, skin care, and prior therapy may also have influenced the outcome. Nevertheless, this case illustrates the potential role of individualized homoeopathic treatment as part of an integrative management strategy for chronic psoriasis and highlights the need for well-designed prospective studies.

Health-Related Quality of Life (HRQL)

At presentation, persistent itching, visible scaling, and progressive spread of lesions caused discomfort and concern about worsening disease. During follow-up, the reduction in itching, absence of new lesions, and improvement in scaling enhanced physical comfort and confidence in daily life.

Patient Perspective

"Initially, the patches kept spreading from my scalp to other parts of the body, and the itching was very disturbing. After treatment, the itching and scaling reduced considerably, no new patches appeared, and I feel much better than before."

Learning Points

- Palmoplantar psoriasis commonly coexists with scalp involvement and may be associated with inflammatory hair shedding.
- Seasonal aggravation during winter is a useful clinical modality in constitutional assessment.
- Individualized homoeopathic prescribing should integrate mental, physical, and dermatological characteristics.
- Serial follow-up with documentation of lesion spread and symptom severity strengthens case reporting.
- Long-term monitoring is important because erythema may resolve more slowly than scaling and itching.

Conclusion

This case describes the successful management of **chronic palmoplantar psoriasis with scalp involvement** in a 43-year-old male using individualized constitutional homoeopathic treatment. **Natrum muriaticum**, prescribed on the basis of the patient's constitutional profile, together with **Mezereum** during the active phase and **Kali sulphuricum** as an intercurrent remedy, was associated with arrest of disease progression, marked reduction in scaling and itching, stabilization of hair fall, and absence of new lesions during follow-up. Although this single case does not establish efficacy, it highlights the potential value of individualized homoeopathic treatment as an adjunctive approach in the long-term management of chronic psoriasis and supports the need for larger controlled clinical studies.