

A clinical Study of Psoriasis : A Case-Based Approach

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Abstract

Psoriasis is a chronic skin disease that affects millions of people worldwide. Its etiology is not yet fully understood, but it is thought to be related to a combination of genetic, immunological and environmental factors. And it is a clinically heterogeneous lifelong skin disease that presents in multiple forms such as plaque, flexural, guttate, pustular or erythrodermic. An immune-mediated inflammatory disease, psoriasis has a major genetic component. Its association with psoriatic arthritis and increased rates of cardiometabolic, hepatic and psychological comorbidity requires a holistic and multidisciplinary care approach.

Keywords: Psoriasis , Chronic inflammatory skin disease , Autoimmune dermatosis , Epidermal hyperproliferation ,Immune-mediated disorder , Psychological stress

Introduction

Psoriasis is a lifelong immune-mediated inflammatory skin disease, associated with morbidities such as psoriatic arthropathy, psychological, cardiovascular and hepatic diseases. In 2014, the World Health Organization recognised psoriasis as a serious non-communicable disease and highlighted the distress related to misdiagnosis, inadequate treatment and stigmatisation of this disease.¹ The Global Burden of Disease Study estimated that psoriasis accounted for 5.6 million all-age disability-adjusted life-years (DALYs) in 2016; at least three-fold that of inflammatory bowel disease.

ICD code:EA90.1

Case summary

Personal Data:

Name of patient:XYZ

Age : 31 Years

Sex : Male

Marital status : Married

Date : 12-10-2025

Place : Bagalkot

Presenting complaints :

A patient presented with a complaint of Multiple eruptions with itching since 5years

History of chief complaint:

A Patient is complaining of small, round to irregular, scaly eruptions on upper back gradually progressed to entire back → chest → abdomen → arms , Lesions increased in number and size progressively, Associated with:Itching, especially at night Silvery white scaling, aggravated on scratching occasional burning sensation after scratching. Aggravation in winter and after sweating ,Temporary relief of Itching with allopathic ointments

Past history:

No history of similar complaints

Family history:

Father is hypertensive since 6years

Mother is apparently healthy

Personal history :

Diet : Mixed

Appetite : adequate

Thirst : 2-3lit/day

Sleep : Disturbed due to complaints

Dreams : Nothing specific

Addiction/Habits : Nil

Desires : Nothing specific

Stool : Once daily, satisfactory

Urine : 4-5 in day and 0-1 at night

Perspiration: Generalized

Thermals:chilly patient

Vitals

BP:130/70mmhg

PR:78bpm

RR:18cpm

Mentals

- Irritable due to workload
- Changeable mood
- Impatient due to complaints
- Restlessness

Local Examination:skin

Multiple well-demarcated hypopigmented and erythematous plaques Covered with fine silvery dry scale

Shape : Irregular

Distributed over : Back:extensive

Chest and abdomen : Moderate

Upper limb : Scattered

No nail or joint involvement

Auspitz sign: Positive

Diagnosis:

Psoriasis

Analysis and Evaluation of symptoms

Mental generals

G1•Irritable+2

- Changeable mood+3
- Impatient+3
- Restlessness+2

Physical generals

G2•Disturbed sleep+2

- Emaciation,weakness+2

Particulars

G1;•Small round to irregular Silvery scaly dry eruptions over back ,chest ,abdomen and upper limb+3

- Burning aggravates on scratching +3
- Itching, especially at night+2
- Aggravation by sweat and in winter+2
- Aggravated by wormth+2

Totality of symptoms

- Irritable
- Changeable mood
- Restlessness
- Small round to irregular Silvery scaly dry eruptions over back ,chest ,abdomen and upper limb•Burning aggravates on scratching
- Itching, especially at night and during perspiration
- Aggravation by sweat and in winter
- Disturbed sleep
- Emaciation

Repertorial Totality & rubrics selected:

Kent] [Mind] Irritability

[Kent] [Mind] Restlessness, nervousness

[Kent] [Mind] Mood changeable, variable, etc.

[Kent] [Generalities] Weakness, enervation

[Kent] [Skin] Eruptions: Psoriasis

[Kent] [Genitalia male] Eruptions: Dry and scaly

[Kent] [Skin] Eruptions: Itching; warmth of bed agg.

