



## **POSORIAIS VULGARIS CASE REPORT IN 14-YEAR-OLD BOY TREATED WITH HOMOEPATHIC APPROACH**

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### **ABSTRACT:**

Homoeopathy is a distinct medical practice that relies on each patient's individuality and symptom similarities. It views a man's illness as a complete, separate thing. The case study shows that homoeopathy can be helpful in treating a variety of skin conditions, focussing on a youngster who underwent therapy for psoriasis over six months with a homoeopathic similimum chosen based on individualisation.

**KEYWORDS:** Psoriasis, Homoeopathy, Autoimmune disorder

### **INTRODUCTION:**

The Greek term psora, which means itching, is the root of the English word psoriasis. Psoriasis is a long-term inflammatory skin condition that has autoimmune pathogenic characteristics and a significant genetic tendency. The incidence varies by area but is approximately 2% worldwide. (1) Although the afflicted skin is usually not very itchy, some people do have severe itching, and occasionally the eruptions can be unpleasant and sore, especially if there are fissures. The face is frequently immune to psoriasis, although it can affect the entire body, including the scalp. It's an autoimmune illness, which is a class of disorders in which the body's defences attack its own cells and tissues due to an overactive immune system. Skin cells typically originate at the base of the epidermis' outermost layer. Over the course of three to four weeks, the cells undergo a cycle of transformation, rising through the layers to the skin's surface, where they die and are expelled. This process is accelerated in psoriasis, and cells can complete this cycle in three to four days. The skin thickens as a result, giving it its distinctively scaly look. Psoriasis mostly affects the skin and nails, but in 6% of instances, it is accompanied by joint inflammation, primarily affecting the fingers, toes, and spine. This condition is known as psoriatic arthritis. Ages 11 to 60 are affected. One to three per percent of people have this chronic inflammatory skin condition. (2)

### **MATERIAL AND METHOD:**

**Case:** On November 25, 2024, a 14-year-old kid came to our OPD in Jaipur, Rajasthan, complaining of white, scaly eruptions on his back, belly, and extremities that had begun when he was 6 years old and had persisted for the previous 9 years. After scratching, the right leg developed an eruption first, followed by the belly and other areas, causing intense itching and bleeding. Allergic rhinitis and nighttime nasal obstruction were among the related concerns. A cousin introduced him to homoeopathy after he had failed at allopathic treatment.

**History of the current complaint:** The patient was healthy a year ago, but after allopathic treatment he started complaining of severe itching and burning of skin. He subsequently tried allopathic treatment for a while, but there was no improvement—instead, his black hairs started to turn white.

**Past History:** The patient developed psoriasis when he was six years old, and he utilised allopathic creams and drugs to treat it.

**Family History:** History of the patient's mother: she is an extremely sensitive woman who cries at the slightest rebuke. She feels that her husband controls her and that he is too preoccupied with his job to look after her. After marriage, she experiences loneliness.

**Physical Characteristics:** He finds it difficult to tolerate the heat. The soles of his feet and the palms of his hands were perspiring profusely. He drinks 1-2 litres of water every day. He eats well spicy food and does not like farinaceous food. Bowel and urine habits were normal. 7-8 hours of sleep was rejuvenating.

**Mentals Generals:** The patient was a very sensitive child who cries often. He was also a responsible boy who enjoyed playing sports, especially outside ones, and won a football state medal. He had stage fright and anticipatory worry, which begins before an exam or performance, and he was a coward. He had no hope of getting better, so he tried numerous allopathic treatments without success. He stammers sometimes.

**Diagnosis:Psoriasis****ANALYSIS AND ASSESSMENT OF SYMPTOMS:**

S.NO.	SYMPTOMS	MG/PG/PARTICULARS	INTENSITY
01	YIELDING DISPOSITION	Mental general	++++
02	SPEECH-stammering	Physical general	+++
03	APPETITE wanting - children	Physical general	++++
04	THIRSTLESS	Physical general	++++
05	ERUPTIONS - psoriasis	Particulars	++++
06	ITCHING - burning	Particulars	++++
07	Farinaceous food - aggravation	Particulars	+++
08	Farinaceous food - aversion	Particulars	++++

**REPERTORIAL TOTALITY:(3)**

S.NO.	SYMPTOMS	CHAPTER/RUBRICS
1.	YIELDING DISPOSITION	MIND-YIELDING DISPOSITION
2.	SPEECH-stammering	MOUTH-SPEECH-stammering
3.	APPETITE wanting - children	STOMACH-APPETITE - wanting - children; in - newborns
4.	THIRSTLESS	STOMACH - THIRSTLESS
5.	ERUPTIONS - psoriasis	SKIN - ERUPTIONS - psoriasis
6.	ITCHING - burning	SKIN - ITCHING - burning
7.	Farinaceous food - aggravation	GENERALS - FOOD AND DRINKS - farinaceous - agg.
8.	Farinaceous food - aversion	GENERALS - FOOD AND DRINKS - farinaceous - aversion

**REPERTORIAL SHEET:**

Welcome to RadarOpus x Primer of Materia Medica (ALLEN T., New Delhi, India... x Synthesis Treasure Edition 2009V (SCHROYENS F. ) x Analysis -

Limit the analysis to a view: Full repertory Search remedy:

