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Individualized Homoeopathic Management of Chronic Psoriasis Vulgaris with Extensive Plaque Lesions and Psoriatic Arthritis: A Case Report

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ABSTRACT

Background: Psoriasis vulgaris is a chronic immune-mediated inflammatory dermatosis characterized by erythematous plaques with silvery scales, recurrent relapses, and impaired quality of life. Individualized homoeopathic treatment aims to improve constitutional susceptibility and reduce disease activity.

Case Presentation: A 36-year-old unmarried female presented with generalized psoriasis vulgaris involving the scalp, back, upper and lower limbs for five years. She complained of severe itching, thick scaling, dryness, fissuring, and bleeding after scratching. She had previously undergone allopathic treatment for three years, homoeopathic treatment for six months, and Ayurvedic treatment for 1.5 years without sustained remission. There was a past history of psoriatic arthritis. Constitutional evaluation revealed an emotional, communicative, extroverted woman with easy weeping, homesickness, anger, brooding, relationship-related stress, fastidiousness, obsessive cleanliness, and desire for solitude. Based on the totality of symptoms, Sepia 200C was selected as the constitutional remedy, Petroleum 30C as the acute remedy, and Bovista 30C as the intercurrent medicine.

Results: Within three months, itching reduced significantly, fissuring and bleeding healed, plaque thickness decreased, no new lesions appeared, digestion and sleep improved, and existing patches became stable with marked improvement in quality of life.

Keywords: Psoriasis Vulgaris, Plaque Psoriasis, Homoeopathy, Sepia, Petroleum, Chronic Psoriasis, Case Report

1. Introduction

Psoriasis vulgaris is a chronic inflammatory skin disorder characterized by epidermal hyperproliferation, erythematous plaques, scaling, fissuring, and recurrent exacerbations. Besides physical discomfort, the disease substantially affects psychological well-being and social functioning. Individualized homoeopathic treatment focuses on constitutional characteristics along with objective assessment of lesion morphology and disease progression.

2. Patient Information

Parameter	Details
Age	36 years
Gender	Female
Occupation	Previously employed; resigned due to psoriasis
Marital Status	Unmarried

2.1 Chief Complaints

- Psoriasis vulgaris since 5 years
- Severe itching
- Thick silvery scales
- Dryness and fissuring
- Bleeding after scratching
- Lesions over scalp, back, both upper and lower limbs

2.2 History of Present Illness

The patient developed psoriasis approximately five years ago, initially over the back, gradually progressing to involve the scalp, hands, legs, and trunk. Lesions were associated with severe itching, erythema, thick scaling, cracking, and occasional bleeding following scratching. She had undergone prolonged allopathic treatment for three years, Ayurvedic treatment for 1.5 years, and homoeopathic treatment for six months with incomplete relief. A previous history of psoriatic arthritis was noted.

2.3 Associated Complaints

- Disturbed sleep
- Constipation
- Flatulence
- Relationship-related emotional stress

2.4 Past History

- Typhoid
- Dengue
- History of psoriatic arthritis

2.5 Family History

- Father: Hypertension
- Mother: Arthritis and cervical spondylosis
- No family history of psoriasis

2.6 Physical Generals

- Appetite increased
- Thirst increased (2–3 L/day)
- Desire for spicy and sweet foods
- Aversion to meat
- Hot patient
- Constipation with excessive gas

- Disturbed sleep

2.7 Mental Generals

- Emotional
- Weeping easily
- Communicative
- Extroverted
- Homesickness
- Anger with impulsive outbursts
- Brooding tendency
- Mood swings
- Relationship-related stress
- Negative thoughts
- Fastidious
- Obsessive cleanliness
- Punctual
- Desire for solitude
- Caring nature
- Overthinking
- Revenge feelings (past history)

2.8 Clinical Examination

- Generalized plaque psoriasis
- Thick adherent scales
- Dry skin with fissures
- Bleeding after scratching
- Scalp involvement
- Upper and lower limb involvement
- Back involvement

2.9 Diagnosis

Chronic Plaque Psoriasis (Psoriasis Vulgaris)

2.10 Differential Diagnosis

- Chronic eczema
- Seborrhoeic dermatitis
- Lichen simplex chronicus
- Pityriasis rubra pilaris

3. Case Analysis and Totality of Symptoms

Mental Generals: Emotional; weeps while narrating complaints; homesickness; fastidious; OCD traits; desire for solitude; brooding; mood swings; relationship stress; communicative; anger with impulsive expression.

