



## Case Study

### SUCCESSFULLY TREATED OF PSORIASIS BY A CONSTITUTIONAL HOMEOPATHIC MEDICINE

Tanmay Sarkar<sup>1\*</sup>, Abhinandan Das<sup>2</sup>

<sup>1\*</sup>Lecturer, Metropolitan Homoeopathic Medical College and Hospital, Kolkata, West Bengal.

<sup>2</sup>Lecturer, Bengal Homoeopathic Medical College & Hospital, West Bengal, India.

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#### ABSTRACT

An autoimmune multi-systemic condition called psoriasis has an effect on psychological and emotional health, including low self-esteem, stigma, and anxious mental states. The estimated global frequency is about 2%; however, it varies from nation to nation. A 32 years old female patient was diagnosed with psoriasis and she has suffering from voluptuous itching with a burning sensation mainly at night, brownish-red discoloration of skin and also scaly formation. After scratching sometimes oozing blood from the scalp, waist region and legs for the last 7 years. The patient was treated with different kind methods of treatment yet there was no agreeable outcome emerged. Therefore, the patient pursued homoeopathic treatment for a permanent recovery. A constitutional homoeopathic medicine Lycopodium clavatum 200CH was prescribed truly based on symptoms totality. The symptoms improved after the second prescription. According to homoeopathic principles, this led to an increasing the potency of Lycopodium clavatum 1M. After a few months of treatment, a noticeable outcome as well as a perceptible improvement in the PASI Index appeared. This instance demonstrates the beneficial benefits of homoeopathic constitutional treatment of psoriasis.

#### INTRODUCTION

Despite the fact that psoriasis is ostensibly really old as people, the underlying foundations of psoriasis recognizable proof can be tracked down in Antiquated Greece. Psoriasis is a chronic inflammatory skin condition characterized by papulosquamous lesions with scaly and red plaques on the extensor surface<sup>[1]</sup>. Psoriasis affects 2-3% of the global population, with a second surge in incidence in the 6th-7th century's<sup>[2]</sup>. TNF, dendritic cells, and T-cells all have a part in the pathogenesis of psoriasis, which is now also thought to be an immune-mediated disorder. The condition has a strong but complex genetic underpinning, with over 60% monozygotic twin concordances. There are numerous factors that seem to have an impact on psoriasis, including The primary contributing factors are infections, beta-blockers,

lithium, chloroquine, and non-steroidal anti-inflammatory drugs (NSAIDs), in addition to other medications, the duration of antipsoriatic treatments, endocrine variables, sunlight, alcohol, smoking, and stress<sup>[3,4,5]</sup>. Psoriasis congruence in twin studies suggests a hereditary basis for the illness. Monozygotic twins have a concordance of 35-72%, while dizygotic twins have a concordance of 12-30%. Psoriasis is characterized by similar age of onset, disease location, intensity, and clinical course among congruent twin pairs. Erythematous plaques and prominent borders are coated with pearlescent squamous, with common locations being knees, elbows, scalp, and sacral area. Squamae, layers of white lamellae, peel off when the surface of the psoriatic plaque is scraped, displaying coherence after removal. Psoriasis can impact health-related quality of life (HRQoL), with visual aspects debilitating and psychologically distressing. Homoeopathy, a distinctive and ancient method of treatment, has shown positive effects on psoriasis in all ages and also all sexes <sup>[5-9]</sup>.

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**Case Report**

A 32-year-old female patient visited my OPD on 10/03/2022 and presented with complaints of voluptuous itching and after scratching burning sensation, thickening of the skin, reddish-brown of skin with much scaly formation with a clear marginal border on crural region of legs, waist region and scalp from last 7 years (Figure1). Itch appears all day but is mostly aggravated at night and relieved from wrapping up. The patient was melancholic, confused and wants to be alone. Prior to approaching my O.P.D., she received 7 years of treatment from dermatologists using modern medicine (steroidal and antifungal ointment). Her symptoms at the time had only slightly improved for a short period, after her symptoms intensified. She regularly changed dermatologists as her concerns grew worse, but the issues remained. In these situations, she intended to select homoeopathic treatment.

There was a past history of chickenpox at 12 years of age and treated with antibiotic and steroidal ointment and from that time she was suffering from recurrent cold affection every month. She had an addiction to Jarda Pan for the last 9 years. In the family history, her parents suffered from HTN and her parenteral grandfather had a skin disease.

On examination of the skin, there was dry, reddish-brown. After scratching oozes blood, and a burning sensation and she saw much scaly formation in the

morning over the crural region of both legs, waist region and scalp. Others all systemic examination was normal.

**Homoeopathic Generalities**

**Mental Generals:** Depression+++ , anxiety++ , confusion of mind++ , melancholic+++ , apprehensive++ , forgetful++ , suspicious++ , desire to be alone.

