



HOMEOPATHIC MANAGEMENT OF PSORIASIS – A CASE STUDY

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ABSTRACT

Psoriasis is a chronic autoimmune disorder of the skin. Psoriasis can have physical, emotional, social and psychological impacts on patient's life. There are several types of Psoriasis including plaque and erythematous psoriasis. According to recent studies, the Psoriasis prevalence in India is approximately ranging from 0.42 to 2.28% and it commonly occurs more in males than females. The onset of Psoriasis may occur at any age but mostly it appears in adults under the age of 40 years. The exact cause of Psoriasis is unknown but stress plays a major role in psoriasis. Homeopathy can help to treat Psoriasis without any side effect. This article presented a case study on Homeopathic management of Psoriasis.

KEYWORDS: Homeopathy, Psoriasis, Plaque and Erythematous.

INTRODUCTION

The worldwide common occurrence of Psoriasis is estimated to be approximately 2 to 3%. The disease is more common in the polar regions of the world. In India the population suffering from Psoriasis may vary from region to region due to different genetic and environmental factors. It is more common in males than in females and mostly occurs in the third and fourth decade of life. The family positive history in children varies from 9.8 to 28%. In all over the world 125 million people have psoriasis which is about 2 to 3% of the total population. Recent studies show that about 10 to 30% of people with Psoriasis may develop psoriatic arthritis. It is not a cosmetic problem but may affect day to day common work. It has significant impacts on quality of life in women and young people.

Psoriasis is a chronic autoimmune inflammatory skin disease. In this disorder, changes occur in the life cycle of skin cells and cells are made 10 times faster than normal. Body normally takes 3 to 4 weeks for making and replacing new cells. But in this disorder the process takes about 3 to 8 days only. Due to excess accumulation of cells on the surface of the body, this develops scaly and red patches that are rough, itchy and may be painful. The lesion mostly occurs in the elbow, knee, scalp and lower back, but it can appear anywhere in the body. Clinically there are five types of Psoriasis which are Plaque, Guttate, Palmoanterior, Inverse and Erythrodermic psoriasis. Plaque psoriasis affects 90% in total Psoriasis cases. The patches occurring in the body are symmetrical in nature and mostly localized in scalp, knee, face and elbow.

A CASE REPORT

A 45 years old female came with characteristics complaints as follows:

- Dry rough patches on face, elbow and forearm
- Dryness of skin
- Itching in patches
- Itching increases at night
- Feel dryness all over body
- Peeling after scratching
- Worse in damp weather

Patient suffered with condition from last two years and at initial stage patches appeared in the forearm and then developed further. She used some topical medicine which relieved itching for some time but after their effect reduces itching started again.

Clinical observation

- H/O—hypertension
- NO H/O-- diabetes mellitus
- NO H/O—allergy
- Weight--62kg
- Pulse--- 72/min
- Occupation-Hw
- Non vegetarian

Family history - her father and mother had hypertension and arthritis

Past history-

- H/O-Jaundice 4 years back
- H/O-Menopause 3 years back

- H/O- recurrent urinary tract infection

Physical general

- Appetite: good
- Thirst: normal
- Bowel: constipation occasionally
- Urine: burning in morning with recurrent UTI
- Sleep: disturbed
- Skin: unhealthy with dry skin

Mental symptoms

- Anxiety
- Rigid in nature
- Anger without expression

Treatment planed/Medication

When symptoms of patches, itching, scaling and dryness persisted then patient was prescribed following medications at initial stage:

- ✓ Thuja---30 / BD / For 30 Days
- ✓ Bio Combination---20/ 4 TAB/ QID/ For 30 Days
- ✓ Plain coconut oil for local application all over body

Patient was also advised to perform breathing Yoga regularly, avoidance of oily & spicy food, soap during bathing and intake of water frequently.

Ist follow up

Relief in itching and scaling but dryness and patches size were not reduced.