Physical Generals: Hot patient; increased appetite; increased thirst; desire for spicy and sweet foods; aversion to meat; constipation; flatulence; disturbed sleep.

Particular Symptoms: Chronic psoriasis; thick scaling; cracking; bleeding after scratching; severe itching; generalized lesions; previous psoriatic arthritis.

3.1 Miasmatic Analysis

Predominantly Psoro-Sycotic

Psoric Features: Itching; dryness; emotional sensitivity; functional disturbances.

Sycotic Features: Chronic plaque formation; hyperkeratosis; thick scaling; long-standing disease course.

3.2 Susceptibility

Moderate susceptibility. The patient had chronic disease of moderate duration with preserved vitality, absence of systemic complications, and good follow-up compliance, indicating favourable responsiveness.

3.3 Remedy Selection

Remedies	Phos.	carb.	spong.	kali-p.	Pod.	kali-s.	ruta	aur-m-n.	sulph.	calc-p.	nat-m.	caust.	lach.	lyc.	sep.	acon.	bar-c.	kola
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Symptoms Covered	5	5	5	5	5	5	5	4	4	4	4	4	4	4	4	4	4	4
Intensity	13	9	8	7	7	6	5	8	8	7	7	6	6	6	6	5	5	5
Result	5/13	5/9	5/8	5/7	5/7	5/6	5/5	4/8	4/8	4/7	4/7	4/6	4/6	4/6	4/6	4/5	4/5	4/5
Clipboard 4																		
GENERALS -																		
FOOD and DRINKS	3	2	1	1	1	1	1	2	3	1	1	1		1	1	1		1
- spices - desire																		
MIND -	3	1	1	1	1	1	1		2				2			1	1	
COMMUNICATIVE																		
MIND -	2	2	1	1	2	1	1	1		3	1	1	1	1	1		1	2
TRAVELLING -																		
desire for																		
MIND -	3	3	3	1	2	2	1	2	1	2	2	2	1	1	1	1	1	1
SYMPATHETIC																		
PERSPIRATION -	2	1	2	3	1	1	1	3	2	1	3	2	2	3	3	2	2	1
PROFUSE																		
SKIN - PSORIASIS																		

Figure 1. Repertorial analysis chart.

Constitutional Remedy — Sepia 200C: Selected for emotional and weeping disposition, relationship-related stress, desire for solitude, mild temperament, chronic skin disease, and overall constitutional totality.

Acute Remedy — Petroleum 30C: Selected for thick scales, dry cracked skin, fissuring, bleeding lesions, and chronic hyperkeratotic plaques.

Intercurrent Remedy — Bovista 30C: Selected to address chronic susceptibility and improve constitutional response.

Potency Selection — 200C Constitutional Potency: Selected considering chronic disease, moderate susceptibility, good vitality, and a well-defined constitutional picture.

4. Follow-up

Follow-up	Clinical Progress
1 Month	Cracks and bleeding reduced; digestion and sleep improved
2 Months	Itching reduced; plaque size decreased
3 Months	Lesions stable; no new patches; overall improvement maintained



Figure 2. Serial clinical photographs showing lesion improvement.

Table 1. Outcome Assessment

Parameter	Before Treatment	After Treatment
Itching	Severe	Mild
Scaling	Thick plaques	Markedly reduced
Cracks	Present	Minimal
Bleeding	Frequent after scratching	Absent
New Lesions	Progressive	None
Sleep	Disturbed	Improved
Digestion	Constipation with flatulence	Improved

Duration of Treatment: 3 months.

5. Learning from the Case

- Individualized constitutional prescribing was associated with progressive reduction in lesion activity and symptom severity.
- Objective follow-up demonstrated reduction in plaque thickness, fissuring, bleeding, and itching.
- Psychological improvement accompanied dermatological improvement, emphasizing the importance of individualized holistic management.

5.1 Prognosis

Favourable. Good compliance, objective reduction in lesions, absence of new plaques, and improvement in constitutional health indicated a favourable prognosis.

5.2 Differential Remedies Considered

- Phosphorus
- Natrum muriaticum
- Sulphur
- Lycopodium
- Lachesis
- Causticum

5.3 Health-Related Quality of Life (HRQL)

Following treatment, itching no longer interfered with daily activities, bleeding and painful fissures resolved, sleep quality improved, emotional well-being improved, and the patient regained confidence and was able to resume routine social activities with reduced disease-related distress.

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