**Physical Generals:** - Appetite++ , desire - sweet+++ and warm food++ , bitter taste , aversion to bread++ , aversion to bathing especially in winter+++ , thirst after meal++ , heavy and fullness in the abdomen after lunch , frequent urination + , profuse and bad smell in perspiration , stool hard++ difficult+ and unsatisfied , un-refreshing sleep++ , thermal reaction chilly++ .

**Analysis of the case and reportorization:** - A thorough examination of the characteristics and symptoms had been converted to totality and then further transformed into the rubrics.

**Totality of Symptoms & Rubrics:** Depression , anxiety , confusion of mind , melancholic , apprehensive , forgetful , suspicious , desire to be alone , lack of vital heat , desire for sweet and warm food , stomach heaviness , stomach fullness , aversion to bread , thirst after meals , un-refreshing sleep , frequent urine , stool hard difficult and unsatisfied , eruptions- psoriasis , eruptions- scaly , skin: brownish and thickened , voluptuous itching and after scratching burning , skin: dry .

**Table 1: Repertorial analysis**

Remedy Name	Lyc	Sulph	Phos	Ars	Sep	Calc	Rhus-t	Nat-m	Sil	Nit-ac	Lach	Merc
Totality	63	56	55	54	53	49	47	47	45	44	43	43
Symptoms Covered	24	23	22	23	22	21	21	20	23	21	20	20
[Kent] [Mind] Anxiety	3	3	3	3	2	3	3	2	2	3	2	2
[Kent] [Mind] Confusion of mind (see concentration)	2	2	2	2	3	3	3	3	3	1	3	3
[Kent] [Mind] Sadness, mental depression	3	3	2	3	3	3	3	3	2	3	3	3
[Kent] [Mind] Despair	2	2		3	1	3	2	2	1	2	2	2
[Kent] [Mind] Irritability (see anger)	3	3	3	2	3	3	3	3	3	3	2	2
[Kent] [Mind] Fear (see anxiety)	3	2	3	2	3	3	2	2	1	1	1	2
[Kent] [Mind] Forgetful (see memory)	3	2	3	1	1	2	2	2	1	1	2	3

[Kent] [Generalities] Heat: Vital, lack of	2	2	3	3	2	3	3	2	3	3	2	2
[Kent] [Stomach] Desires: Warm: Food	2			3					1			
[Kent] [Stomach] Desires: Sweets	3	3		1	2	2	2	1				1
[Kent] [Stomach] Aversion: Bread	2	1	2		2		1	3		2	1	
[Kent] [Stomach] Thirst: Eating: After	1		1						1	1		
[Kent] [Sleep] Unrefreshing	2	2	3	2	2	1		2	2	3	3	
[Kent] [Stomach] Heaviness, weight, oppression (see fullness)	3	3	2	2	1		1	2	2	1	1	1
[Kent] [Stomach] Fullness: Sensation, of	3	3	3	1		2	2	2	1		1	2
[Kent] [Stool] Hard	3	3	3	2	3	3	1	3	3	3	3	2
[Kent] [Rectum] Constipation (see inactivity)	3	3	3	3	3	3	1	3	3	3	3	2
[Kent] [Skin] Eruptions: Psoriasis	3	2	2	2	3	2	2		2	2		2
[Kent] [Skin] Eruptions: Scaly		2	3	3	3	2	2	2	2	2		2
[Kent] [Skin] Hard: Thickening, with	2	1	1	2	3	2	3		1		2	
[Kent] [Skin] Discoloration: Brown, liver spots	3	3	2	2	3	1			1	3	3	3
[Kent] [Skin] Itching	3	3	2	3	3	2	3	3	3	2	2	3
[Kent] [Skin] Burning	3	3	3	3	2	2	3	2	3	1	3	2
[Kent] [Skin] Dry	3	3	3	3	2	3	2	2	3	2	2	2

**Clinical diagnosis: - Psoriasis**



**Figure: Before Homeopathic Treatment**



**Figure 2: PASI Score before Homoeopathic Treatment**

**Bases of Selection Individualized Homeopathic Medicine (IHM):** Lycopodium Clavetum is picked in light of the Entirety of symptoms totality. Reportorial investigation was done by J.T. Kent and symptoms cross checked by William Boericke, Allen Corson Cowperthwaite materia medica and J. H. Clarke materia medica<sup>[5,10,11,12,13]</sup>. We chose Lycopodium Clavetum as a constitutional remedy.