[Kent] [Skin] Eruptions: Itching; night

[Kent] [Perspiration] Night; miliary itching eruption, with

[Kent] [Back] Eruptions: Burning; after scratching

[Kent] [Sleep] Disturbed

[Kent] [Generalities] Emaciation

Remedy Name	Ars-i	Calc	Lyc	Sil	Phos	Puls	Graph	Psor	Rhus-t	Staph	Clem	Kali-c
Totally	20	20	20	19	18	18	17	17	17	16	16	15
Symptoms Covered	9	8	7	8	8	8	8	8	8	10	9	8
Kingdom												
[Kent] [Mind]Irritability (see anger): (245)	2	3	3	3	3	3	3	2	3	3	2	3
[Kent] [Mind]Restlessness,nervousness: (249)	3	3	3	3	1	3	2	2	3	3	1	2
[Kent] [Mind]Mood:Changeable,variable,etc.: (93)	1	2	3	1	1	3	1	2		1		2
[Kent] [Generalities]Weakness,ervation (see lassitude,weariness):Mo...	2	2	3	2	2	2	2			2	1	1
[Kent] [Skin]Eruptions:Psoriasis: (52)	3	2	3	2	2	2		2	2		2	2
[Kent] [Skin]Eruptions:Dry: (61)	3	3	2	3	3		2	2	1	2	1	2
[Kent] [Skin]Eruptions:Scaly: (54)	2	2		2	3			2	2	1	3	1
[Kent] [Skin]Eruptions:Itching:Warmth:Of bed agg: (20)						2		3	2	1	2	
[Kent] [Skin]Eruptions:Itching:Night: (18)	1						1		2	1	2	
[Kent] [Perspiration]Night:Miliary itching eruption,with: (1)									2			
[Kent] [Extremities]Eruption:Upper limbs:Burning:After scratching: (2)										1		
[Kent] [Sleep]Disturbed: (42)						1	3					
[Kent] [Generalities]Emaciation: (116)	3	3	3	3	3	2	3	2		1	2	2

Selection and prescription of remedy:

The remedy was chosen through repertorization using Zomeo lite software. The repertorial analysis highlighted the top five remedies Arsenicum iodum 20/9, calcarea 20/8, Lycopodium 20/7, silicea 19/8, and phos 18/8.

Prescription: ARSENICUM IODUM 30 3packs HS orally

Basis of prescription:

The selection of ARSENICUM IODUM was guided by repertorial results and references to The Guiding Symptoms of Our Materia Medica and The Dictionary of Practical Materia Medica. The prescription was based on key symptoms such as Multiple small round to irregular silvery scaly eruptions over back, chest, abdomen and upper limb in totality of symptoms as per the repertory. It covers the majority of the symptoms of the patient. The patient was prescribed ARSENICUM IODUM every night before sleeping.

Before treatment



PASI score : The PASI score is a clinical tool used to measure the severity and extent of psoriasis. It combines both the area of skin involvement and the intensity of lesions into a single score.

Region	Erythema	Induration	Scaling	Total
Trunk	2	2	3	7
Upper limb	2	2	2	6
Lower limb and head	0	0	0	cc

Total PASI before treatment:13
 After treatment:



PASI score:

Region	Erythema	Induration	Scaling	Total
Trunk	1	0	1	2
Upper limb	1	0	1	2
Lower limb and head	0	0	0	0

Total PASI After treatment:4

Discussion and conclusion:

The intricacies of psoriasis are slowly being uncovered. There is widespread agreement that psoriasis is genetically predetermined, its expression partly determined by immune factors and environmental exposures, and that it will eventually be reclassified into several taxonomically distinct endotypes. Consensus is also emerging that it has various systemic consequences

This case demonstrates a chronic psoriasis case with good response to individualized homoeopathic treatment, showing: Reduction in lesion size , Decrease in scaling , Improved skin texture

Followups:

Followups	Date	Symptoms	Prescription
Followup - 1	26/10/2025	Itching reduced reduced No new lesions Old lesions	Scaling slightly PLACEBO 3 Packs HS
Followup - 2	10/11/2025	Significant reduction in scaling Lesions becoming lighter and flattening Itching minimal	PLACEBO 3 Packs HS
Followup - 3	10/12/2025	Improvement seen Most lesions faded, few hypopigmented spots remain No itching Skin texture improving	PLACEBO 3 Packs HS
Followup - 4	08/01/2025	Complete improvement observed No residual symptoms	PLACEBO

Reference

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