

# Individualised Homoeopathic Management of Chronic Plaque Psoriasis - A Case Report

Dr. J. Vinod Kumar<sup>1</sup>, Dr. D. Akhila<sup>2</sup>

<sup>1</sup>PG Professor, HOD, Dept of Homeopathic Materia Medica

<sup>2</sup>PG Scholar, Dept of Homeopathic Materia Medica

**Abstract:** ***Introduction:** Psoriasis is a chronic, immune-mediated inflammatory skin disease characterized by epidermal hyperproliferation and well-demarcated erythematous plaques covered with silvery scales, with a relapsing and remitting course, and the skin lesions are variably pruritic. **Case Summary:** A 52-year-old female presented with complaints of reddish, scaly plaques over both upper limbs, associated with intense itching, burning on scratching and formication since 7 years. The condition had markedly worsened following the death of her mother and was associated with grief, suppressed emotions, forsaken feeling, humiliation and anxiety regarding her daughter. The case was repertorized using the Complete Repertory in ZOMEIO, and Natrium muriaticum was selected based on the totality of symptoms and materia medica correlation. During follow-up, progressive improvement was observed in formication, itching, burning, redness and scaling, along with improvement in mental and physical generals. The outcome was assessed using the Modified Naranjo Criteria for Homeopathy, with a score of +8.*

**Keywords:** Chronic Plaque Psoriasis, Natrium Mariaticum, Individualisation, Homoeopathy, MONARCH.

## 1. Introduction

Psoriasis is a chronic immune-mediated inflammatory skin disease characterized by epidermal hyperproliferation and well-demarcated erythematous plaques covered with silvery scales, particularly affecting extensor surfaces, scalp and nails, and usually follows a relapsing and remitting course.

It can occur at any age, and is most common in the age group 50–69 years. The reported prevalence of psoriasis in countries ranges between 0.09% and 11.4%, making psoriasis a serious global problem.<sup>1</sup> Roughly 1 in 3 people living with psoriasis also have psoriatic arthritis; typically, with psoriasis developing before psoriatic arthritis.<sup>2</sup>

**Plaque psoriasis** is the most common clinical variant, accounting for nearly 90% of cases, and presents as well-demarcated erythematous plaques with silvery scales, typically affecting the elbows, knees, scalp, and sacral region. **Guttate psoriasis** commonly occurs in children and young adults as multiple drop-like papules, often following  $\beta$ -hemolytic streptococcal infection. **Pustular psoriasis** may be localized to the palms and soles or generalized, presenting with sterile pustules on an erythematous background.<sup>3</sup>

The etiology of psoriasis is still poorly understood, however, genetic predisposition and immune dysregulation are recognized as key contributors. Approximately 30–50% of patients report a positive family history, and twin studies demonstrate higher concordance in monozygotic (60–75%) than dizygotic (15–20%) twins.<sup>4</sup> The IL-23/IL-17 axis and TNF- $\alpha$  play central roles in the pathogenesis by activating T lymphocytes and keratinocytes, resulting in chronic inflammation and epidermal hyperproliferation that produce the characteristic psoriatic lesions.<sup>5</sup>

Diagnosis is primarily clinical and skin biopsy is not usually required but may be performed if there is diagnostic doubt. Disease severity is commonly assessed using the Psoriasis Area and Severity Index (PASI)<sup>6</sup> and the Dermatology Life

Quality Index (DLQI), while evaluation for metabolic syndrome and cardiovascular comorbidities is recommended.

Treatments for psoriasis include: Topicals, including over-the-counter topicals, topical steroids, and topical non-steroids; Phototherapy; Systemics, including oral, biologic, and biosimilar treatments.<sup>7</sup>

While conventional medicine focuses on the inhibition of inflammation in the skin and therefore generalizes the medication to the diagnosis, classical homeopathy investigates the genetic and epigenetic influences that a person has been subjected to and the individualistic response to them.<sup>8</sup> Homoeopathy adopts an individualized and holistic approach to patient care, emphasizing the totality of characteristic symptoms rather than the pathological diagnosis alone. In accordance with homoeopathic principles, remedy selection is based on the patient's peculiar, uncommon, and characteristic mental, general, and physical symptoms that individualize the case. This individualized approach aims to address the patient as a whole rather than focusing solely on the disease, thereby guiding the selection of the most appropriate remedy. The present case demonstrates the application of these principles in the individualized homoeopathic management of chronic plaque psoriasis.<sup>9,10</sup>

