

# "Individualized Homoeopathic Approach in the Treatment of Plaque Psoriasis: An Evidence-Based Case Report"

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DOI: <https://dx.doi.org/10.51584/IJRIAS.2025.101100034>

Received: 22 November 2025; Accepted: 28 November 2025; Published: 08 December 2025

## ABSTRACT

Psoriasis is a prevalent multisystem autoimmune condition characterized by round, red plaques covered with thick white scales that may appear across the back, chest scalp. In addition to its physical manifestations, the disorder has significant emotional and psychological effects, often contributing to diminished self-esteem, social stigma, and heightened stress. These psychosocial challenges can further interfere with daily interactions and personal relationships. To assess treatment progress, before-and-after photographs were used to document visible changes. This evidence-based case illustrates the potential role of individualized homeopathic management in plaque psoriasis and may provide a basis for future research in this field.

## Case Summary

A 61-year-old male presented to the OPD of Dr D Y Patil Homoeopathic Medical College and Research Centre, Pune, Maharashtra with complaints of persistent, thick, coppery-red eruptions on the ear pinnae, scalp, back, and chest, lasting for two years. Following 1 year and 8 months of continuous treatment with individualized homeopathic medicine, the condition was completely resolved, with no reported side effects. Photographic documentation before and after treatment was used to evaluate the improvement. This evidence-based case may serve as a foundation for further research into the use of individualized homeopathy in the management of plaque psoriasis.

**Keywords:** Arsenic album, autoimmune disorder, Homoeopathy, Psoriasis

## INTRODUCTION

Psoriasis is a chronic, autoimmune, inflammatory skin condition characterized by well-demarcated, red plaques covered with silvery scales, often on extensor surfaces like elbows and knees, and the scalp.<sup>1</sup> Although the exact cause remains unknown, the inflammation appears to result from immune system dysfunction and is often linked to psychological stress. Psoriasis typically manifests as well-defined, erythematous plaques with scaly lesions, commonly found on the extensor surfaces and the scalp.<sup>2</sup> Psoriasis is known for its recurrent nature, and the appearance of lesions can vary among individuals, influenced by factors such as skin type. In India, the prevalence of psoriasis is estimated to range between 0.44% and 2.8% of the population, while globally it affects approximately 1.5% to 3%. The condition affects both males and females equally; however, it is often observed that females tend to develop symptoms at a younger age.<sup>3</sup> Psoriasis can involve multiple tissues and organ systems, and up to one-third of individuals with psoriasis may go on to develop psoriatic arthritis.<sup>4</sup> Chronic plaque-type psoriasis represents approximately 90% of all psoriasis cases. It is clinically characterized by sharply demarcated, erythematous, and pruritic plaques covered with silvery scales. When lesions coalesce, they can cover extensive areas of the skin. Commonly affected sites include the scalp, extensor surfaces of the limbs, and the trunk. Several studies have investigated the effectiveness of homeopathic treatment in managing psoriasis. A prospective, multicentre observational study evaluating psoriasis patients undergoing standard medical care alongside homeopathy reported significant improvements in both diagnosis and symptom severity, with a large effect size observed. Additionally, patient experienced notable enhancements in quality of life, along with a substantial reduction in the use of conventional treatment and overall healthcare service utilization. A case report

highlights the potential effectiveness of classical homeopathy in managing psoriasis and its associated outcomes. Patient received individualized homeopathic treatment, resulting in improvements in overall health as well as reduction in their Psoriasis Area and Severity Index (PASI) scores in the same case report patient showed improvement in their Psoriasis Area and Severity Index (PASI) scores following individualized homeopathic treatment. Another report demonstrated that regular homeopathic care led to a significant reduction in psoriasis severity and enhanced quality of life. Several other studies also support the effectiveness of homeopathy in managing various forms of psoriasis, consistently reporting positive outcomes without adverse effects.<sup>5</sup>

### Patient Information

Patient information Chief complaint: 61 years old male patient was suffering with, raised, scaly lesions persisting for 2 years, predominantly affecting her back, chest and legs that bleed upon scratching. The lesions were red with marked scaling and intolerable itching and burning. His itching was aggravated by cold air, washing the affected part, warmth of the bed and while undressing. Crust formation was also there on the affected part. Itching and burning was increased after scratching but the patient had continuous desire to scratch. Scratching was sometimes followed by bleeding, he was not able to do his daily work and if he tried, his skin used to get crack due to excessive dryness and used to bleed sometimes.

**Clinical finding** - The lesions initially appeared on her back, chest and hands spreading centripetally. Well-demarcated erythematous plaques of varying sizes, covered with red scales on thick, dry skin, were observed. The scales were symmetrically distributed, appearing bilaterally and scattered across the affected sites on the body. Additionally, her skin felt icy cold to the touch, a finding that was confirmed during examination.

