

An Evidenced Based Case Report on Psoriasis

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ABSTRACT

Psoriasis is chronic skin complaint. Usually seen due to immune mediated responses. Skin will be presented with thick scaly, white plaques, itching noted over knees, elbows, trunk, scalp. A 60years old female had presented with white plaques of skin over the shins of both lower limbs since 1year. She was treated with Sulphur 200, based on symptom similarity with follow up for 6months. Based on symptom similarity homoeopathic treatment is the best line of treatment.

Keywords: Homoeopathy, Psoriasis, Sulphur, Skin, Inflammation. White plaques.

INTRODUCTION

Psoriasis is an inflammatory condition of skin. It is having erythematous plaques of skin covered with silvery scale like appearance. It is a chronic proliferative condition. Mostly its prevalence is of around 0.4 to 2.8%. Mostly it effects in 30-40years. Mostly males are more prone to this when compared with females. There are two types of Psoriasis. Type 1: This is positive family history which happens to be seen before 40years of age. Type 2: This is not having any positive family history which is seen after 40 years of age. It varies in morphology: Guttate, Plaque, Pustular, Erythrodermic, Inverse, Elephantine, Psoriatic arthritis. This is an evidenced base case report where Psoriasis was improved after 6months.

CASE REPORT

A 60years female presented with the complaints of White plaques of skin with

swelling on 4th April 2022 to my OPD clinic. Severe itching, burning sensation over both the shins of lower limbs. This is a case of plaque psoriasis. Lady is a widower, has 2 sons and daughter. She feels like she is a dependant on sons. She always argues with sons and daughter in laws. Religious, doesn't like to do house hold duties.

History of presenting complaint

Presented with Complaints of White plaques of skin over both the shins of lower limbs since 1year. She is widower, has 2 sons and daughter. She feels like she is a dependant on sons. She always argues with sons and daughter in laws. Religious, doesn't like to do house hold duties. Irritable. Great anxious about her health. Hot sweat hands. There is decreased appetite. She is having Menses in regular manner but scanty flow. Hard constipated stools, Severe weakness.

Generals:

Appetite: decreased
Urine: Normal
Thirst: Normal,
Stool: Hard constipated stools.
Sleep: Disturbed
Mental generals:
Irritable
Religious
Depressed
Doesn't like to do work

Evaluation of symptoms:

- Mental generals:
- Irritable
- Religious

- Depressed
- Doesn't like to do work
- Red skin with White plaques on both lower limb shins
- Burning sensation
- Itching
- Hard stools
- Severe weakness



← Repertorisation

Symptoms: 9 Remedies: 359 Applied Filter

Remedy Name	Sulph	Ars	Rhus-t	Sil	Phos
Totality / Symptom Covered	16 / 6	15 / 7	15 / 7	15 / 7	15 / 6
[Kent] [Skin]Eruptions:Itching,oozing: (1)	3	2			
[Kent] [Skin]Eruptions:Burning:Night: (6)	3	2	3		
[Kent] [Skin]Eruptions:Psoriasis: (52)		3	2	2	2
[Kent] [Stool]Hard: (164)	2		1	3	3
[Kent] [Mind]Irritability (see anger): (245)	3	2	3	3	3
[Kent] [Mind]Religious affections (see anxiety,despair,fear: (53)	3	2	1	1	
[Kent] [Mind]Sadness,mental depression:Alone,when: (21)		3		1	1
[Kent] [Mind]Work:Aversion to mental: (107)	2		2	2	3

Fig 3: Repertorisation chart

Therapeutic Intervention:

Case was taken and repertorisation was done by means of Kentian method of Repertorisation, Sulphur 200 was selected based on the grounds of Miasmatic

consideration. Psoriatic miasm was predominant, while we know Sulphur is an Antipsoric remedy. The patient was asked to report after 15days for the first follow up.

Table 1: Data of Symptoms, Follow up, Prescription

Date	Symptoms	Prescription/Dose
4 th April 2022 1 st visit	White plaques of skin over the both lower limbs shins. Severe itching	Sulphur 200/ 1 dose
19 th April 2022 2 nd visit	Persisting symptoms	Sac Lac/1 dose
20 th May April 2022 3 rd visit	Itching slightly relieved, Erythema with white plaques persisting	Sulphur 200 /1 dose, sac lacx2months
20 th July 2022 4 th visit	Itching decreased, white scaling of skin slightly reduced.	Sac Lac/1 dose/1month
21 st August 2022 5 th visit	Slightly scaling is reduced, itching reduced maximum, Erythema reduced	Sulphur 200/1dose, sac lacx2months
28 th September 6 th Visit	White scaling of skin reduced, No itching or burning, no inflammation.	Sac lac x2months
29 th October 7 th visit	No recurrence	Sac lac x1 month

CONCLUSION

This is a case of Psoriasis. By the symptom similarity, Individualisation & Repertorisation Sulphur was selected, with 3 doses of 200 potency. Pt had recovered from psoriasis solved had no further recurrence is observed. Thus, proved homoeopathy not only treat the symptoms the cause from the root is removed.

Declaration by Authors

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