

RESEARCH ARTICLE

ERYTHRODERMIC PSORIASIS EFFECTIVELY MANAGED AT DR BATRA'S.

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ABSTRACT

Erythrodermic psoriasis is a rare and severe form of psoriasis characterized by widespread redness, scaling, and inflammation of the skin. It requires prompt and holistic intervention due to its potentially life-threatening complications. This case highlights the homeopathic management and successful healing of a 30-year-old case of erythrodermic psoriasis at Dr Batra's. With consistent treatment, the patient began to show marked improvement, including reduced scaling, subsiding redness, and enhanced overall well-being.

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INTRODUCTION

Psoriasis is a long-term inflammatory skin condition marked by sharply defined red patches covered with silvery-white scales. As an autoimmune disorder with a genetic basis, it is often triggered or worsened by environmental factors, infections, or emotional stress. The characteristic scaling results from accelerated skin cell turnover. Beyond the skin, psoriasis can lead to complications such as joint involvement (psoriatic arthritis), recurrent skin infections, and significant psychological distress.

CASE PROFILE

A 60-year-old plastic shop owner, has been suffering from psoriasis since 1996. Over the past 20 years, he underwent various treatments in cities like Delhi, Chennai, and Pune, but experienced only temporary relief. His current complaints include extensive scaling across the body, redness, pain, occasional fever, visible swelling, disturbed sleep, and reduced interaction with family members. For the last two years, he had stopped all internal medications and relied solely on applying coconut oil twice a week. His condition recently worsened, prompting a renewed search for effective and lasting treatment.

Physical Generals

Diet	Non-vegetarian, includes green vegetables
Appetite	Good
Desire	Spicy and sweet foods
Aversion	Potato
Thermal Reaction	Prefers moderate climate (not clearly mentioned)
Thirst	Normal
Stools	Not mentioned (assumed normal)
Urine	Normal
Perspiration	Decreased after onset of psoriasis
Sleep	Generally good, but disturbed due to itching and scaling
Dreams	Not specified

Examination: Fish-like scaling on entire body (head to toe), redness, pain, massive fat accumulation.

Mental Generals: Had become noticeably irritable due to his skin condition and preferred to stay silent, often avoiding interaction with his family.

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Although he initially denied feeling stressed, he eventually admitted to experiencing internal pressure and frustration. When asked about stress, he would smile, attempting to downplay his emotions, but later confessed to feeling mentally burdened. He had a history of being more talkative and socially active, but over time, he had withdrawn significantly and become emotionally reserved.

Past History: Had been suffering from long-standing psoriasis since 1996. Over the years, he had undergone intermittent treatments in various cities, including Delhi, Chennai, and Pune, with limited and temporary relief. Despite the chronic nature of his skin condition, he had not reported any other major health issues during this period.

Family History: No clear family history of similar skin condition or chronic illness

Case analysis

Mind – Reserved, taciturn, introverted
 Mind – Indifference to family members
 Skin – Eruptions – Psoriasis
 Skin – Scaling, desquamation – extensive
 Skin – Pain – burning, soreness
 Fever – with skin eruptions
 Generalities – Obesity, fat accumulation
 Desire – Sweets, spicy food
 Aversion – Potatoes
 Perspiration – Less since illness
 Sleep – Disturbed by itching and pain

Repertory used	Rubrics selected
Kent repertory	Mind – Reserved, taciturn, introverted Mind – Indifference to family members Skin – Eruptions – Psoriasis Skin – Scaling, desquamation – extensive Skin – Pain – burning, soreness Fever – with skin eruptions Generalities – Obesity, fat accumulation Desire – Sweets, spicy food Aversion – Potatoes Perspiration – Less since illness Sleep – Disturbed by itching and pain

Repertory screenshot

Rubrics	Sulph	Nat-m	Ars	Sep	Calc	Lyc	Psor	Phos	Nux-v	Graph
Mind - Reserved, taciturn		2		2		1		1		2
Mind - Indifference to loved ones	1	2	1	3	1		2	1	1	2
Mind - Irritability - from physical suff...	2	2	3	2	2	2		2	3	2
Skin - Eruptions - Psoriasis	3	2	2	1	2	2	3	1		3
Skin - Desquamation - large scales	3	1	2	2	3	1	3	2		3
Skin - Pain - burning, soreness	2		3		1			2	1	1
Generalities - Obesity	2	1		2	3	3				2
Sleep - Disturbed - itching from	3		2		1		2	1	1	2
Stomach - Desires - sweets	3	2	2	1	3	2	1	2	3	2
Stomach - Desires - spicy	3	2	2		1	2			3	1
Stomach - Aversion - potatoes	2	2		1	2	3	2		1	2
Skin - Perspiration - diminished	3	2	2	2	3	1	3	2	2	3

Selection of Remedy

Cal carb200 - 1 dose/monthly
 Mez6c- 2 dose/daily
 Graphites20014 days interval
 Miasmatic Approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Chronic psoriasis with scaling	✓	✓	✓	✓
Recurrent, long-standing skin condition	✓	✓		✓
Thick, fish-like scaling		✓	✓	
Redness and burning pain	✓		✓	
Periodic fever with skin flare-ups	✓		✓	
Obesity, sluggish metabolism	✓	✓		

Suppressed perspiration after onset	✓			
Irritability and emotional withdrawal			✓	✓
Family indifference, introversion, mental dullness			✓	
History of partial relief and frequent relapse	✓	✓		✓
Prone to infections and low immunity				✓

MATERIALS AND METHODS

Synthesis

RESULTS

Months	Progress	Prescription
Before Treatment (Dec 2024)	Severe scaling with thick crusts on the entire body. Redness, itching, pain with fever episodes. Emotional withdrawal and poor quality of life.	Cal carb 200 – 1 dose/monthly Mez 6c – 2 doses/daily Graphites 200 – 14 days interval
After 1 Month of Treatment (Jan 2025)	Skin texture smoother with decreased scaling. Inflammation and pain significantly reduced. Back, arms, and legs visibly cleared. Patient expresses mental calmness and better sleep. Improved interaction with family.	Same as above

The transformation



DISCUSSION& CONCLUSION

60 yrs old man struggling with chronic psoriasis since 1996, experienced significant improvement within just one month of individualized homeopathic treatment with Calcarea Carbonica. His previous treatments in Delhi, Chennai, and Pune provided only temporary relief. The remedy was chosen based on a thorough assessment of his physical characteristics, such as obesity and specific cravings and aversions, as well as his mental state, including emotional withdrawal and irritability. Following the treatment, there was a noticeable reduction in scaling, redness, pain, and swelling. Additionally, his sleep quality improved, and he began engaging more with his family. This case emphasizes the effectiveness of constitutional homeopathy in treating chronic skin conditions and underscores the importance of addressing the patient as a whole, rather than just focusing on the disease.

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