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RESEARCH ARTICLE

A CLASSICAL HOMEOPATHIC APPROACH IN THE LONG-TERM MANAGEMENT OF PALMO-PLANTAR PSORIASIS: A TRANSFORMATIONAL CASE TREATED AT DR BATRA'S HOMEOPATHY CLINIC

Dr. Harin Dani

Vadodra Clinic, Dr Batra's Positive Health Clinic, India

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*Corresponding author:

ABSTRACT

Palmo-plantar psoriasis is a chronic, relapsing inflammatory dermatosis that significantly affects daily functioning and quality of life. Conventional and alternative systems often provide temporary relief with frequent relapses. This case study presents the long-term classical homeopathic management of a young adult male suffering from palmo-plantar psoriasis since early childhood, with recurrent winter aggravations and functional disability. Despite previous treatments, the condition persisted with repeated relapses. Individualized homeopathic treatment based on totality, constitutional assessment, and miasmatic understanding resulted in sustained clinical improvement, reduction in relapses, and enhancement of quality of life. A clear clinical and functional transformation was achieved at Dr Batra's Homeopathy Clinic.

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INTRODUCTION

Psoriasis is a chronic immune-mediated inflammatory disorder with genetic, environmental, and psychological influences. Palmo-plantar involvement is particularly disabling due to pain, fissures, hyperkeratosis, and interference with occupational activities. Classical homeopathy emphasizes individualized remedy selection based on mental, general, and particular symptoms along with long-term follow-up to achieve sustainable results. This case highlights the scope of classical homeopathy in managing chronic palmo-plantar psoriasis with long-standing history and multiple relapses.

Case Profile

- **Age / Gender:** 27 years / Male
- **Occupation:** Chartered Accountancy student, doing a job
- **Height / Weight:** 153 cm / 64.7 kg
- **BMI:** 27.64 (Overweight)
- **Diagnosis:** Palmo-plantar psoriasis
- **Duration of illness:** Since 3–4 years of age (chronic relapsing course)
- **Past treatment history:** Homeopathic treatment (2008–2009), treatment at other centers (2010–2014), partial relief with relapses
- **Family history:** No psoriasis
- **Diet:** Mixed
- **Appetite:** Normal

- **Thirst:** ~2 liters/day
- **Sweating:** Profuse, especially during eating
- **Bowel & bladder:** Regular
- **Sleep:** Sound

Mental & Emotional Evolution

From early childhood, the patient displayed a calm, non-reactive temperament, rarely expressing anger and preferring to remain emotionally contained. As he grew older, this calmness persisted, but during periods of responsibility and performance pressure—particularly related to academics and career—anticipatory anxiety gradually emerged. In adolescence and early adulthood, he remained outwardly composed but developed internalized worry regarding future security, especially academic success. Failure to achieve expected examination results led to fear of failure, quiet anticipation, and concern about consequences, though without overt anxiety or depressive features. Importantly, he did not obsess over his skin condition and maintained emotional resilience, expressing acceptance and hope for recovery.

Clinical Examination

Skin

- Marked hyperkeratosis of palms and soles
- Thickened, dry plaques with deep painful fissures

- Seasonal aggravation, especially in winter
- Itching moderate to severe, worse in evening and after removing footwear
- **Pain:** Present while walking due to fissures
- **No systemic involvement**

Totality of Symptoms

Mental

- Calm disposition, rarely irritable
- Anticipatory fear regarding future and exams
- Internalized worry without overt anxiety

Physical Generals

- Profuse sweating during meals
- Normal appetite and thirst
- Seasonal aggravation in winter

Particulars

- Palms and soles: thickened skin, cracks, hyperkeratosis
- Dryness with scaling
- Itching worse in evening and after shoe removal

Repertorial Rubrics Considered

- Mind – Fear – future, about
- Mind – Anxiety – anticipation
- Mind – Calmness
- Skin – Psoriasis – palms, soles
- Skin – Cracks – deep, painful
- Skin – Dryness – winter aggravation
- Extremities – Hyperkeratosis – soles

Repertorization Outcome: The repertorial analysis highlighted a group of polycrest remedies prominently covering the mental core, physical generals, and local pathology.

Differential Remedies

- **Calcarea carbonica:** Calm yet anxious, anticipatory fear, but lacked marked hyperkeratosis pattern
- **Graphites:** Thick skin and cracks, but mental picture less matching
- **Petroleum:** Strong affinity to cracked, dry, hyperkeratotic skin with winter aggravation
- **Lycopodium:** Anticipatory anxiety, fear of failure, internalized stress

Final Remedy Selection & Justification

Remedy	Reason for Prescription
Lycopodium	Constitutional remedy addressing anticipatory anxiety, fear of failure, academic stress
Petroleum	Marked hyperkeratosis, deep cracks, winter aggravation
Silicea	Chronicity, defective reaction, skin repair
Thuja	Chronic miasmatic background
Heparsulphuris	Painful cracks and sensitivity
Belladonna	Acute inflammatory flare-ups

Potency Selection: 200C potency was selected considering the patient's age, moderate susceptibility, chronic pathology, and stable mental constitution.

Miasmatic Understanding

- **Dominant:** Psoric
- **Secondary:** Sycotic (chronic thickening, hyperkeratosis, relapsing tendency)

Treatment was planned to address both active expression and underlying miasmatic predisposition.

Follow-Up Summary with Prescription

Date	Clinical Status	Prescription
Mar 2024	Severe hyperkeratosis, deep fissures, itching 50–60%	Lycopodium 200C, Petroleum 200C
Apr 2024	5–10% relief, itching slightly reduced	Continue constitutional
Jun 2024	~40% improvement, cracks healing	Petroleum + supportive remedies
Oct 2024	40–50% improvement, dryness persists	Moisturizing constitutional +
Jan 2025	Seasonal aggravation mild	Remedy repetition
Apr 2025	40% less intensity vs previous year	Maintenance
Jun 2025	No new lesions, mild dryness	Supportive
Jan 2026	40–50% sustained improvement, no fissures	Maintenance

Transformation Table

Parameter	Before Treatment	After Treatment
Skin thickness	Severe hyperkeratosis	Markedly reduced
Cracks	Deep, painful	Absent
Itching	Moderate–severe	Mild to absent
Seasonal relapse	Severe	Mild
Walking discomfort	Present	Absent
Confidence	Reduced	Improved
Quality of life	Impaired	Restored



DISCUSSION

This case demonstrates the effectiveness of classical homeopathy in managing chronic palmo-plantar psoriasis through individualized remedy selection and long-term follow-up. The emphasis on mental evolution, totality, and miasmatic understanding allowed sustained improvement rather than symptomatic suppression. Sequential remedy use supported constitutional strengthening and local pathology resolution. Despite previous treatments and relapses, the patient achieved functional recovery, reduced seasonal aggravation, and improved confidence. This reinforces homeopathy's role in chronic dermatological conditions requiring holistic management.

CONCLUSION

A classical homeopathic approach addressing mental constitution, physical generals, and local pathology can bring lasting improvement in chronic palmo-plantar psoriasis. Individualized remedy selection and long-term follow-up were key to achieving sustained remission, improved quality of life, and reduced relapses. This case highlights a clear clinical and functional transformation achieved at Dr Batra's Homeopathy Clinic.

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