## Patient Information

A 52-year-old female presented with complaints of reddish, scaly patches over both upper limbs associated with mild itching for the past 7 years. The lesions were initially mild but gradually progressed and markedly increased in severity 3 years after their onset, following the death of her mother. Owing to financial constraints, she did not seek treatment during the initial 2 years. As the disease progressed, she received conventional treatment, which provided only temporary relief, following which the medication was discontinued. The itching was followed by a burning sensation on scratching and a crawling sensation, as if ants were moving over the affected skin (formication). No specific

aggravating or ameliorating factors were reported. There was no significant past and family history.

### Physical Generals:

The patient's physical generals revealed an aversion to meat, increased thirst for small quantities of water at frequent intervals, and bowel movements associated with excessive flatus. She was thermally hot. Appetite, sleep, perspiration, micturition, and other physical generals were normal. She had no significant personal habits or addictions.

### Life Space Investigation:

The patient was married at the age of 20 years and reported a lack of affection from her husband since the early years of marriage, which made her feel lonely. She was emotionally attached to her only daughter and used to share her feelings with her mother. After her mother's death, she experienced considerable grief and began suppressing her emotions. After her daughter's marriage, recurrent marital conflicts led to her daughter repeatedly returning to the parental home, which caused the patient considerable grief and anxiety. She also felt humiliated as these family disputes affected her self-respect in front of her sister-in-law.

### Mental Generals:

Ailments from grief following the death of her mother, forsaken feeling, suppressed emotions, ailments from humiliation, anxiety about her daughter.

### Clinical Findings:

On dermatological examination, multiple erythematous plaques of varying sizes with well-defined margins and thick, adherent silvery-white scales were present symmetrically over the extensor aspects of both elbows and adjacent forearms. Auspitz sign was positive. No nail involvement or clinical evidence of psoriatic arthritis was observed.

### Diagnostic Assessment:

The diagnosis of chronic plaque psoriasis was made based on the characteristic clinical presentation of well-defined erythematous plaques covered with thick silvery-white scales.

### Totality of Symptoms:

- Ailments from grief following the death of her mother
- Forsaken feeling
- Suppressed emotions
- Ailments from humiliation
- Anxiety about her daughter
- Aversion to meat
- Thirst for small quantities of water at frequent intervals
- Excessive flatus during defecation
- Hot patient
- Well-defined erythematous scaly plaques over the extensor aspects of both upper limbs
- Intense itching followed by burning on scratching
- Crawling sensation as if ants were moving over the skin (formication)

| Remedy                                                      | Sulph | Puls | Nat-m | Rhus-t | Ign | Plat | Lyc | Merc | Phos | Staph | Mur-ac | Ph-ac | Ar-s | Sep | P-30+ |
|-------------------------------------------------------------|-------|------|-------|--------|-----|------|-----|------|------|-------|--------|-------|------|-----|-------|
| <b>Totality</b>                                             | 24    | 24   | 23    | 23     | 21  | 19   | 18  | 18   | 17   | 17    | 17     | 17    | 16   | 16  | 16    |
| <b>Symptoms Covered</b>                                     | 9     | 7    | 8     | 8      | 7   | 7    | 8   | 7    | 9    | 7     | 6      | 6     | 8    | 8   | 5     |
| <b>Kingdom</b>                                              |       |      |       |        |     |      |     |      |      |       |        |       |      |     |       |
| [Complete] [Mind]FORSAKEN FEELING: (364)                    | 1     | 4    | 3     | 3      |     | 3    | 1   | 3    | 1    |       |        |       | 3    | 1   | 4     |
| [Complete] [Mind]DEATH:Ailments from, agg.:Loved ones, o    | 1     |      | 4     |        | 4   | 1    | 1   | 1    | 1    | 1     |        | 3     | 1    |     |       |
| [Complete] [Mind]HUMILIATION:Ailments from, agg.: (66)      |       | 3    | 3     |        | 4   | 4    |     |      |      | 3     |        | 3     |      |     |       |
| [Complete] [Mind]INTROVERTED: (276)                         | 3     | 4    | 4     | 1      | 4   | 3    | 2   | 3    | 3    | 3     | 4      | 4     | 3    | 1   | 3     |
| [Complete] [Mind]ANXIETY:Children, about own: (36)          | 1     |      | 1     | 3      |     |      |     |      | 1    |       |        | 1     | 1    | 1   |       |
| [Complete] [Generalities]FOOD AND DRINKS:Meat:Aversion      | 4     | 4    | 3     | 3      | 3   | 3    | 4   | 3    | 3    | 1     | 4      |       | 3    | 4   | 3     |
| [Complete] [Rectum]FLATUS:Stool:During: (223)               | 3     | 1    | 3     | 3      | 3   | 1    | 3   | 2    | 3    | 3     | 3      | 3     | 1    | 1   | 3     |
| [Complete] [Extremities]ERUPTIONS:Psoriasis:Upper limbs: (- | 3     |      |       | 3      |     |      | 2   | 3    | 3    |       | 3      |       | 3    | 3   | 3     |
| [Complete] [Skin]ITCHING:Burning, smarting:Scratching, afte | 4     | 4    |       | 3      | 1   |      | 1   |      | 1    | 2     | 1      |       |      | 1   |       |
| [Complete] [Skin]ITCHING:Formicating, crawling: (123)       | 4     | 4    | 2     | 4      | 2   | 4    | 4   | 3    | 1    | 4     | 2      | 3     | 1    | 4   |       |

