ROLE OF INDIVIDUALISED HOMOEOPATHIC MEDICINE IN MANAGEMENT OF PSORIASIS: AN EVIDENCED BASED CASE REPORT

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ABSTRACT:
Psoriasis is a chronic immune-mediated papulosquamous inflammatory skin condition. A case of 45 years' male came to OPD with complaint of psoriasis for last 20 years. *Psorinum* 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 *Psorinum* in management of cases of psoriasis.

KEYWORDS: psoriasis, *Psorinum*, homoeopathic medicine, similimum, DLQI

INTRODUCTION:
Psoriasis is a chronic immune-mediated papulosquamous inflammatory skin condition. It has a major genetic compatibility with heritability rate of 60-90%. The dermatological manifestation of psoriasis is varied. Clinically, psoriasis is classified as psoriasis vulgaris, guttate psoriasis, inverse psoriasis and pustular psoriasis. The most common form is plaque psoriasis. It presents as well-demarcated salmon pink plaques with silvery-white scale in a symmetrical distribution. Psoriasis mainly affects the extensor aspect. On removal of scales, bleeding points appears which is called auspitz sign. In guttate psoriasis, papules or droplet like eruptions appear mainly on trunk and lower limbs. These are also symmetrical in distribution[1]. The hallmark of classic plaque psoriasis is well-demarcated, symmetric, and erythematous plaques with overlying silvery scale. Active lesions might be itchy or painful. Psoriasis can also present as an isomorphic response, where new lesions develop on previously normal skin that has sustained trauma or injury[2]. Quality of life can be substantially affected, and many psoriasis patients report a significant social and emotional burden along with the negative impact of psoriasis on their physical well-being[3,4].

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:
Patient information
A male patient aged 45 years came to NIH OPD on 17.02.2021 with multiple circumscribed skin lesions on various parts of body including abdomen, waist, medial side of thighs for 20 years. The lesions were itching with watery discharge. Itching aggravated on lying on bed, mental stress, from weather change and relieved by washing with warm water. Scratching caused exfoliation of skin in flakes. The discharges had a putrid smell. The complaint started after an attack of typhoid 20 years back.

Medical history
The patient had recurrent attack of allergic rhinitis on exposure to dust since childhood for which allopathic treatment was taken temporarily.

Family history
Mother had diabetes mellitus type 2. Maternal grandmother and aunt died of cancer. Maternal grandfather had diabetes mellitus type 2. Paternal grandfather died from stomach cancer. Paternal grandmother had psychiatric illness. He had a strong family history of cancer among paternal uncles and aunts.

Physical generals
He was thermally chilly, requires covering even in summer weather and baths only in warm water. He couldn't tolerate hunger for long. Patient drank 3-4 lit/day of water. He preferred warm food and drinks. he had a desire for sweets, egg, milk and aversion to meat and fish. Stool was normal in consistency with occasional burning sensation in anal region if stool was hard. Urine and sweat were offensive. Sleep was disturbed.

Mental generals
The patient appeared indifferent and said he had no hope of recovery. He used to get angered easily and expressed it by shouting. His memory was intact.

Clinical examination
On examination, BP was 110/80mm of Hg. Pulse rate was 66bpm. Skin examination revealed-Auspitz sign was positive. Nails had longitudinal ridges and oil drop sign was positive.

