



## UTILITY OF HOMOEOPATHIC MEDICINE THYROIDINUM IN MANAGEMENT OF PSORIASIS: A CASE REPORT

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### ABSTRACT:

Psoriasis is a chronic, non-infectious, disease of skin characterized by well-defined erythematous plaques, silvery scales mainly present on extensor surface of body. Along with skin it also affects nails and joints. It is a relapsing autoimmune disease which is triggered by many factors. Psoriasis had not only physical effect but it also affects the quality of life of the patients. A case of 45 years' male come to opd with complaint of psoriasis since 3 years. Thyroidinum had a significant importance in the management of chronic psoriasis on the basis of similimum. As per response of medicine on patient for recurring follow up of 5-6 months, he was showing remarkable relief in his condition, he started improving on his next Follow-up visits and now he is free from his disease. This article manifests the utility of homoeopathic medicine Thyroidinum in management of cases of psoriasis.

**Keywords:** psoriasis, Thyroidinum, homoeopathic medicine, similimum, DLQI

**Introduction:** psoriasis is a non-infectious, chronic inflammatory, autoimmune disorder. About 1 -2% population of world is effected by psoriasis. It is a papulo-squamous eruption present with erythema, thickening of skin, and silvery scales with mild itching. Psoriasis can be present as generalized or at localised area. Extensor surface of body is mainly involved in psoriasis. Scalp, palms, soles, tips of fingers and toes, umbilicus, gluteus, under the breasts and genitals, elbows, knees, shins and sacrum are the most common sites. Psoriasis can be present with nail and joint involvement. Relapse of complaints are common in psoriasis. Conventional treatment of psoriasis includes topical and systemic therapy. These therapies need long term maintenance therapy to prevent the remission. In long term run psoriasis also effects the quality of life of the patients.

### **Role of homoeopathy in psoriasis:**

Skin diseases can be effectively treated with homoeopathy. This system offers a holistic approach that takes into account every aspect of the individual and improves the immune system to promote healing from the inside out. Homoeopathy considers an imbalance of the vital force to be the disease's underlying cause. The body is then gently stimulated to finish its healing process naturally with the prescribed medication, which restores this equilibrium. Homoeopathic medicines have minimal or no side effects with low cost therapy then conventional treatment.

### **Case report:**

Mr sky, 45 years' male reported to the opd of SRHPMSHMC Barhalganj Gorakhpur, U.P. with complaints of scally eruption on scalp, back, abdomen, chest and hand. with mild itching and occasional bleeding on movement since from 3 years. His complaints get worse in winter. He is also having complaints of dry skin, hair fall.

History of present complaints: patient is a known case of psoriasis and he is taking allopathic medicine since from 3 years. His complaints first started on scalp in winters, then gradually spread to back, chest abdomen and on arms. Patient also have dry skin and hair fall along with this complaint.

**Past history:** at age of 24 years he was having typhoid fever treated with allopathic medicines.

Family history: father – Diabetes, Mother – hypertension

Physical general:

Appetite: good

Thirst: 3-4 litre /day

Craving: for sweets

Stool: regular, soft, once/day

Urine: regular, 4-5 times /day, 1/Night

Perspiration: less

Sleep: good

Thermal reactions: chilly

General modalities: winter, cold temperature.

### **On examination:**

General built and nutrition: moderately built and poorly nourished

Pallor: (+)

Oedema: (+)

Blood pressure: 120/80 mm of Hg

Pulse rate: 72/ minute

Perspiration: 16/ minute

Temperature: 98.7 F

Weight: 85 kg

Mental general: Patient is very irritable. He cannot tolerate least opposition, angers at little matters. Patient always feel very tired and lethargic.



**Pretreatment**

**Post treatment**

**Case analysis:**

After analysing the symptoms of the case the characteristic mental general, physical general and particular symptoms were considered for totality of symptoms. Thyroidinum 1M medicine was prescribed to the case on the base of totality on 10/11/2023. Patient quality of life was also analysed before and after treatment by Dermatology Life Quality Index.

Follow up criteria: patient was assessed for improvement at mental, physical general and particular level.

- 1) Irritability
- 2) Chilliness
- 3) Dryness of skin
- 4) Redness of lesion
- 5) Scaling of lesion
- 6) Itching.

## DERMATOLOGY LIFE QUALITY INDEX

DLQI

Hospital No:  
Name:  
Address:

Date:  
Diagnosis:

Score:

**The aim of this questionnaire is to measure how much your skin problem has affected your life OVER THE LAST WEEK. Please tick ☐ one box for each question.**

- |     |   |  |                                       |
|-----|---|--|---------------------------------------|
| 1.  | Over the last week, how <b>itchy, sore, painful or stinging</b> has your skin been?   | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> |                                       |
| 2.  | Over the last week, how <b>embarrassed</b> or <b>self conscious</b> have you been because of your skin?   | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> |                                       |
| 3.  | Over the last week, how much has your skin interfered with you going <b>shopping</b> or looking after your <b>home</b> or <b>garden</b> ?           | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 4.  | Over the last week, how much has your skin influenced the <b>clothes</b> you wear?  | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 5.  | Over the last week, how much has your skin affected any <b>social</b> or <b>leisure</b> activities?   | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 6.  | Over the last week, how much has your skin made it difficult for you to do any <b>sport</b> ?   | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 7.  | Over the last week, has your skin prevented you from <b>working</b> or <b>studying</b> ?  | Yes <input type="checkbox"/><br>No <input type="checkbox"/>  | Not relevant <input type="checkbox"/> |
|     | If "No", over the last week how much has your skin been a problem at <b>work</b> or <b>studying</b> ?   | A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/>                                       |                                       |
| 8.  | Over the last week, how much has your skin created problems with your <b>partner</b> or any of your <b>close friends</b> or <b>relatives</b> ?      | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 9.  | Over the last week, how much has your skin caused any <b>sexual difficulties</b> ?  | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 10. | Over the last week, how much of a problem has the <b>treatment</b> for your skin been, for example by making your home messy, or by taking up time? | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> | Not relevant <input type="checkbox"/> |

**Please check you have answered EVERY question. Thank you.**

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**Follow ups:**

S. No.	Date	Change in symptomology	Further advice
1.	8/12/23	Irritability better Redness and Scaling slight better Dryness of skin better.	Saclac 30, 4 pills BD for 1 month
2.	12/01/24	Redness and Scaling better Dryness of skin better.	Saclac 30, 4 pills BD for 1 month
3.	16/02/24	Complaints are standstill	Thyroidinum 10M one dose, sac lac 30 4 pills BD for 1 month
4.	15/03/24	Redness and Scaling better Dryness of skin better.	Saclac 30, 4 pills BD for 1 month
5.	05/04/24	Redness and Scaling better Dryness of skin better.	Saclac 30, 4 pills BD for 1 month

**Discussion and Conclusion:**

Individualized homoeopathic medicine was prescribed on totality. The presenting totality of the patient was improved gradually with the help of individualized homoeopathic medicine. The Quality of life of patient was assessed by dermatology life quality index (DLQI) which shows maximum improvement on quality of life of patient. Homoeopathic medicine Thyroidinum, not only helped the patient in management of psoriasis but it also removed the mental stress caused by psoriasis. This result corroborates the usefulness of individualized homoeopathic medicine in management of psoriasis cases. Individualised homoeopathic medicine also helps to overcome of mental stress due to the disease.

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