Figure 1: Repertorisation chart

## 2. Therapeutic Intervention

A total of 10 rubrics were repertorized using the Complete Repertory in ZOMEIO software.<sup>11</sup> Sulphur, Pulsatilla, and Natrium muriaticum covered the highest number of rubrics. Based on materia medica correlation and the totality of symptoms, and after remedy differentiation, Natrium muriaticum was selected as the similimum.<sup>12,13</sup>

The potency and dosage were selected based on the patient's individual susceptibility, taking into consideration factors

such as age, sex, constitution, pathology, duration and intensity of the disease. All medicines were administered orally. Six medicated globules of size 30 were administered as a single dose once daily for three consecutive days, followed by an identical-looking placebo which was advised to be taken twice daily for 30 days.<sup>14</sup>

### Follow-Up and Outcomes:

A detailed follow-up of the case is presented in Table 1. The case was also assessed with the help of Modified Naranjo criteria<sup>15</sup> to ascertain the causal attribution between the prescribed homoeopathic medicine and the changes seen in

the signs/symptoms of the patient and her overall experience of general well-being.

**Table 1:** Follow-Up and Outcome

| Date       | Follow-Up                                                                                                                                                                                    | Prescription                                                                      | Justification                                                                                        |
|------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| 16-07-2025 | Reddish patches over the bilateral upper limbs with intense itching, burning, formication sensation and white silvery scales.<br>Mentals- Anxiety, grief.<br>Physicals-Flatus during stools. | 1.Natrium Muriaticum 200C, 3 doses, 6 pills OD/ 3 days.<br>2. Rubrum 4/4- 1Month. | Basing on the totality of symptoms.                                                                  |
| 14-08-2025 | Slight relief in formication sensation and scaling;<br>Redness, itching, burning- Status quo.<br>Mentals- Status quo.<br>Physicals-Flatus during stools slightly decreased.                  | Rubrum 4/4- 1Month.                                                               | As the patient showed improvement only placebo was prescribed.                                       |
| 10-09-2025 | Status quo of all the symptoms.                                                                                                                                                              | 1.Natrium Muriaticum 200C, 3 doses, 6 pills OD/ 3 days.<br>2. Rubrum 4/4- 1Month. | As there was no improvement of symptoms same potency was repeated.                                   |
| 13-10-2025 | Much relief in formication sensation; Scaling, redness, itching slightly better; burning- Status quo.<br>Mentals- Slightly better.<br>Physicals- Status quo.                                 | Rubrum 4/4- 1Month.                                                               | As the patient showed improvement in mentals and particulars only placebo was prescribed.            |
| 19-11-2025 | Formication relieved completely. Itching, burning slightly improved; No change in, scaling and redness.<br>Mentals- Slightly better.<br>Physicals-Flatus during stools much better.          | Rubrum 4/4- 1Month.                                                               | As the patient showed improvement in mentals, physicals and particulars only placebo was prescribed. |
| 08-12-2025 | Increase in severity of itching and burning.<br>Scaling and redness-status quo.<br>Mentals- Slightly better.<br>Physicals-Flatus during stools occasionally.                                 | 1.Natrium Muriaticum 1M, 1 dose, 6 pills.<br>2. Rubrum 4/4- 1Month.               | As there was increase in itching and burning severity potency was increased.                         |
| 05-01-2026 | Itching, burning, redness much better; Scaling- Status quo.<br>Mentals- Much better.<br>Physicals-Flatus during stools occasionally.                                                         | Rubrum 4/4- 1Month.                                                               | As the patient showed improvement only placebo was prescribed.                                       |
| 02-02-2026 | Itching, burning, redness, scaling much better.<br>Mentals and physicals- only occasionally.                                                                                                 | Rubrum 4/4- 1Month.                                                               | As the patient showed improvement only placebo was prescribed.                                       |
| 09-03-2026 | Burning, redness, scaling much better; Itching slightly increased.<br>Mentally and physically- Good.                                                                                         | 1.Natrium Muriaticum 10M, 1 dose, 6 pills.<br>2. Rubrum 4/4- 1Month.              | As there was increase in itching potency was increased.                                              |
| 06-04-2026 | Burning, redness, scaling, itching much better.<br>Mentally and physically- Good.                                                                                                            | Rubrum 4/4- 1Month.                                                               | As the patient showed improvement only placebo was prescribed.                                       |
| 15-05-2026 | Only occasional itching.                                                                                                                                                                     | Rubrum 4/4- 1Month.                                                               | As the patient showed improvement only placebo was prescribed.                                       |

