

Role of Homoeopathic Medicines in Psoriasis Vulgaris – A Case Study

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Abstract-

Psoriasis vulgaris can occur as an isolated condition or in the presence of other skin diseases. Here we describe a case of 21-year-old male boys with Psoriasis vulgaris of whole body. The chronic case of Psoriasis vulgaris has been treated with Homoeopathic Medicine in this case study according to symptom similarity of the patient.

Keyword- Psoriasis vulgaris, Similimum, Individualization, Homoeopathic

Introduction –

Psoriasis vulgaris Is a an chronic dermatosis characterised unpredictable course of by remissions and relapses and presence, at typical sites, of papules and plaques which are-

- well defined
- Erythematous
- Have large, silvery, loose scales

According to clinically etiology is unknown, but many factors have been incriminated such as

- Genetic - may be autosomal dominant or polygenic.
- Triggers's - physical trauma like scratches, surgical. incisions & injuries.
- Infections - B. Haemolytic streptococci HIV infections
- Drugs - Antimalarials, Lithium, Corticosteroid withdrawal.

and other factors like Biochemical changes. and Immunological factors.

Roughly 1% of population is affected. with Less than half requiring more aggressive forms of treatment. and can occur at any age and affected both sexes are equally:

In Homoeopathy having a wide range of medicines for Psoriasis vulgaris according to symptoms similarity with individualization.

Case Study

Date- 03/01/2023

Name- Ankit Kumar

Age- 21 years

Sex- Male

Address- Kirayen, Handia- Prayagraj

Present complaints - A male boy 21 years old, of a rural background came to my OPD on 03/01/2023 with a psoriasis vulgaris in which typical plague is well defined. Discoid, erythematous, indurated and surmounted with loose silvery scales and on whole scalp of Head, back, chest, trunk of body, Hands. Legs even whole body since 7 years with severe itching of whole body. Complaint started from right side in initial phase. Patient was undergoing treatment from skin

specialist and Homoeopathic physician for last 7 years but did not get any response from any pathy. Constipation develop due to steroid therapy.

Physical generals-

Appetite -	Normal
Thirst	- Thirsty
Thermal -	Chilly
Stool	- constipated due to steroid uses
Urine	- Normal
Food Desire	- Boiled egg Specific, sweat,cold food
Speed	- Slow

On observation patient is lean thin and tall bony structure - Radius and ulna are longer and thicker than the normal people even the leg and finger are bony long.

Mental symptoms - Patient was very sensitive & shy nature, no easily mix up to other people due to shyness and always a fear of getting hurt. The Patient was saying, Dr. I don't feel like working and he was saying I am afraid. I would not get better. He was insecure about future and disappointed from girlfriend before 7 years. He wants everything in finished timely and he and he have anticipatory anxiety. He was need to support in every circumstances. But mind going into business direction.

Provisional diagnosis- Psoriasis Vulgaris

Miasmatic diagnosis- symptomatically and depending upon the type ie. chronic case on dermis site. The case is clearly indicated the dominancy of sycotic miasm.

Investigations- No investigations advised because patient was poor and couldn't afford investigation charges.

Totality of symptoms- Rubrics taken according to synthesis (Radar) repertory. Radar 10 version.

1. Mind - Timidity - mental symptom.
2. Mind- Conscientious about trifles-Mental Symptom.
3. Mind- Indifference - duties to- Mental Symptom.
4. Mind-Doubtful- recovery.of- Mental Symptom.
5. Skin- Eruptions – Psoriasis- Physical Symptom.
6. Generals- Food & drinks- eggs desire- Physical Symptom.
7. Generals - Side – Right- Physical Symptom.

Find out Remedy after repertorisation

1. Calc. carb- 15/7
2. Sulph- 13/7
3. Arsenic alb-15/6
4. Pulsatilla – 15/6
5. Silica -13/6
6. Merc sol- 10/6
7. Carcinocin – 7/6
8. Lycopodium- 14/5
9. Sepia- 11/5
10. Bryonia- 9/5

Discussion-

In Repertorisation Calc. carb, sulph, Arsenic, puls., Silicea & lycopodium covers more rubrics as well as marks but the final selection was done after referring to materia medica books.

1. Boericke's Materia Medica illustrated about **Calc carb**, its chief action on glands, skin & bones. Skin is unhealthy, readily ulcerating, small wounds do not heal readily. Nettle rashes. Petechial eruptions. Minds is Apprehensive, fear loss of reason, forgetful, confused, low spirited. Anxiety with palpitation. Aversion to work

2. Allen key notes in materia medica "illustrated about Calc carb. Psoric constitutions, Pale, weak, timid, easily tired when walking. Fair skin

Calc carb was given because it had action on the skin. The patient is insecure about future. Timid and always in anxiety with wants support in every circumstances.

Prescription- on- 03/01/2023

1. **Calc. carb 200-1 dose**
2. Sac Lac : TDS for 15 days



1st follow up on- 17.01-2023.

The patient had become more active, feels positive and silvery scale fall reduced. He had diarrhoea after taking medicine for 3 days. Sac Lac 30 was given to Patient for 1 month.

2nd follow up on - 14-02-2023.

The patient was much improved. Scales fall totally reduced with itching controlled and advised to patient apply plain coconut oil. Sac Lac 30 was given to the Patient for one month.

3rd follow up on- 21/03/2023

So much better, scales are to totally disappear and skin reverse in original state. Sac Lac 30 was given to the Patient for 1 month

4th follow up on- 18-04-2023.



Now Patient is fully recovered and no itching in body and skin occurs in normal color and no repetition of **calc carb**. Sac lac 30 was continued for a few months.

Conclusion-

In this case study, importance of homeopathic medicine is shown according to patient symptoms on a similar basis. The most important thing is that there was no need to repeat the medicine. One dose of calc carb-200 was sufficient for the curing process, which was very beneficial and effective treatment for the patient.

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