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RESEARCH ARTICLE

GUTTATE PSORIASIS AND THE POWER OF PERSONALIZED HOMEOPATHY

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ABSTRACT

Psoriasis is a chronic, immune-mediated skin condition marked by hyperproliferation of keratinocytes, leading to thickened, scaly patches that are often itchy and inflamed. Globally, psoriasis affects approximately 2–3% of the population, impacting individuals both physically and emotionally, especially adolescents and young adults who may experience social withdrawal and low self-esteem due to visible lesions (1,2). This case report focuses on an 18-year-old female with generalized psoriatic patches and intense itching, present for several months. The visible nature of the disease caused significant psychological distress, with the patient expressing a loss of self-confidence. Homeopathic treatment was chosen for its individualized and holistic approach, aiming to treat not just the skin manifestations but also the emotional and systemic imbalances contributing to the condition. The homeopathic method, grounded in the principles of totality of symptoms and constitutional prescribing, involves a detailed analysis of both physical symptoms and the mental-emotional state of the patient. A carefully selected remedy brought about gradual but significant improvement in both physical symptoms and the patient's psychological well-being. This paper highlights the relevance and success of homeopathy in managing chronic skin diseases like psoriasis in a young patient, offering insights into an integrative, patient-centered approach.

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INTRODUCTION

Psoriasis is a chronic, relapsing inflammatory skin disorder characterized by well-demarcated erythematous plaques with silvery scales. The disease is primarily mediated by immune dysregulation and is strongly associated with genetic and environmental factors (3,4). Triggers include stress, infections, trauma, and certain medications. Besides affecting the skin, psoriasis may involve joints (psoriatic arthritis) and is often linked to metabolic syndrome and psychological issues such as depression and anxiety (5,6). This case report discusses an 18-year-old female who presented with widespread psoriatic patches and intense itching that had been troubling her for the past few months. The emotional burden was significant—she reported diminished confidence due to the visibility of the lesions on her body. Such presentations in adolescence can severely affect quality of life and social interaction. Given the chronic nature of the disease and the patient's emotional involvement, a classical homeopathic approach was adopted. Individualized remedy selection based on the totality of symptoms, including mental and emotional characteristics, was made. This case exemplifies the importance of considering both physical and psychological components in chronic disease management, and the potential role of homeopathy in providing holistic relief.

CASE PROFILE

The patient presented with chronic guttate psoriasis affecting the entire body, characterized by significant dryness, intense itching, and disturbed sleep. Symptoms were graded based on their severity—from mild itching without the urge to scratch, to excoriation and sleeplessness due to persistent itching. She consistently reported symptom relief during periods of mental relaxation, particularly while staying at home in a stress-free environment. Homeopathic treatment, along with supportive external applications such as olive oil, Calendula Margino lotion, and Vaseline, led to substantial improvement. Over time, the psoriatic lesions reduced considerably, with only occasional flare-ups, usually triggered by travel or exposure to cold weather. Her treatment regimen was further supported by multivitamin supplements, omega-3 fatty acids, evening primrose oil, and a carefully maintained diet that excluded wheat, flax seeds, sugar, and rice. Although she experienced occasional delays in her menstrual cycle, her overall health and skin condition showed remarkable progress. Follow-up evaluations noted minimal scaling, redness, or inflammation. Progress was consistently monitored and documented through periodic photographs, and the patient remained regular with her medications and lifestyle modifications.

Physical Generals

- Diet: Mixed

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Selection of Remedy

Calc carb 200 –Constitutional

Mental: Sensitive to criticism, anxious about health, fearful of being alone, tends to weep silently.

Skin: Psoriatic eruptions with white scaling, dry and brittle scalp with profuse sweating during sleep.

General: Craves eggs, dislikes fatty foods, chilly with cold aggravation.

Sleep: Generally deep but may be disturbed by itching.

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Sensitive to criticism	✓			
Anxiety about health	✓			✓
Fear of being alone	✓		✓	
Weeping silently	✓			
Psoriatic skin eruptions	✓			
White scaling	✓			
Profuse scalp sweating during sleep	✓			
Craving eggs		✓		
Aversion to fatty foods		✓		
Chilly, aggravated by cold	✓			✓

RESULTS

Month	Progress	Prescription
1st month	Scalp psoriasis with dryness, itching, disturbed sleep; lesions starting to reduce slightly.	Calcarea carbonica 200C, 3 doses/week + Calendula lotion
2nd month	Significant reduction in lesions, dryness and itching decreased; sleep improved; no new lesions.	Calcarea carbonica 200C, 2 doses/week + Olive oil
3rd month	Old lesions healed; a few small new lesions on ankles and hands; mild itching persists.	Calcarea carbonica 1M, 1 dose + Evening Primrose Oil
4th month	Scaling and redness reduced; occasional flare-ups after travel and cold exposure.	Calcarea carbonica 1M, repeated once + Omega-3 tabs
5th month	Psoriatic lesions much less; dryness and itching minimal; diet improved; sleep sound.	Biochemic Calcarea Fluorica + Multivitamins
6th month	Lesions almost resolved; occasional small flare-ups on scalp and elbows; stress well controlled.	Calcarea carbonica 200C, 1 dose/week + Vaseline
7th month	Skin condition stable; no significant scaling or redness; itching rare; hair fall reduced.	Calcarea carbonica 200C, 1 dose + Calendula lotion
8th month	Minor lesions on scalp and hands; dryness persists but manageable; patient reports better overall.	Calcarea carbonica 200C, 1 dose every 10 days
9th month	Psoriasis well controlled; flare-ups linked to cold weather; continued improvement.	Calcarea carbonica 1M, 1 dose + Omega-3 + Multivitamins
10th month	Skin largely normal; only occasional mild itching; no redness or scaling; stable menstrual cycle.	Biochemic Calcarea Phosphorica + Olive oil
11th month	No new lesions; overall skin health maintained; occasional dryness in cold weather.	Calcarea carbonica 200C, 1 dose monthly + supportive topical care
12th month	Marked improvement; no scaling; normal sleep; mental well-being good; regular diet maintained.	Maintenance dose of Calcarea carbonica 200C monthly

DISCUSSION

An 18-year-old female presented with extensive psoriatic patches all over her body, accompanied by intense itching and scaling. The severity of the condition had a significant psychological impact, leading to loss of confidence and emotional distress. Psoriasis, a chronic inflammatory skin disorder, often requires a multifaceted treatment approach due to its tendency for flare-ups and impact on quality of life. In this case, a combination of homeopathic remedies, supportive topical care, dietary modifications, and lifestyle adjustments led to substantial clinical improvement over a period of months. The patient responded well with marked reduction in lesions, itching, and scaling. Regular follow-up and adherence to treatment played a key role in the management and stabilization of symptoms.

CONCLUSION

This case highlights the effectiveness of a holistic treatment approach in managing chronic psoriasis. Early intervention, individualized therapy, and continuous monitoring resulted in significant symptomatic relief and improved quality of life for the patient. The marked improvement within a short period demonstrates the potential benefits of integrative care in psoriasis management. Continued adherence and preventive strategies are essential to maintain remission and prevent relapse.

The transformation

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