### 3. Results

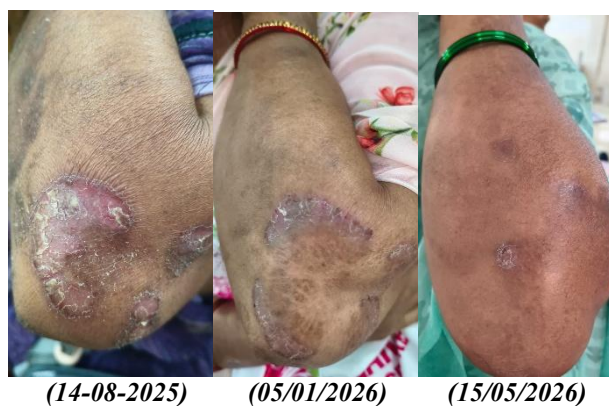


**Figure 2:** Before and after pictures of left elbow



Figure 3: Before and after pictures of right elbow

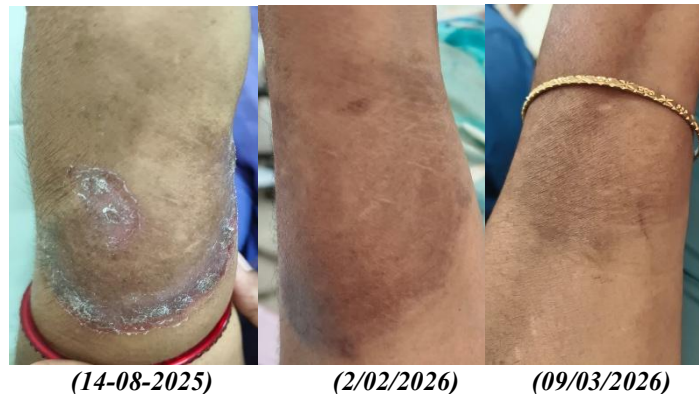


Figure 4: Before and after pictures of right forearm

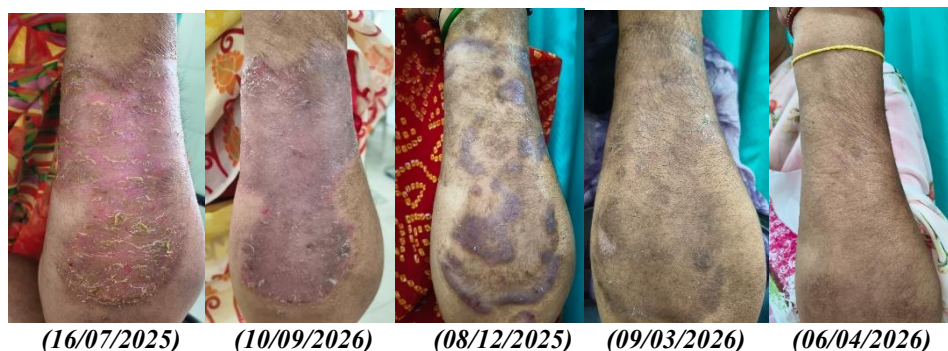


Figure 5: Before and after pictures of left forearm

Table 2: Modified Naranjo Criteria for Homeopathy (MONARCH)

