

Psoriasis and Homoeopathy – A Case Report

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Abstract

Psoriasis is a chronic (long-lasting) disease in which the immune system becomes overactive, causing skin cells to multiply too quickly. Patches of skin become scaly (silvery white) and inflamed, most often on the scalp, elbows, or knees, but other parts of the body can be affected as well. Curing a disease by means of Homoeopathy will mean to find out a similimum for every particular individual case. There is most dependable treatment for Psoriasis in Homoeopathy without any side effect. A case report was a 49 year old male suffering from Psoriasis, on basis on totality of symptoms and repertorisation, prescribe Homoeopathic medicine Acid Sulph and case was improved and quality of life better.

Keywords: Psoriasis, Homoeopathy, skin

Introduction:

Psoriasis is a chronic (long-lasting) disease in which the immune system becomes overactive, causing skin cells to multiply too quickly. Patches of skin become scaly (silvery white) and inflamed, most often on the scalp, elbows, or knees, but other parts of the body can be affected as well. Curing a disease by means of Homoeopathy will mean to find out a similimum for every particular individual case. There is most dependable treatment for Psoriasis in Homoeopathy without any side effect. A case report was a 49 year old male suffering from Psoriasis, on basis on totality of symptoms and repertorisation, prescribe Homoeopathic medicine Acid Sulph and case was improved and quality of life better.

Causes:

- Unknown.
- Possibly genetically determined.
- Common between 15-30 years.
- Precipitating factors are:
 - Emotional stress.
 - Cold weather.
 - Injury.
 - Septic focus.
 - Drugs like Steroids, Brufen, Lithium, Anti-malarials and Beta - adrenergic blockers.

Sign and Symptoms:

- Usually affects both sides of body symmetrically.
- Well circumscribed red, dry plaques (flat areas on the skin) of various sizes, covered with scales.
- Removal of scales gives rise to pin-point bleeding points.
- Sites can be anywhere on the body especially on e.g. elbow, knees, sacrum and occiput.
- Lesions are coin shaped or circular with central clearing.

- Joints can get affected especially finger joints.
- Nails frequently become pitted and thick with brownish black discoloration.

Case profile:

Personal information

- a) Name – Pradeep Kumar
 - b) Age – 48
 - c) Sex – male
 - d) Address – Solan H.P.
 - e) Married status – Married
 - f) Religion – Hindu
 - g) Occupation – Govt. Job
- Date – 10-10-2020

Presenting complaints – Patient came with complaints of scaly eruption on palmer surface of B/L hand, scalp, back and B/L legs.

History of present complaint – Scaly eruption since 7 years, hypertension 3-4 year

Personal history:

Marital status – Married and healthy status.

Past History – No such history except hypertension pills once a day since years

Family History:

Mother – joint pain

Father – DM, Joint pain, skin

Sister – Psoriasis

Brother - HTN

Physical history:

- a) Appetite- Normal
- b) Thirst- thirsty
- c) Desire – fruit
- d) Aversion – Meat
- e) Stool- Normal
- f) Urine- Nothing abnormal detected
- g) Sleep- Normal
- h) Thermal Reaction - Chilly

Mental history-

- Always in hurry even in silly matter wants to complete task as soon as possible
- Feel embarrass due to psoriasis, didn't prefer to go parties/function etc

General Physical Examination:

- a) Body weight – 77 Kg
- b) Built – Normal
- c) Nutritional status – Healthy
- d) Pallor – Present
- e) Cyanosis – Absent
- f) Clubbing – Absent
- g) Lymphadenopathy – Absent
- h) Edema – Absent
- i) Thyroid enlargement – Absent
- j) Tongue – white coated
- k) Skin – Fair
- l) Nails – Pale
- m) Blood Pressure – 132/80 mm of Hg
- n) Pulse - 80/min
- o) Respiratory rate – 25/ minute
- p) Temperature - 98.6°F

Systemic Examination:

- A. Cardiovascular System – NAD
- B. Gastrointestinal System – NAD
- C. Respiratory System – NAD
- D. Central Nervous System – NAD
- E. Locomotor System - NAD

Laboratory investigation - Blood – CBC, Lipid Profile,

Diagnosis – Psoriasis

Analysis and Evaluation of the Symptoms:

- Always in hurry even in silly matter wants to complete task as soon as possible.
- Feel embarrass due to psoriasis, didn't prefer to go parties/function etc
- Scaly eruption
- Craving for alcohol

Conversion of the Symptom into Rubrics:

