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Individualized Homoeopathic Approach of Plaque Psoriasis- A CASE REPORT

¹Dr. Shweta Sharma

²Dr. Namrata Nandwana

¹M.D. (PGR), Materia Medica, Swasthya Kalyan Homoeopathic Medical College and Research Centre, Jaipur, Rajasthan, India.

²M.D. (PGR), Practice of Medicine, Swasthya Kalyan Homoeopathic Medical College and Research Centre, Jaipur, Rajasthan, India.

ABSTRACT-

Psoriasis is a genetically determined inflammatory and proliferative disease of skin, the most characteristic lesions consisting of chronic, sharply demarcated, dull red scaly plaques, particularly on the extensor prominences and in the scalp. It's course is punctuated by intermissions and remissions. According to recent studies, the psoriasis prevalence in India is approximately ranging from 0.42 to 2.28%. Besides conventional dermatologic treatment many patient choose Homoeopathic treatment for this condition due to their efficacy & lack of side effects. In this article we report a case of plaque psoriasis treated till recovery with Pulsatilla Nigricans which was prescribed according to individualization of patient.

KEYWORDS- Homoeopathy, Individualization, Plaque Psoriasis, Pulsatilla. Nigricans

INTRODUCTION- Psoriasis is a common non- infectious disease considered to be a chronic autoimmune condition, T- cell mediated, characterized by faster replacement of epidermis cells on the basal membrane level consequently causing inflammation and scaling, affecting 2-3% of population.

Plaque psoriasis typically presents with large oval circular plaques over the scalp, trunk and extensor body surfaces. The plaques have an extensive amount of scaling due to hyperproliferation of epidermal cells. Most patients have acute flares and relapses of plaque psoriasis which may sometime become severe. Plaque psoriasis occurs in approximately 90% of psoriasis.

Females tend to develop psoriasis earlier than males. Patient with a family history of psoriasis tend to have an early age of onset. The attacks are more common in winter than summer, the eruption has a natural tendency to clear up with warm weather.

AETIOLOGY-

- Genetic predisposition
- Immunological factors
- Environmental factors i.e. sunlight, metabolic factor, drugs, psychogenic factor, alcohol and smoking.

CLINICAL VARIANTS-

- Psoriasis vulgaris / Plaque psoriasis- Characterized by dry scaly patches.
- Pustular Psoriasis- Contain pus like fluid mainly infiltrated with white blood cells.
- Erythrodermic Psoriasis- Characterized by exfoliation of fine scaly skin with pain & itching.
- Guttate Psoriasis- Characterized by drop like dots.
- Flexural Psoriasis / Inverse psoriasis- Affects the flexure surfaces and characterized by smooth inflamed lesion.
- Other including scalp psoriasis and nail psoriasis.

A CASE REPORT

A 30 year old female came with the complaint of psoriasis on 30/12/20. Patient suffering from this condition since last 2 years and at initial stage patches appeared on the legs. The lesions consisting of sharply demarcated, dull red, dry and scaly patches with itching.

HISTORY OF PRESENT COMPLAINTS & TREATMENT TAKEN

The patient was apparently well 2 years back then she gradually developed a fine flaky scale on extensor surfaces of lower extremities. Initially it was a small red patch which later spreading all over the legs. She used some topical medicine & also took ayurvedic treatment, which palliate her symptoms for some time but after their effect reduces, itching started again.

CHIEF COMPLAINT

LOCATION	SENSATION	MODALITY
<i>Skin</i> Lower Extremities	c/o itching and dryness	<- Night >- cold application.

PAST HISTORY-

H/O Recurrent urinary tract infections.

MENTAL SYMPTOMS-

- Forsaken feeling +++ after father's death.
- Religious nature++
- Weeping while narrating her symptoms or when asking any question++

PHYSICAL GENERALS

- Thirst- Decreased , 2-3 glass per day (Only while eating)
- Desire- Dairy products (Curd, buttermilk, yogurt)
- Urine- Burning sensation in urethra before urination

CLINICAL OBSERVATION-

- Appearance- Wheatish, pale complexion.
- Height- 5'0
- Weight- 69 kgs.
- Pulse- 74 beats /min
- Pallor- Present
- Other general and systemic examination findings suggest no abnormal sign.

TREATMENT PLANNED /MEDICATION-

Pulsatilla Nigricans 200 one dose was prescribed after taking the case and 200 potency prescribed according to susceptibility of the patient & nature of medicine & disease. Afterthat patient was given Rubrum 200 for 30 days.

Rx

Pulsatilla Nigricans 200 /1 dose /H.S.

Rubrum 30 /TDS/ for 30 Days

Patient was also advised for local application of plain coconut oil and intake of water frequently. Avoidance of oily & spicy food.

FOLLOW UP WITH PRESCRIPTION

Date	Symptoms	Prescription
25.01.2021	>+ Slight relief in itching & scaling but dryness & patch size were not reduced.	Rx Rubrum 30 /1Dose H.S Phytum 30/ TDS/for 30 Days
28.02.2021	>++Relief in itching & scaling but dryness & patch size were not reduced.	Rx Rubrum 30 /1 Dose H.S Phytum 30/ TDS/for 30 Days
30. 03.2021	Relief in itching, dryness. Patch size reduced to 50%	Rx Rubrum 30 /1 Dose H.S Phytum 30 /TDS/ for 30 Days
24.04.2021	All patches disappeared & patient was observed relaxed psychologically.	Rx Phytum 30 /TDS/ for 30 Days

BEFORE TREATMENT



AFTER TREATMENT



CONCLUSION- This case study provides insights about the efficiency of Homoeopathic treatment in Plaque Psoriasis. Homoeopathy brings hope for psoriasis. This alternative form of medication believes in treating the disorder right from the root & is holistic in approach. Since the immune system plays a vital role in this condition, Homoeopathy which can strengthen the defense system helps in not just palliating but curing psoriasis.

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