

## Constitutional Homoeopathic Approach of Psoriasis-A Case Study

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### Abstract

This article presents a case study highlighting the successful treatment of psoriasis using Sulphur, a prominent homeopathic remedy for all kind of skin complaints. Psoriasis, a chronic autoimmune skin condition, is characterized by red, scaly patches on the skin and often presents challenging symptoms for those affected. The case study features a 11-year-old male child patient who had experienced psoriasis for 3 years and had previously undergone conventional treatments with limited success. The patient's symptoms, including intense itching, burning sensations, a preference for warmth, and aversion to sweets, aligned with the characteristic indications for Sulphur in homeopathy. Sulphur was prescribed as the constitutional remedy, after a comprehensive evaluation of the patient's case history. Over the course of 5 month of consistent homeopathic treatment, the patient reported significant improvements. His psoriasis symptoms gradually receded, with reduced redness, scaling, and itching. Importantly, the patient's overall well-being improved, reflecting the holistic nature of homeopathic treatment. This case study underscores the personalized and individualized approach of homeopathy in addressing psoriasis. Sulphur, as the chosen remedy, played a pivotal role in alleviating physical discomfort and enhancing the patient's quality of life. It highlights the potential of homeopathic medicine for psoriasis management and emphasizes the importance of collaboration with balanced healthy lifestyle for a comprehensive approach to chronic skin conditions.

**Keywords:** Psoriasis, Sulphur, Homoeopathy, Holistic Treatment and Case Study.

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### Introduction

Psoriasis is a chronic skin condition characterized by the rapid turnover of skin cells, leading to the formation of red, scaly patches on the skin. While there is no known cure for psoriasis, various treatment options, including conventional and alternative approaches, are available. In this article, we delve into a treated case of psoriasis where Sulphur, a common homeopathic remedy, played a pivotal role in achieving significant symptom relief and improving the patient's quality of life.





**Fig 1:** Psoriasis Before & after Treatment images.

### Understanding Psoriasis

Psoriasis is an autoimmune disorder in which the immune system mistakenly attacks healthy skin cells, causing inflammation and the formation of plaques. Common symptoms of psoriasis include red, raised patches covered with silvery scales, itching, burning, and, in some cases, joint pain. The severity of psoriasis can vary from mild to severe and can significantly impact an individual's physical and emotional well-being.

### Causes of Psoriasis

Psoriasis is believed to have a genetic predisposition, and certain environmental factors can trigger its development or exacerbate symptoms. While the exact cause remains unclear, researchers have identified several key factors that contribute to psoriasis:

#### Genetic Factors

Individuals with a family history of psoriasis are at a higher risk of developing the condition. Multiple genes are associated with psoriasis, and their interactions play a significant role in its development.

#### Immune System Dysfunction

Psoriasis is an autoimmune disease, meaning the immune system mistakenly targets healthy skin cells, leading to inflammation and rapid skin cell turnover.

#### Environmental Triggers

Factors such as infections, stress, smoking, alcohol consumption, and certain medications can trigger or worsen psoriasis symptoms.

### Types of Psoriasis

There are several types of psoriasis, each with unique characteristics:

#### Plaque Psoriasis

This is the most common type, characterized by raised, red plaques covered with silver-white scales.

#### Guttate Psoriasis

Typically occurs in children and young adults, presenting as small, red, dot-like lesions.

#### Inverse Psoriasis

Affects skin folds (e.g., armpits, groin, under the breasts) and appears as smooth, red patches without scales.

### Pustular Psoriasis

Involves the formation of pus-filled blisters on the skin, often accompanied by fever.

### Erythrodermic Psoriasis

A rare and severe form that causes widespread redness and shedding of the skin.

### Symptoms of Psoriasis

The symptoms of psoriasis can vary in severity and location. Common symptoms include

- Red, raised patches of skin with silvery scales.
- Itching, burning, or soreness.
- Cracked and bleeding skin.
- Thickened or pitted nails.
- Joint pain and inflammation (psoriatic arthritis, affecting some individuals with psoriasis).

### Diagnosis

Diagnosing psoriasis usually involves a physical examination by a dermatologist. In some cases, a skin biopsy may be performed to confirm the diagnosis. Medical history, family history, and a review of symptoms are also essential for accurate diagnosis.

### Treatment Options for Psoriasis

While there is no cure for psoriasis, various treatments can effectively manage its symptoms and improve the quality of life for individuals with the condition. Treatment options include:

#### Topical Treatments

These include creams, ointments, and shampoos containing corticosteroids, vitamin D analogs, retinoids, or coal tar. They help reduce inflammation and slow skin cell growth.