**RadarOpus**

1. Clipboard 1

- 1. MIND - YIELDING DISPOSITION (71) 1
- 2. MOUTH - SPEECH - stammering (99) 1
- 3. STOMACH - APPETITE - wanting - c... (1) 1
- 4. STOMACH - THIRSTLESS (221) 1
- 5. SKIN - ERUPTIONS - psoriasis (121) 1
- 6. SKIN - ITCHING - burning (182) 1
- 7. GENERALS - FOOD AND DRINKS - f... (21) 1
- 8. GENERALS - FOOD AND DRINKS - f... (41) 1

	lyc.	puls.	nat-m.	sulph.	caust.	nat-c.	phos.	nat-ar.	ars.	chin.	sep.	sil.	carb-v.	kali-c.	nux-v.	ph-ac.	thui.	map-c.	plb.	staph.	dulc.	verat.	bell.	graph.	merc.	bry.	thus.
1	2	3	1	1	1	1					1	2	3	1	2	1	3		1	1							1
8	7	7	6	6	6	6	6	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	4	4	4	4	4
15	16	9	11	10	9	9	6	9	9	9	9	8	7	7	7	7	6	6	6	5	5	8	8	8	7	7	6
2	3	1	1	1	1	1					1	2	3	1	2	1	3		1	1							1
1	1	1	2	3	2	2	1	1		1	1				2		1	2	1	1	1	1	3	1	3		1
2	3	1	1	1	1	1	1	2	3	2	1	1	2	1	3	1	1	1	2	1	1	2	2	1	1	1	3
3	2	1	2	1		2	1	2	2	3	2	1	2		1	1	1	1	1	1	1	1	2	2	1	2	
3	3	1	3	2	1	2	1	3	1	2	3	1	2	1	1	1	1	1	1	1	1	2	3	2	3	3	
1	1	1	2		2	1	1	1	1							1											1
2	3	3	1	2	2		1		2				2	1	1			1	2						2	1	

**REPERTORIAL ANALYSIS:**

S.NO.	REMEDIES AND THEIR RELATIVE VALUES
1.	LYCOPODIUM CLAVATUM 15/8
2.	PULSATILLA 16/7
3.	NATRUM MURATICUM 9/7
4.	SULPHUR 11/6
5.	CAUSTICUM 10/6
6.	NATRUM CARBONICUM 9/6

THE REMEDY:LYCOPODIUM CLAVATUM 200-single dose, followed by rubrum.

A thorough evaluation of the patient's case history and consideration of all symptoms led to the selection of a drug using the RADAR version 10 program. Since lycopodiumclavatum, pulsatilla, natrummuraticum, sulphur, causticum, and natrumcarbonicum all fulfilled most of the requirements and were given higher grades, it was ultimately decided that lycopodiumclavatum was the best treatment for this case, considering the whole spectrum, including the temperature, mental, and physical picture. The remedy is again verified by a reference from the materiamedica.

When confirming the remedy from several books, the following elements were considered:

Brown patches occasionally show up; they can be itchy, swollen, and painful. (4)

When he walks, his skin becomes unhealthy, raw, and itchy; he feels rubbed sore. (5)

Fissured breakouts; violent itching. (5)

When heated during the day, corrosive itching occurs.(6)

The patient's vulnerability was taken into consideration when selecting the potency. One dose of lycopodiumclavatum is given to avoid undue aggravation, as mentioned in aphorism 278, that the best way for a doctor to determine how tiny an amount should be to bring about a cure without needlessly intensifying the condition is only via actual experience. (7)

FOLLOW UP:

DATE	SYMPTOMS	REMEDY
25/11/2024	Severe Itching. Bleeding from eruptions after scratching. White scaly eruptions on extremities,back,abdomen.	LYCOPODIUM 200/1dose Phytum 30/TDS*ONE MONTH
23/12/2024	Itching slightly decreased. Bleeding from eruptions decreased after scratching. White scaly eruptions on extremities,back,abdomen slightly better.	Phytum 200/TDS*ONE MONTH
24/01/2025	Itching slightly more decreased. Bleeding from eruptions decreased after scratching. White scaly eruptions on extremities,back,abdomen slightly better.	Phytum 30/TDS*one month
21/02/2025	Itching constant. Bleeding from eruptions decreased after scratching but it is constant. White scaly eruptions on extremities,back,abdomen slightly better but no futher improvement was seen.	LYCOPODIUM200/1 dose Phytum30/TDS*one month
22/03/2025	Itching more decreased. Bleeding from eruptions stopped after scratching. White scaly eruptions on extremities,back,abdomen better.	Phytum 30/TDS*one month
24/04/2025	Itching better. White scaly eruptions on extremities,back,abdomen better.	Phytum 30/TDS*one month

**PICTURES:*****Before treatment:******After treatment:***

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## RESULT AND DISCUSSION:

Individualised homoeopathic intervention may be a good alternative for treating PSORIASIS; however, more research with a better method is recommended.

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## CONCLUSION:

Every day, homoeopathic physicians treat a wide range of skin conditions, selecting the most effective drug based on individualisation and reportorial analysis. Potency selection is based on susceptibility, according to Aphorism 270 Footnote in the Organon of Medicine, Fifth and Sixth Editions. (8)

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