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Case Report

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CLINICAL IMPROVEMENT IN CHRONIC PLAQUE PSORIASIS FOLLOWING INDIVIDUALIZED HOMOEOPATHIC TREATMENT AT DR BATRA'S®

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Abstract

Background

Psoriasis is a chronic immune-mediated inflammatory dermatosis characterized by erythematous plaques, silvery scaling, recurrent exacerbations, and significant impairment in quality of life. Individualized homoeopathic treatment aims to address both constitutional susceptibility and disease manifestations.

Case Presentation

A 21-year-old male student presented with chronic plaque psoriasis since the fourth grade, involving the scalp, abdomen, and lower limbs. The disease had persisted despite prolonged Ayurvedic therapy for three years and previous homoeopathic treatment, which initially reduced itching but was followed by worsening of lesions. The patient reported marked scaling, erythema, and itching, managed symptomatically with coconut oil. Constitutional evaluation revealed an independent, calm, introverted personality with lack of confidence and a tendency to solve problems independently through self-research. Based on the totality of symptoms, **Calcarea Sulphurica 200C** was prescribed as the constitutional remedy.

Results

During five months of follow-up, progressive reduction in scaling, dryness, and itching was observed. No disease progression occurred, lesions became clinically stable, and the patient reported significant improvement in daily comfort and quality of life while adhering to dietary advice.

Keywords

Psoriasis, Plaque Psoriasis, Homoeopathy, Calcarea Sulphurica, Case Report, Chronic Skin Disease

Introduction

Psoriasis is a chronic inflammatory disorder affecting approximately 2–3% of the global population. It is characterized by erythematous plaques with adherent silvery scales and follows a relapsing-remitting course. Chronic disease frequently impacts psychological well-being, social interactions, and quality of life. Constitutional homoeopathic prescribing seeks to individualize treatment according to the patient's physical and psychological profile.

Patient Information

Parameter Details

Age 21 years

Gender Male

Occupation Student

Diagnosis Chronic Plaque Psoriasis

Chief Complaints

- Psoriasis since 4th standard
- Lesions over scalp, abdomen, and legs
- Thick scaling
- Redness
- Dryness
- Itching

History of Present Illness

The patient had been suffering from psoriasis since childhood (4th standard). Initially, multiple therapies were undertaken including Ayurvedic treatment for approximately three years and homoeopathic treatment. Although homoeopathy initially reduced itching, subsequent aggravation of lesions was perceived, following which treatment was discontinued. The lesions progressively involved the scalp, abdomen, and lower limbs with persistent scaling and erythema. Coconut oil was used regularly for symptomatic relief. Despite no family history of psoriasis, the patient experienced considerable concern regarding the chronicity of the disease.

Previous Treatment

- Ayurvedic treatment (3 years)
- Previous homoeopathic treatment

- Coconut oil application
-

Family History

- No family history of psoriasis
 - First affected individual in the family
-

Physical Generals

- Appetite: Normal
 - Desire: Spicy food
 - Aversion: Sweets
 - Thirst: Approximately 2 L/day
 - Drinks warm water
 - Hot patient
 - Sleep: Disturbed (7 hours)
-

Mental Generals

- Calm
 - Silent
 - Introverted
 - Independent
 - Lack of confidence
 - Solves problems independently through online research
 - Career-oriented
 - Focused on higher education
-

Clinical Examination

- Multiple psoriatic plaques over scalp, abdomen, and lower limbs
 - Generalized scaling
 - Erythema
 - Dry skin
 - No associated systemic illness
-

Diagnosis

Chronic Plaque Psoriasis

Differential Diagnosis

- Chronic eczema
 - Seborrhoeic dermatitis
 - Lichen simplex chronicus
 - Pityriasis rosea
-

Totality of Symptoms**Mental Symptoms**

- Calm disposition
- Silent
- Introvert
- Independent
- Want of confidence

Physical Generals

- Desire for spicy food
- Aversion to sweets
- Drinks warm water
- Hot patient

Particular Symptoms

- Psoriasis since childhood
 - Thick scaling
 - Dryness
 - Erythema
 - Itching
 - Scalp involvement
 - Leg involvement
 - Abdominal involvement
-

Miasmatic Analysis**Predominantly Psoro-Sycotic****Psoric Features**

- Itching
- Dryness
- Chronic relapsing nature

Sycotic Features

- Hyperkeratotic plaques
- Persistent scaling
- Chronic disease duration

Susceptibility

Moderate

Young age, absence of systemic comorbidities, and preserved vitality suggested good responsiveness to individualized constitutional treatment.

Prescription

Constitutional Remedy

Calcarea Sulphurica 200C

Basis of Prescription

- Calm personality
- Silent disposition
- Introverted nature
- Lack of confidence
- Constitutional totality

Potency Selection

200C potency

Selected considering:

- Chronic disease
- Good vitality
- Clear constitutional picture
- Moderate susceptibility

Follow-up Summary

Follow-up Clinical Findings

- 1 Month Dryness reduced; itching improved
- 2 Months Scaling reduced; erythema persisted
- 3 Months Lesions clinically improved; patient reported better comfort
- 4 Months Scaling markedly reduced; itching minimal
- 5 Months Lesions stable; no progression; patient satisfied with improvement



Clinical Outcome

Parameter	Before Treatment	After Treatment
Scaling	Severe	Markedly reduced
Itching	Moderate–Severe	Mild
Dryness	Severe	Mild
Redness	Persistent	Mild residual erythema
New lesions	Progressive	None
Quality of life	Poor	Significantly improved

Duration of Treatment

5 months

Learning from the Case

- Constitutional homoeopathic prescribing was associated with gradual improvement in scaling, itching, and dryness.
- Objective clinical stability was achieved without development of new lesions.
- Patient compliance with dietary measures and regular follow-up contributed to sustained improvement.

Prognosis

Favourable

Young age, absence of comorbidities, good treatment adherence, and gradual objective improvement indicate a favourable prognosis.

Reason for Prescribing

Constitutional Totality

Health-Related Quality of Life (HRQL)

Following treatment:

- Scaling became significantly less noticeable.
 - Itching was greatly reduced.
 - Skin dryness improved.
 - Daily comfort increased.
 - Confidence regarding disease management improved.
 - The patient was able to continue academic activities without significant discomfort.
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