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## Homoeopathic Approach to Psoriatic Eruptions: A Case Study of Thuja Occidentalis

*Dr. Gayatri Gajanan Chandekar<sup>1</sup>, Dr. Rahul Pakhare<sup>2</sup>*

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

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

### ABSTRACT

This case study presents a detailed homoeopathic approach to a patient suffering from chronic psoriatic eruptions on the fingers, with an underlying psychological history of suppressed emotions and feelings of rejection. The selected remedy, Thuja Occidentalis, was prescribed based on the patient's totality of symptoms, including physical manifestations and deep-seated emotional distress. The case demonstrates the holistic healing impact of homeopathy, leading to both dermatological improvement and emotional well-being. The successful outcome highlights the efficacy of individualized remedy selection in homeopathic practice.

### Introduction

Psoriasis is a chronic inflammatory skin condition with multifactorial etiology, including genetic predisposition, immune dysregulation, and psychological stress. Homeopathy considers both physical and psychological aspects of the disease, recognizing the role of suppressed emotions in chronic ailments. This case study focuses on a young female patient presenting with psoriatic eruptions on her fingers, associated with deep emotional struggles. The treatment approach involved repertorial analysis, miasmatic evaluation, and the selection of an individualized remedy, Thuja Occidentalis. This case underlines the significance of treating the patient as a whole, rather than just addressing the skin condition.

### Case Report

#### Patient Profile

- **Name:** Miss ABC
- **Age/Sex:** 26 years/Female
- **Marital Status:** Unmarried
- **Occupation:** Student
- **Date of Consultation:** [Date]

#### Chief Complaint

- Psoriatic eruptions on fingers for the past two years.
- Dry, scaly, cracked skin with occasional bleeding and itching.

#### Life Space of the Patient

The patient, a 26-year-old student, was raised in a strict household where emotional expression was discouraged. She consistently felt inferior to her siblings and struggled with low self-esteem. Past experiences of rejection in personal relationships had exacerbated her emotional distress, which seemingly manifested as skin eruptions. Multiple allopathic treatments provided only temporary relief, leading her to seek homeopathic care.

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## History of Present Illness

- The eruptions started insidiously, initially appearing as dry, scaly patches on the right middle finger before spreading.
- Itching was worse at night and in warm environments.
- Peeling of the skin caused sensitivity and occasional pain.

## Past History

- No major childhood illnesses.
- Family history of eczema (mother).

## Mental Generals

- Emotionally sensitive, deeply affected by rejection.
- Experiences feelings of worthlessness.

## Physical Generals

- **Appetite:** Normal
- **Thirst:** Moderate
- **Sleep:** Disturbed
- **Perspiration:** Normal, offensive
- **Thermals:** Chilly
- **Menses:** Regular

## Local Examination

- Dry, scaly eruptions predominantly on fingers.
- Fissured, bleeding cracks with occasional watery discharge.
- Hyperkeratosis visible in affected areas.
- No secondary infection noted.

## Miasmatic Diagnosis

- **Psora:** Functional disturbances, hypersensitivity, emotional turmoil.
- **Sycosis:** Hyperkeratosis, chronic recurrence.
- **Syphilis:** Bleeding, slow tissue healing.

## Homeopathic Analysis and Evaluation of Symptoms Totality of Symptoms

1. EXTREMITIES - ERUPTIONS - Fingers
2. MIND - AILMENTS FROM - Rejected; from being
3. MIND - DELUSIONS - Worthless; he is
4. Chilly patient with aggravation from emotional stress
5. History of suppressed emotions
6. Psoriatic eruptions with bleeding and itching

## Repertorial Totality

1. EXTREMITIES - ERUPTIONS - Fingers
2. MIND - AILMENTS FROM - Rejected; from being
3. MIND - DELUSIONS - Worthless; he is

## Remedy Selection

- **Thuja Occidentalis 200C**, one dose, followed by Saccharum Lactis BD for 15 days.
- Considered remedies: Natrum Muriaticum, Causticum, Aurum Metallicum, Silicea.

#### Miasmatic Justification for Thuja Occidentalis

- Thuja primarily addresses sycotic miasm, dealing with chronicity, suppressed emotions, and skin overgrowth.
- It is suited for ailments resulting from emotional suppression and low self-worth.
- Thuja aids in detoxification and clearing residual effects of suppressed conditions.

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#### Follow-Ups

##### 1st Follow-up (After 4 weeks):

- Initial aggravation for a week.
- Skin eruptions began flaking off.
- Slight improvement in emotional well-being.
- Placebo continued.

##### 2nd Follow-up (After 8 weeks):

- Reduced itching and fewer cracks.
- Emotional resilience improved.
- Thuja Occidentalis 200C repeated once.

##### 3rd Follow-up (After 12 weeks):

- 70% improvement in lesions.
- Feeling more self-assured, less affected by rejection.
- Placebo continued.

##### 4th Follow-up (After 16 weeks):

- Almost complete clearance of psoriatic eruptions.
- Increased confidence in social interactions.
- No recurrence observed.
- Treatment concluded.

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#### Conclusion

The individualized selection of Thuja Occidentalis based on the patient's totality of symptoms, miasmatic background, and emotional state led to significant improvement. The case illustrates the deep interplay between emotional suppression and skin diseases, reinforcing the holistic philosophy of homeopathy. Beyond dermatological relief, the patient experienced notable psychological healing. Long-term counselling and general health maintenance were advised to prevent relapse, emphasizing homeopathy's role in treating both physical and emotional aspects of disease.