When patient came for first follow up then following treatment prescribed for next 15 days:

- ✓ Thuja--200/ OD/ for 15 days and Placebo for Next 15 Days.
- ✓ Bio combination and oil application continued for next 15 days.

IInd follow up

Relief in itching, scaling, dryness and patch size reduced to 50%.

When patient came for 2nd follow up then previous treatment prescribed during first follow up was repeated for next 15 days.

IIIrd follow up

All patches disappeared and patient was observed relaxed psychologically. At this time uses of bio combination stopped and following treatment was prescribed:

- ✓ Thuja--200/ OD/for 8 days and placebo for next 8 Days
- ✓ Coconut oil application continued for 15 Days.

RESULT

The patient had started improvement after first prescription but no improvement was observed in patch size, then the potency of selected medicines was increased from 30 to 200 times, that after improvement in most of the symptoms was observed. **Figure 1** depicted that symptoms of Psoriasis disappeared at the end of the fourth prescription or after the period of third follow up.

The presence of characteristic symptoms of Psoriasis before and after treatment are depicted in **Figure 2**.

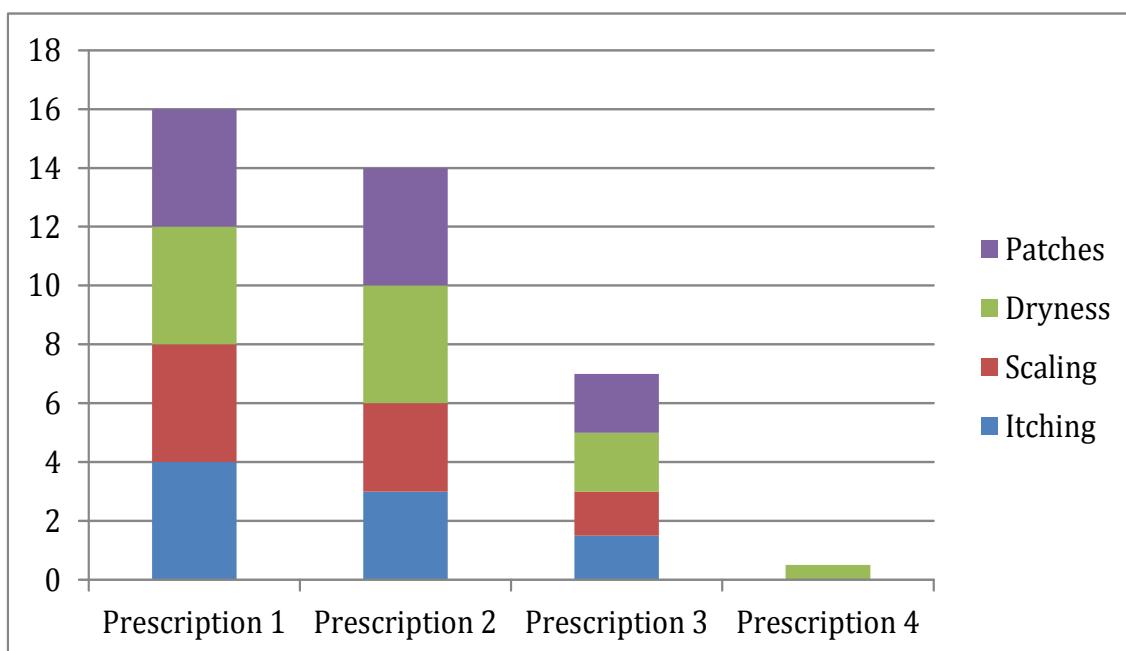


Figure 1: Relieve in symptoms of Psoriasis after various stages of treatment.



Figure 2: Characteristic symptoms of Psoriasis before and after treatment.

CONCLUSION

The treatment of Psoriasis in modern medicine is very limited and provides only short term relief with some side effect. This case report suggested that Homeopathy can be used as effective therapy for the management of chronic psoriasis.

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