



# International Journal of Research Publication and Reviews

Journal homepage: [www.ijrpr.com](http://www.ijrpr.com) ISSN 2582-7421

## Homoeopathic Management of Scalp Psoriasis: A Case Study

*Dr Priyanka Suresh Rathod<sup>1</sup>, Dr. Mukta Ingle<sup>2</sup>*

<sup>1</sup>Department of Organon of Medicine, PG Scholar, Department of Medicine, MD Part-I, Guru Mishri HMC, Shelgaon, Jalna

<sup>2</sup>Assistant Professor, Guru mishri HMC, Shelgaon, Jalna

### ABSTRACT:

Scalp psoriasis is a chronic inflammatory condition characterized by erythematous plaques with silvery scales, often associated with intense itching and psychological distress. This case study explores the homoeopathic approach to treating scalp psoriasis in a 28-year-old female patient presenting with severe itching, burning sensations, and emotional disturbances. The homoeopathic remedy Phosphorus 200C was selected based on the totality of symptoms, and the patient showed remarkable improvement over three months. The Psoriasis Area and Severity Index (PASI) was used to evaluate the severity and track the progress of the condition, demonstrating a significant reduction in psoriasis severity. This study highlights the efficacy of individualized homoeopathic treatment in managing scalp psoriasis holistically.

### Introduction:

Psoriasis is a chronic autoimmune skin disorder affecting millions worldwide. Conventional treatments provide symptomatic relief but often fail to address the root cause. Homoeopathy, with its holistic approach, considers both physical and mental symptoms to prescribe individualized remedies. This case study aims to illustrate the effectiveness of homoeopathic intervention in managing scalp psoriasis and evaluates the patient's progress using the PASI scale.

### Case Presentation

**Patient Profile** A 28-year-old married female homemaker presented with scalp psoriasis persisting for three years. The condition was characterized by intense itching, burning, and scaling, predominantly on the scalp extending to the back of the ears. Symptoms worsened in cold weather and improved in open air. The patient also reported hair fall in affected areas.

**History of Present Illness** The condition initially began as small, itchy patches that progressively developed into thick scaly eruptions. Persistent scratching led to rawness and further irritation. Symptoms aggravated at night, with warmth and emotional stress worsening the discomfort. The patient had no history of chemical exposure or adverse drug reactions.

**Past Medical and Family History** The patient had no significant past illnesses or history of chronic diseases. Her mother had a history of eczema, while her father had hypertension. No familial history of psoriasis was reported.

**Life Space of the Patient** The patient was emotionally sensitive and easily affected by the moods of others. She exhibited a strong fear of loneliness, a desire for company, and a tendency to experience emotional shocks.

### General Symptoms

Appetite: Normal

Thirst: Increased, with a preference for large quantities water.

Thermal Reaction: Chilly

Sleep: Disturbed due to itching

Perspiration: Profuse

**Mental Generals** The patient displayed restlessness and excitability, often becoming delirious under stress. She had episodes of knocking her head against walls when frustrated, extreme sympathy for others, and fears of thunderstorms and darkness. She gets angry on slightest provocation after which she talks in anger of which she becomes unaware what she is talking in anger.

**Local Examination** The scalp exhibited thick, white, scaly eruptions with underlying redness and inflammation. Very small patch of hair loss was evident in the affected regions, but no secondary infection was present.

**Homoeopathic Analysis and Evaluation of Symptoms** The totality of symptoms included psoriatic eruptions, intense itching aggravated by scratching, delirium with restlessness, and striking of the head. The patient's emotional sensitivity, thirst for cold water, and excitable nature were considered key factors in remedy selection.

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### Repertorial Totality (Based on Synthesis Repertory):

1. SKIN - ERUPTIONS - psoriasis
2. SKIN - ITCHING - scratching - agg. - raw; must scratch until it is
3. MIND - DELIRIUM - aroused, on being
4. MIND - STRIKING - himself - knocking his head against walls and things

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### Miasmatic Diagnosis

Psoric miasm: Manifested through itching, scaling, and eruptions.

Syphilitic miasm: Indicated by ulceration and raw skin due to excessive scratching.

**Provisional Diagnosis** Scalp psoriasis.

**Homoeopathic Prescription** Phosphorus 200C was prescribed as a single dose, followed by observation. The patient was advised to apply coconut oil to the scalp and avoid chemical-based shampoos. Dietary recommendations included increased hydration and avoidance of dairy and processed foods.

**Evaluation Using PASI Scale-** The PASI scale was used to assess the severity of the condition before and after treatment. The score considers the affected area, redness, thickness, and scaling of the lesions.

- **Initial PASI Score (Before Treatment):** 12.5 (Moderate severity)
- 1. **First Follow-up (After 1 Month):** 9.0 (Mild improvement, reduced itching and scaling)
- 2. **Second Follow-up (After 2 Months):** 5.5 (Significant improvement, reduced lesion thickness and inflammation)
- 3. **Third Follow-up (After 3 Months):** 2.0 (Marked improvement, minimal residual patches, no further rawness)

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### Follow-ups and Outcome

- **First Follow-up (After 1 Month):**

Reduction in itching intensity.

Slight decrease in scaling.

Mental symptoms remained unchanged.

PASI Score: 9.0

Prescription: Wait and watch.

- **Second Follow-up (After 2 Months):**

Significant improvement in skin condition.

Marked reduction in itching episodes.

Improved sleep quality.

PASI Score: 5.5

Prescription: Saccharum Lactis (placebo).

- **Third Follow-up (After 3 Months):**

Skin nearly clear, with only mild patches remaining.

No further scratching to the point of rawness.

Mental symptoms balanced.

PASI Score: 2.0

Prescription: Saccharum Lactis, continued observation.

## Conclusion

This case highlights the successful management of scalp psoriasis through individualized homeopathic treatment with Phosphorus 200C. The remedy effectively addressed both dermatological and psychological aspects of the patient's condition. Over three months, the PASI score significantly decreased from 12.5 to 2.0, indicating substantial improvement. The reduction in symptoms and enhanced quality of life reinforce homeopathy's potential as a holistic treatment for chronic skin conditions.

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