#### Phototherapy

UVB light therapy and psoralen plus ultraviolet A (PUVA) therapy can help control psoriasis by slowing skin cell turnover.

#### Systemic Medications

For severe cases, oral or injectable medications like methotrexate, cyclosporine, and biologics can suppress the immune response.

#### Lifestyle Modifications

Stress reduction, maintaining a healthy weight, and avoiding triggers like smoking and excessive alcohol consumption can help manage psoriasis.

#### Natural Remedies

Some individuals find relief from psoriasis symptoms through natural remedies like aloe vera, fish oil supplements, and dietary changes.

#### Homeopathic Approach of Psoriasis

##### Homeopathy

Homeopathic remedies are chosen based on the principle of "like cures like," which means that a substance that can cause

symptoms in a healthy person can stimulate the body's natural healing mechanisms to resolve similar symptoms in an unhealthy person. Homeopathy is a holistic system of medicine that aims to stimulate the body's innate healing abilities. Homeopathic remedies are highly individualized and are chosen based on a person's unique physical, emotional, and constitutional characteristics. Here's how homeopathy can be used to manage psoriasis:

### Individualized Treatment

Homeopathic practitioners take a detailed case history to understand the individual's physical symptoms, emotional state, and overall constitution. This information is crucial in selecting the appropriate homeopathic remedy.

### Constitutional Remedies

In homeopathy, a constitutional remedy is prescribed based on the individual's overall constitution and not just their skin symptoms. These remedies aim to address the underlying imbalances in the body.

### Symptom-Based Remedies

Homeopathic remedies can also be prescribed to alleviate specific symptoms associated with psoriasis, such as itching, burning, or joint pain. Psoriatic Arthritis: Homeopathy can be particularly effective in managing psoriatic arthritis, as it focuses on reducing inflammation and joint pain.

### Avoiding Triggers

Homeopaths often work with patients to identify and address triggers that exacerbate psoriasis, such as stress, dietary factors, or environmental factors.

### Homeopathic Remedies for Psoriasis

Several homeopathic remedies are commonly used in the treatment of psoriasis. These remedies are selected based on the individual's symptoms and constitution. Some of the frequently prescribed remedies include:

#### Arsenicum Album

For dry, scaly psoriasis with itching and burning sensations.

#### Sulphur

Often indicated for individuals with red, inflamed skin and intense itching, especially at night.

#### Graphites

Suitable for individuals with thick, oozing psoriatic lesions.

#### Rhustoxicodendron

Beneficial for psoriasis with joint pain and stiffness, especially in the morning.

#### Sepia

Indicated for psoriasis in women who experience hormonal fluctuations and emotional symptoms like indifference or irritability.

### Case Study

#### Background

A male child patient of aged 11years, come to the OPD on

12th January 2023 with complaints of prediagnosed Psoriasis. He took multiple treatments with no significant change in complaints, thus he switched to homoeopathy after all failed attempts.

### Patient Profile

Age: 11years

Gender: Male child

Duration of Psoriasis: 3years

### Previous Treatments

Conventional topical steroids and phototherapy, with limited success.

### Patient's Symptoms

- Plaques with silvery scales on the trunk, extremities, back, elbows, knees, and scalp.
- Intense itching, particularly at night.
- Redness and inflammation around the affected areas.
- The patient reported worsening of symptoms in hot weather and relief in cold weather.
- A sensation of burning and heat on the skin.
- Occasional joint pain in the fingers and knees.
- A tendency to feel generally warm, dislike for covering up, and a preference for cool environments.
- A strong desire for spicy foods and a notable aversion to sweets.

### Basis of Selection of Sulphur as the Homeopathic Remedy

**Characteristic Symptoms:** The choice of Sulphur as the homeopathic remedy in this case was primarily based on the patient's characteristic symptoms. Homeopathy emphasizes the importance of matching the individual's unique symptoms to the remedy.

#### Key Symptoms Indicating Sulphur

##### Intense Itching

Sulphur is a remedy often associated with itching, especially when it is intense and worsens at night.

##### Burning Sensation

Patients requiring Sulphur often experience a sensation of burning or heat on the skin.

##### Preference for Warmth

Sulphur individuals tend to feel warm and prefer cool environments. This preference for warmth is a hallmark characteristic.

##### Aggravation in Hot Weather

The patient reported that her symptoms worsened in hot weather, which aligns with Sulphur's characteristics.

##### Desire for Spicy Foods

Sulphur patients often exhibit a strong craving for spicy foods.

##### Disorganization

Sulphur individuals may be disorganized in their thoughts and actions. They might have a cluttered living or working space.