| DOMAINS                                                                                                                                                                                                                                                                    | YES | NO | N/A |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----|-----|
| Was there an improvement in the main symptom or condition for which the homeopathic medicine was prescribed?                                                                                                                                                               | +2  |    |     |
| Did the clinical improvement occur within a plausible time frame relative to the medicine intake?                                                                                                                                                                          | +1  |    |     |
| Was there a homeopathic aggravation of symptoms?                                                                                                                                                                                                                           | 0   |    |     |
| Did the effect encompass more than the main symptom or condition (i.e., were other symptoms, not related to the main presenting complaint, improved or changed)?                                                                                                           | +1  |    |     |
| Did overall well-being improve? (suggest using a validated scale or mention about changes in physical, emotional and behavioral elements)                                                                                                                                  | +1  |    |     |
| (A) Direction of cure: Did some symptoms improve in the opposite order of the development of symptoms of the disease?                                                                                                                                                      |     |    |     |
| (B) Direction of cure: Did at least one of the following aspects apply to the order of improvement in symptoms.<br>-from organs of more importance to those of less importance?<br>-from deeper to more superficial aspects of the individual?<br>-from the top downwards? |     | 0  |     |
| Did 'old symptoms' (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?                                                                                                |     | 0  |     |
| Are there alternative causes (i.e., other than the medicine) that with a high probability – could have produced the improvement? (consider the known course of the disease, other forms of treatment and other clinically relevant interventions)                          |     | +1 |     |
| Was the health improvement confirmed by any objective evidence? (e.g., investigations, clinical examination, etc.)                                                                                                                                                         | +2  |    |     |
| Did repeat dosing, if conducted, create similar clinical improvement?                                                                                                                                                                                                      |     | 0  |     |

TOTAL SCORE: +8

**Financial support & Sponsorship:** None

**Conflicts of interest:** No

**Ethics Approval:** Ethics approval was obtained from the institutional ethics committee prior to the publication of this case report.

**Declaration of Patient Consent:** Written informed consent was obtained from the patient for publication of clinical findings and pictures. The patient understands that personal identity will remain confidential and no identifiable information will be disclosed.

#### 4. Discussion

Psoriasis is a chronic, relapsing inflammatory skin disorder characterized by well-demarcated erythematous plaques with silvery scales. In the present case, the patient had a 7-year history of chronic plaque psoriasis involving the extensor aspects of both upper limbs, with intense itching, burning after scratching, scaling and a characteristic formication sensation. The disease showed marked aggravation following the death of her mother, accompanied by grief, suppressed emotions, feelings of forsakenness, humiliation and anxiety concerning her daughter. These individualizing mental, physical and general symptoms were considered along with the characteristic local manifestations during case analysis.

The totality of symptoms was repertorized using the Complete Repertory in ZOMEIO software. Sulphur, Pulsatilla and Natrium muriaticum covered the highest number of selected rubrics. Natrium muriaticum was selected after correlation with the materia medica and differentiation of the remedies, particularly in view of the patient's history of grief, suppressed emotions, forsaken feeling, ailments from humiliation, anxiety about her daughter, aversion to meat, thirst for small quantities of water at frequent intervals, thermal state and characteristic skin symptoms. The prescription was therefore based on the individual symptom pattern rather than on the diagnosis of psoriasis alone. During follow-up, gradual changes were observed in both the local and associated symptoms. The formication sensation showed progressive improvement and was completely relieved by November 2025. Subsequently, itching, burning and redness gradually decreased, while scaling also showed progressive improvement. The patient's mental and physical generals also improved during the course of follow-up. Placebo was prescribed during periods in which improvement was observed, while Natrium muriaticum was repeated or the potency was increased when there was a subsequent increase or persistence of symptoms. By April 2026, burning, redness, scaling and itching were reported to be much better, and at the latest follow-up in May 2026, only occasional itching remained.

#### 5. Conclusion

This case highlights the role of individualized homeopathic treatment in the management of chronic plaque psoriasis. The patient showed gradual improvement in the characteristic skin symptoms along with associated mental and physical symptoms during follow-up. Further studies with larger sample sizes and appropriate outcome measures are required to substantiate these observations.

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