- 1) Always in hurry even in silly matter want to complete task as soon as possible - Hurry – trifles, about
- 2) Feel embarrass due to psoriasis, didn't prefer to go parties/function etc – Ailments from - embarrassment
- 3) Scaly eruption – Eruption psoriasis
- 4) Craving for alcohol – Food and drinks- alcoholic drinks, desire

Rubrics in Synthesis Repertory-

- 1) MIND - HURRY - trifles; about
- 2) MIND - AILMENTS FROM – embarrassment
- 3) SKIN - ERUPTIONS – psoriasis
- 4) GENERALS - FOOD and DRINKS - alcoholic drinks - desire

Repertorial Result – Sulph 4⁹, Sep 3⁶, Puls 3⁵, Nat mur³⁴, Staph 3⁴, Kali Br 3³, Ars I 2⁵, Ars 2⁵

Analysis of Result – as seen in repertorial result Sulph was the medicine which covers all evaluating symptoms but I prescribed acid sulph.

Reason behind prescription – Acid sulph prescribe to patient because Sulphur patient is Hot patient, patient who came for treatment was chilly. According to book of ‘**Frequent Encounter**’ Bt Dr. Prafull Vijayakar page number 22 mentioned that if sulphur element is confirmed but patient is chilly than he/she could be Acid sulph.

Final Prescription –

Medicine - Acid Sulph 30

Dose – 3 dose 2 hour interval

Mode of administration – Oral

Date – 10.10.2020

Follow Up:

Date	Follow up	Prescription
14-11-2020	120/86 mm of Hg, scale reduce, patches area reduce	SL 30 TDS 2 week
05-12-2020	118/82 mm of Hg, indigestion improve,	SL 30 TDS 30 days
09-01-2021	Hand surface clear, head also clear	SL 30 TDS 30 days
09-02-2021	Scale reduce up to 70 %	SL 30 TDS 30 days
13-03-2021	Feel better abdomen clear, hurriedness reduce, 122/80 mm of Hg	SL 30 TDS 30 days
10-4-2021	Head, palmer surface scale clear, he also skip allopathic BP medicine, after skip of allopathic medicine he feels better, 114/80 mm of Hg	SL 30 TDS 30 days

Before



After



Management:

Dietary Management:

Avoid:

- Avoid precipitating or trigger factors.
- Avoid food you are allergic to.
- Avoid smoking and alcohol.
- Avoid foods high in fat or sugar.
- Avoid non-vegetarian food – meat, poultry.

Do:

- Warmth may help to control relapses.
- Do regular exercise helps by improving blood circulation.
- Practicing yoga will help in reducing stress.

Consume:

- Drink plenty of water.
- Eat fresh and raw fruits and vegetables as they provide antioxidants and flavanoids which help in reducing inflammation and boosting up immunity.
- Consume figs and fish oil might help you feel better.
- Eat a well-balanced diet - Proper nutrition will improve general health and reduce the severity of the disease. Do not over eat even healthy foods.
- Limit intake of red meat and dairy products.
- Eat foods that contain psoralen before you walk out in sun - Celery, carrots, citrus, figs, fennel, and parsnips. It makes the skin more sun-sensitive to the positive effects of UV light. But do not over expose to sun.
- Consume oily fish, may help reduce the inflammation associated with psoriasis - mackerel, salmon, black cod, albacore tuna, herring and sardines.
- Have a low-calorie diet if you are overweight - about 1,200 calories per day. Some researchers have shown relations between psoriasis and obesity.
- Consume gluten free diet, it benefits individuals with psoriasis (Gluten is a mixture of proteins found in some cereals, particularly wheat) – avoid wheat, rye, barley and oats they contain gluten.
- Increase intake of vitamin D.
- Increase intake of omega 3 fatty acids and reduce intake of omega 6 fatty acids (ratio of 2:1), omega 3 fatty acid has anti-inflammatory properties.
- Food rich in omega 3:- Canola oil, flaxseed, flax seed oil, walnuts and green leafy vegetables.
- Reduce (do not completely avoid) intake of food rich in omega 6:- Cereals, vegetable oils, whole-grain breads, baked goods and margarines, eggs and poultry.
- Consume diet rich in vitamin A and zinc, helps in regeneration of the skin.
- Increase intake of vitamin C, it helps maintain healthy skin.
- Have coriander leaves frequently, its high in vitamin C and helps to maintain healthy skin.
- You can have 3-4 strands of saffron in milk, it is beneficial for skin.

Result – Improved

Conclusion – This case show that Homoeopathy is effective in case of Psoriasis. If we prescribe medicines on base of totality of symptoms.

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