### Intellectual and Philosophical

Sulphur individuals are often deep thinkers and may have a strong inclination toward philosophical or intellectual pursuits. They may be introspective and reflective, often pondering life's deeper questions.

### Restlessness

There is a marked restlessness associated with Sulphur. These individuals are often mentally and physically restless. They may have a constant need for mental stimulation and change.

### Irritability

Sulphur patients can be irritable, especially when their comfort or routines are disrupted. They may become easily agitated by external factors.

### Constitutional Prescription

Sulphur was chosen as the constitutional remedy. Constitutional prescribing in homeopathy involves selecting a remedy that closely matches the individual's overall constitution and characteristic traits. In this case, the patient's preference for warmth, aversion to sweets, and other physical

and mental symptoms collectively pointed to Sulphur as the constitutional remedy.

### Basis of Prescription

Medicine selected with the help of Materia Medica after a proper case taking and on the basis of individualization and constitution of patient. Furthermore, Sulphur was chosen as it covers the patient's constitution and particular physical totality of symptoms. Sulphur 200/OD/daily morning/15day, was prescribed and on subsequent follow-ups. Potency and medicine have been changed according to symptoms & improvement of patient as a whole. Over time, the goal would be to address his skin complaints, boost his self-confidence, and improve his overall well-being and other related symptoms. The patient was instructed to take the remedy as directed, which may include specific dosing instructions.

### Prescription

#### Rx-

1. Sulphur 200/OD/daily morning/15days
2. SBR 30/BD/15days

#### Follow Up

**Table 1:** Follow up of Treatment

Date of visit	Improvement assessment/follow up	Medicine prescribed
27.01.2023	<p>Sensation of burning or heat on the skin improved after few days of prescription and didn't feel again till today.</p> <p>20% relief in Plaques with scales on the trunkback, elbows, knees, and scalp.</p> <p>Joint pain in the fingers and knees.</p> <p>Major complaints of Intense itching, particularly at night improved.</p> <p>Patient come with a big smile on face.</p> <p>No irritability, he feels full concentration &amp; happy.</p> <p>Slight relief in complaint of Redness and inflammation around the affected areas.</p> <p>Complain of diarrhoea since 4-5 days.</p>	<p>RX:</p> <p>1) Sulphur200/BD/ 15 days.</p>
11.02.2023	<p>Relief in complaint of Redness and inflammation on the affected areas.</p> <p>Diarrhoea totally improved.</p> <p>Complaint of Joint pain in the fingers and knees.</p> <p>Relieved.</p> <p>No complaints of Intense itching in between that time.</p> <p>50% relief in Plaques with scales on the elbows, knees, back, trunk and scalp.</p> <p>No Restlessness.</p> <p>Skin become healthy.</p>	<p>RX:</p> <p>1) SBR /30 TDS/ 15days.</p>
26.02.2023	<p>No complaints of itching.</p> <p>Totally relief in complaint of Redness and inflammation on the affected areas.</p> <p>60% relief in Plaques with scales on the trunk, elbows, knees, and scalp.</p> <p>No joint pain.</p> <p>No new symptoms.</p>	<p>RX:</p> <p>1)Sulphur1M / 1DOSE/OD 2)SBR /200/TDS/30 days.</p>
28.03.2023	<p>Patient is doing well, No new symptoms.</p> <p>Slight eruption marks on affected areas.</p> <p>90% relief in Plaques with scales on the elbows, knees, and scalp.</p> <p>No joint pain.</p> <p>No new symptoms.</p>	<p>RX:</p> <p>1)Sulphur1M / 1DOSE/OD 2)SBR /200/TDS/15 days.</p>
12.04.2023	<p>No eruption marks on affected areas.</p> <p>No complaints of Plaques with scales on the elbows, knees, and scalp.</p> <p>Patient is doing well.</p>	<p>RX:</p> <p>1)SBR/200/TDS/30 days.</p>
10.05.2023	<p>No new symptoms.</p> <p>Patient totally cured.</p> <p>he told that I am totally fit &amp; fine</p>	<p>RX:1)SBR /200/TDS/30 days.</p>

## Conclusion

This case study demonstrates the potential of homeopathic medicine, specifically Sulphur, in the successful management of psoriasis. By addressing the patient's individual symptoms, constitutional characteristics, and emotional state, Sulphur played a crucial role in alleviating the physical discomfort and improving the patient's overall quality of life. It is essential to emphasize that homeopathic treatment is highly individualized, and results may vary from person to person. Anyone considering homeopathic treatment for psoriasis should consult a qualified homeopathic practitioner for a personalized approach to their condition. Additionally, it's important to collaborate with conventional medical care to ensure a well-rounded approach to psoriasis management.

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