Totality of symptoms
Indifference
Hopeless towards recovery
Angered easily
Chilly
Desire warm food and drinks, sweets, egg, milk
Aversion to meat, fish
Burning in anal region
Offensive discharges
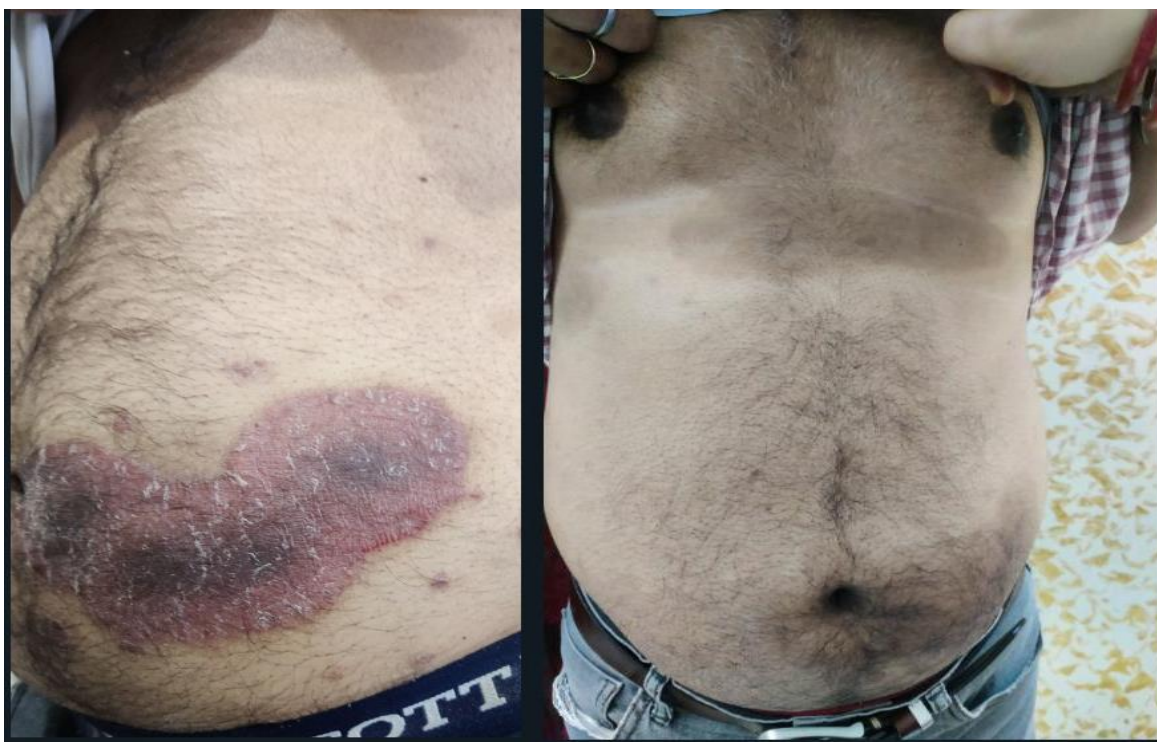Skin- Itching, desquamation of skin, offensive watery discharge

Itching aggravated on lying on bed, mental stress, from weather change and relieved by washing with warm water

First prescription
Psorinum 0/1, 16 doses morning on empty stomach

Results
The patient improved gradually. *Psorinum* 0/1 to 0/7 was prescribed. The total duration of treatment was 7 months. Patient was kept under observation for another 6 months to note any recurrence of symptoms.

| **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. *Psorinum* 0/1, was prescribed to the case on the basis of totality on 17/02/2021. 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.

DERMATOLOGY LIFE QUALITY INDEX

DLQI

Hospital No: Date:

Name: Score: [   ]

Address: Diagnosis:

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

Please check you have answered EVERY question. Thank you.

Follow ups:

S. No.	Date	Change in symptomology	Further advice
	18/03/2021	Itching reduced Scaling persists Watery discharge persists Offensiveness of discharge reduced. Patient appears dull	*Psorinum* 0/2,0/3 16 doses each
2.	22/04/2021	Itching reduced. Discharge reduced. Scaling aggravated Patient is pleasant	*Psorinum* 0/4,0/5 16 doses each
3.	17/05/2021	Itching reduced. Skin is dry. Scaling reduced. Discharges are inoffensive	*Psorinum* 0/6,0/7 16 doses each
4.	19/06/2021	Itching occurs occasionally. Scaling is less prominent. Discolouration on abdomen reduced	Sac lac/1 dose
5.	29/07/2021	Patient is overall better Discolouration on skin reduced	Sac lac/1 dose

DISCUSSION AND CONCLUSION:

Homoeopathic medicine was prescribed based on symptom totality. The case was assessed with dermatology life quality index (DLQI). It showed significant improvement in quality of life. Based on symptom similarity, *Psorinum* was prescribed in fifty millesimal scale potency. The medicine not only improved physical symptoms, but mentally, the patient felt better. His hope of recovery was regained after first prescription. Hence, individualised homoeopathic medicine not only cures physical symptoms, but treats the patient as a whole.

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