**Table 2: Patient Follow-up**

Date	Symptoms	Remedy
10/03/2022	Brownish-red discoloration of the skin, voluptuous itching, after scratching burning sensation, scaly formation	Lycopodium Clavetum-200 OD × 2 doses
07/04/2022	Patient same as before no improvement occurs	Lycopodium Clavetum-1M OD × 2 doses
10/05/2022	Slightly improvement on skin symptoms like itching and burning sensation ameliorate scaly formation slightly better.	Placebo-3 OD× 30 doses
06/06/2022	Skin symptoms were ameliorating slightly	Placebo-12 OD× 30 doses
10/07/2022	Gradually skin symptoms were better	Lycopodium Clavetum-10M OD × 2 doses
08/08/2022	Burning, itching and also scaly formation were reduced	Placebo-18 OD× 30 days
10/09/2022	Gradually all complaints were ameliorated	Placebo-20 4 globs× BD× 30 days
06/10/2022	Itching was reduced; no burning sensation and surface areas were also reduced	Placebo-100 4 globs× BD × 30 days
17/11/2022	Itching was reduced; no burning sensation and surface areas were also reduced	Placebo-200 OD× 30 days
12/12/2022	No itching, no burning sensation, scaly formation and surface areas were reduced	Lycopodium Clavetum-50M OD × 2 doses
15/01/2023	No itching, no burning sensation, scaly formation and surface areas were reduced	Placebo-300 OD× 30 days
10/02/2023	All complaints were better than before	Placebo-400 OD× 30 days
11/03/2023	No itching, no scaly formation, no burning sensation, and surface areas were reduced	Placebo-500 OD× 30 days
02/04/2023	No itching, no scaly formation, no burning sensation surface areas were reduced	Placebo-600 OD× 30 days
08/04/2023	No itching, no burning sensation, no scaly formation, and surface areas were reduced	Placebo-5000 OD× 30 days
15/04/2023	No itching, no burning sensation, no scaly formation, and surface areas were reduced	Placebo-5000 OD× 30 days

**Table 3: Assessment by Modified Naranjo Criteria Score** <sup>[5,14,15,16,17]</sup>

S.No.	Item/Question	Yes	No	Not sure or N/A
1	Was there an improvement in the main symptom or condition for which the homoeopathic medicine was prescribed?	+2	0	0
2	Did the clinical improvement occur within a plausible time frame relative to the drug intake?	+1	-2	0
3	Was there an initial aggravation of the symptom? (need to define in a glossary)	+1	0	0
4	Did the effect encompass more than the main symptom or condition, i.e., were other symptoms ultimately improved or changed?	+2	0	0

5	Did overall well-being improve? (suggest using a validated scale)	+2	0	0
6 (a)	The direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease?	+1	0	0
6 (b)	The direction of cure: did at least two of the following aspects apply to the order of improvement of symptoms -from organs of more importance to those of less importance - from deeper to more superficial aspects of the individual - from the top downwards.	+1	0	0
7	Did old symptoms” (defined as non-seasonal and non-cyclical that were previously thought to have resolved) reappear temporarily during the course of improvement?	+2	0	0
8	Are there alternate causes (other than the medicine) that-with a high probability- could have caused the improvement? (consider the known course of the disease, other forms of treatment and other clinically relevant intervention	-2	+1	0
9	Was the health improvement confirmed by any objective evidence? (e.g. lab test, clinical observation, etc.)	+1	0	0
10	Did repeat dosing, if conducted, create similar clinical improvement?	+2	0	0
<b>Total score =Maximum score=13 Minimum score=02</b>			<b>Score=12</b>	

The interpretation of the total Naranjo score predicting drug action is as follows: Total scores range from -4 to +15; the reaction is considered definite if the score is 11 or higher, probable if 5 to 8, and possible if 1 to 4, and doubtful if 0 or less [5,14,15,16,17].





Figure 3: After Homeopathic Treatment



Figure 4: PASI Score after Homoeopathic Treatment

**DISCUSSION**

The second-largest medical system in the world, homoeopathy focuses more on treating persons rather than diseases. When the right Individualised Homoeopathic Medicine (IHM) is chosen, it acts both symptomatically and holistically<sup>[18,19,20]</sup>. Lycopodium Clavetum 200 was chosen for this case report and constitutionally adhered to. After taking the medication, no new symptoms surfaced, and by the third follow-up, the patient was feeling better. The IHM performed exceptionally well, scoring 12 out of 13 according to the Modified Naranjo Criteria and also the PASI Score before treatment 5.9 and after treatment 0.1. Homoeopathy is a unique system of medicine in the modern era, and this case report supports its effectiveness in treating psoriasis. The choice of homoeopathic medications based on distinctive symptoms and individualization of the patient's miasmatic background may be able to provide the patient with longer-lasting relief and healing. Regardless of the method used, individualized Homoeopathic Medicine can provide relief for symptoms of psoriasis patients<sup>[5,21,22,23,24,25]</sup>.

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**Declaration of Patient Consent:** The authors certify that the proper patient permission form was acquired. The patient has consented to the form for his images and other clinical data to be used in this publication. It is explained to the patient that his identity will remain a secret.

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**\*Address for correspondence**

**Dr. Tanmay Sarkar**

Lecturer,  
Metropolitan Homoeopathic  
Medical College and Hospital,  
Ramchandrapur, Kolkata,  
West Bengal.

Phone: 9474744264

Email:

[dr.tanmaysarkar@gmail.com](mailto:dr.tanmaysarkar@gmail.com)

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