Homoeopathic management in case of plantar Psoriasis

Dr. Satish A. Katkar, Associate professor, Department- Practice of Medicine.

Dr. Harshada S. Katkar, Co- Author, Assistant Professor, Department – Organon of Medicine.

Abstract

Psoriasis is most common and chronic inflammatory, proliferative, non contagious, immune- mediated disease of skin. The underlying pathology is a 10 fold increase in the rate of epidermal cell proliferation and exfoliation of nucleated cells before these form a horny layer. The word psoriasis has originated from the greek word Psora, which means *itch*. 7 years female patient treated successfully using Calcaria Carb 30C on the basis of case analysis and individualization. This case is highlighen the efficacy of homeopathic remedy in true dermatological diseases like Psoriasis. (Munjal, 2015)

Introduction

While the conventional treatment approach, is corticosteroids, Methotrexate Followed by the antibiotics and Anti-inflammatory drugs therapy.

In homeopathy, a system of medicine which is deals with the individualizing approach and principle of homeopathy that is Similia Similibus Curentur means Likes cure Likes. This has been used by the centuries to treat a wide range of acute as well as chronic disease conditions, including palmo-plantar, by carefully selecting remedies based on the individual's unique symptoms picture. Homeopathy aims to stimulate the individual's natural healing response and restore the health permanently.

This case report aims to illustrate the efficacy of homeopathic medicine in patient presenting with Psoriasis especially in plantar in pediatric age group. By analyzing the patient's symptoms and selecting the most appropriate homeopathic remedy, a significant improvement in the patient condition was achieved.

Methodology

Study design- Descriptive case report.

Through the case was taken and case analysis showed.

A 7years female child came in OPD with complaint of Cracks over palm and sole, this complaint is with patient since 4 and 6 months

Chief complaints

SR NO.	LOCATION Area, Side, Direction spread, Tissues, Organ, System And Onset, Duration , progress, Intensity, Frequency	SENSATION & PATHOLOGY	MODALITIES A/ F <, >	CONCOMITANTS Strict time correlation
1.	**Skin** **Since 4years and 6 months** **B/l Palms / Soles** **O- Gradual** **D- 4 years and 6 months** **F- Daily** **Intensity- Severe**	**Burning** **Itching** **Cracks+++** **Occasional Bledding from the cracks** **Flacks are silvery**	**< Winter+++** **< Rainy Season++** ➢ **Summer++**	**Chilly** **Thirsty**

PHYSICAL GENERALS

Appearance: Average Built/ nourished

Appetite: Good

Desire: Chalk, undigested food particles

Aversion: Non veg

Thirst: 2 lit/day

Bowels: Unsatisfactory, Dry, Hard, require straining 2-3 time/day Pain< eating after

Urine: Normal

Perspiration: Forehead, Scalp

Habits: Nail Biting

Sleep: N

DREAMS (Description, Life situations):

Ghost

THERMALS

	Summer	Rainy	Winter
Covering	+	++	+++
Fanning	++	-	-
Sweater	-	+	+
Bathing	**Warm water**	**Hot water**	**Hot water**
Food	**Warm**	**Warm**	**Warm**

Impression – **Extreme Chilly**

Mind

Shy in nature, Lack of confidence, Desire for Company, Anxious, Desire sympathy, Anxiety about future and business

Homoeopathic case analysis

Totality of symptoms

Palmar Plantar Psoriasis

Bleeding from cracks

Itching/ cracks aggravated in winter

Itching/ Cracks aggravated in rainy season

Itching/Cracks ameliorate in summer

Itching

Stool Hard

Aversion non vegetarian food

Perspiration forehad/ scalp

Anxious

Shy

Lack of confidence

Nail biting

Dream Ghost

Chilly

Repertorization Rubrics

Differential Remedies for Selection

Calc carb

Silica

Calc Phos

Arsenicum Album

Final remedy selection

Based on repertorization and totality of symptoms Silica 30 C was prescribed.

Calcaria Carb 30C 3 pills once in week

Sac Lac 3pills TDS

1st follow up after 1 month

All symptoms are better except Itching

Calcaria Carb 30C 3 pills Once in week

Sac Lac 3 pills TDS

2nd follow up after 2 month of medicine

All patches are decreases in margin, no new patches, itching intensity decreased as per previous

Calc Carb 30 C 3 pills Once in week

Sac Lac 3 Pills 3 tds

3rd/4th/ 5th follow up one month of interval

Calc carb 30 C 3 pills Once in week

Sac Lac 3 Pills 3 tds* 1month respectively

6th follow up all symptoms are better by 90 % no any relapses, no itching, no new psoriatic patches.

Calc Carb 30 200c given

Please see the picture. Before and After treatment result

References

1) YP Munjal (2015) (Munjal, 2015), API textbook of medicine, 10th edition, S. Das Publication, Kolkata.

2) *Kapse A.R (2011), I.C.R. OPERATIONAL MANUAL, 3rd edition, Dr. M. L.* Dhawale Memorial Trust.

3) Hahnemann S, *Organon of Medicine*, 6th Edition, Translated with preface by William Boeriecke. Introduction by James Krauss, Indian Edition, Indian book and Periodical Publications, New Delhi.

4) Close Stuart *The Genius of Homoeopathy*, chapter VII, Susceptibility, Reaction and Immunity; B. Jain. Publishers; New Delhi. Page number.76.

5) Kent J.T. *Lectures on Homoeopathic Philosophy,* Chapter XIV, Susceptibility, B.Jain. Publishers, New Delhi, Page Number 106.

6) Roberts H.A., *The Princilpes and Art of Cure By Homoeopathy,* Chapter XVII, Susceptibility, B.Jain Publishers, New Delhi. Page Number 150.