**Mental symptoms:** He remembered about his son and did not like to share anything with anyone regarding that particular thing only. His nature was very mild. He cared about all his relatives. He talked so much and jumped from one topic to another while talking. He was very religious as liked to talk about the spirituality, practiced meditation especially during anger, as he believed that meditation is a good remedy for everything. Patient was anxious regarding the other people, as he cannot see anyone suffering and tried to help them. He had persistent thoughts going on in his mind. The patient also mentioned that he was alone, as his son lived separately with his wife and grandson. He was very close to his grandson and began to cry. He had lost hope in life. Fastidious wants to wash his hand face and legs anxiety about health, restlessness.

**Physical generals:** Patient include that he had desire for sweet and spicy food specifically. Thirst as mentioned by the patient is of large quantities at large interval duration. Desire for cold milk, constipation

Thermally patient was chilly wants to cover all the parts of body. Past H/O: He took some allopathic treatment in sept 2021 for same complaint but that did not help much. Even he is not having any such family history

### Diagnosticassessment

On examination, the Auspitz sign tested positive. Considering the clinical presentation and patient history, a diagnosis of plaque psoriasis was confirmed.

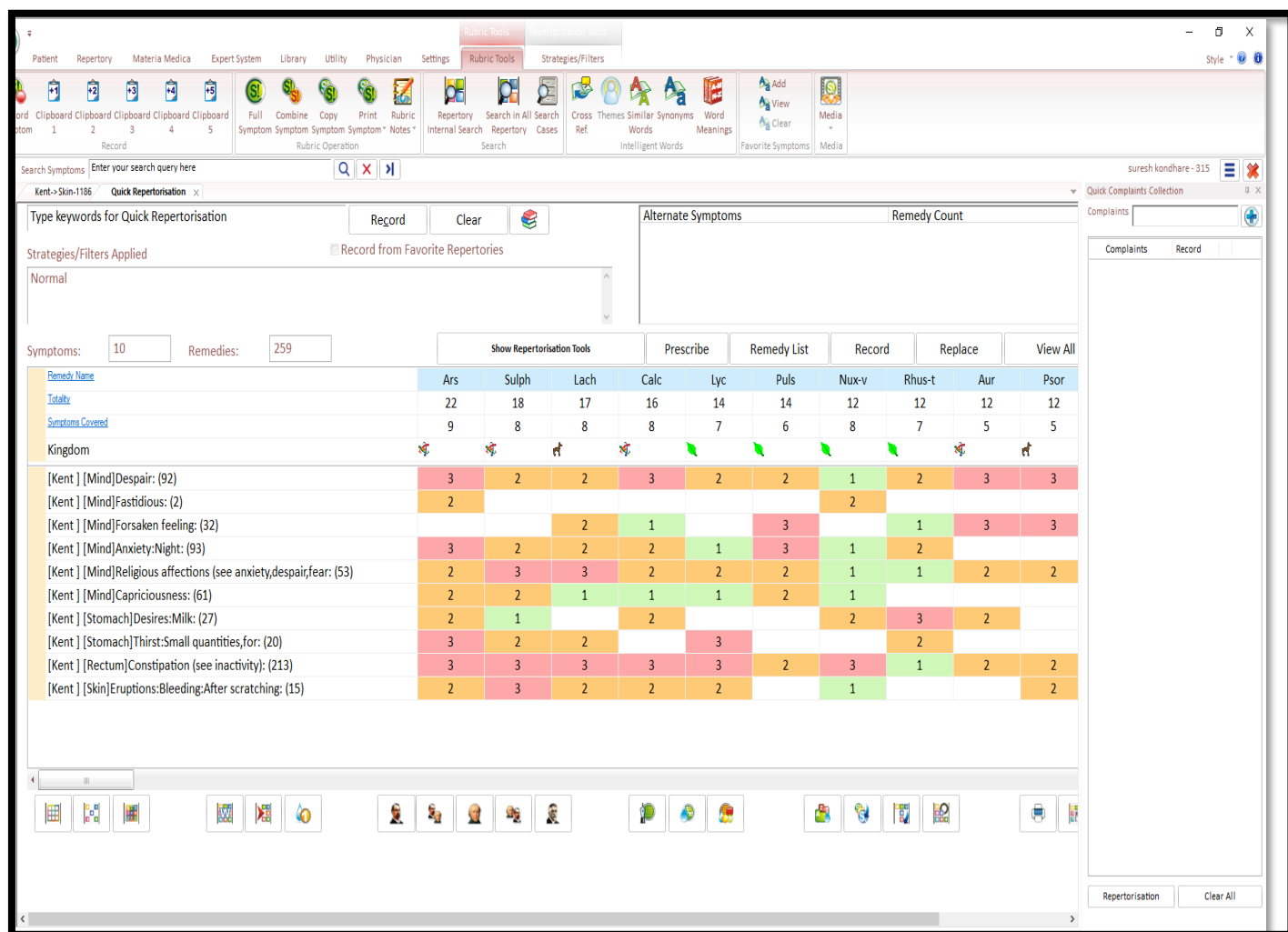
### Totality of Symptoms

After analysis and evaluation of the symptoms, the totality was constructed based on the following symptoms:

1. Despair
2. Fastidious frequent washing face hands and legs
3. Fears being alone
4. Anxiety at night
5. Religious
6. Anxious
7. Changeable mood -capriciousness
8. Sleeplessness
9. Thirst is decreased

10. Desire for cold milk
11. Constipation
12. Extremely chilly wants to cover all the parts of body
13. Eczematous eruptions with severe itching chest, back, hands and legs
14. Psoriasis intolerable itching

Figure 1: Repertorisation chart



Diagnosis-Plaque Psoriasis

Software used: Zomeo Software

Rubrics considered from synthesis repertory - with Kentian Approach

Therapeutic intervention

After repertorisation Arsenicum album, Sulphur,Lachesis are the higher marked remedies in repertorisation. Chilly patient as potential differentiating field Arsenicum album was finally selected, conforming to Materia medica, and covered all the symptoms. <sup>7</sup> Repertorisation was done with Zomeo software synthesis repertory

Treatment –

As in this case, patient is chilly and based on symptom similarity the Arsenicum album 200 was prescribed. Sac lac was given for mental satisfaction of the patient that he is going to get better because he is taking medication the potency and dosage were determined based on the susceptibility as per the patient's age, pathology and the disease's nature. All the medicines were administered orally.

Figure 2-Before treatment



Figure 3 -After treatment



Table 1. Follow-up

Date	Symptom	Treatment
6April 2023	Psoriatic lesions with intolerable itching, bloody discharge while scratching, red lesions with marked scaling, aggravation by cold air, washing, warmth of bed and while undressing.	Arsenicum album 200 stat 4 pills / 1 dose Placebo 4 pills twice day for 1month
8May 2023	Constipation reduced General symptoms better Psoriasis symptoms better 20 %	Placebo 4 pills 1 month No medicine prescribed improvement continued
5 June 2023	Psoriasis symptoms better 40 % Itching reduced No blood discharge from psoriasis parts	Arsenicum album 200 stat 4 pills / 1 dose Placebo 4 pills twice day for 1month



3 July 2023	General symptoms better eruption also reduced 60%	Placebo 4 pills 1 month No medicine prescribed improvement continued
14August 2023	General symptoms better eruption also reduced 90%	Placebo for 2 month 4 pills twice day No medicine prescribed
9 October 2023	Psoriasis symptoms better 50%	Arsenicum album 200 C 4 pills stat Placebo 4 pills for 2 months
11December 2023	Complaints better	Placebo 4 pills twice for 2 months
5 February 2024	He felt better in all aspects mentally However, he is continuous changing the place, her appetite and thirst normal.	Arsenicum album 200 stat 4 pills / 1 dose Placebo 4 pills twice for 3 months

Table 2: Before treatment PASI Scale

**Psoriasis Area Severity Index (PASI) Calculator (1.7.3)**

The **Psoriasis Area Severity Index (PASI)** is an index used to express the severity of **psoriasis**. It combines the severity (**erythema**, **induration** and **desquamation**) and percentage of affected area [4].

This **free** online application helps physicians and patients in the computation of the PASI. If you find this application useful you can help with the costs of hosting with a small contribution. [Donate](#)

**Head**

Area: ☐ 0% ☐ <10% ☐ 10-29% ☐ 30-49% ☒ 50-69% ☐ 70-89% ☐ 90-100%

Erythema (redness): ☐ 0 ☐ 1 ☒ 2 ☐ 3 ☐ 4

Induration (thickness): ☐ 0 ☐ 1 ☒ 2 ☐ 3 ☐ 4

Desquamation (scaling): ☐ 0 ☐ 1 ☒ 2 ☐ 3 ☐ 4

**Arms**

Area: ☐ 0% ☐ <10% ☐ 10-29% ☐ 30-49% ☒ 50-69% ☐ 70-89% ☐ 90-100%

Erythema (redness): ☐ 0 ☐ 1 ☒ 2 ☐ 3 ☐ 4

Induration (thickness): ☐ 0 ☐ 1 ☒ 2 ☐ 3 ☐ 4

Desquamation (scaling): ☐ 0 ☐ 1 ☒ 2 ☐ 3 ☐ 4

**Trunk**

Area: ☐ 0% ☐ <10% ☐ 10-29% ☐ 30-49% ☒ 50-69% ☐ 70-89% ☐ 90-100%

Erythema (redness): ☐ 0 ☐ 1 ☒ 2 ☐ 3 ☐ 4

Induration (thickness): ☐ 0 ☐ 1 ☒ 2 ☐ 3 ☐ 4

Desquamation (scaling): ☐ 0 ☐ 1 ☒ 2 ☐ 3 ☐ 4

**Legs**

Area: ☐ 0% ☐ <10% ☐ 10-29% ☐ 30-49% ☒ 50-69% ☐ 70-89% ☐ 90-100%

Erythema (redness): ☐ 0 ☐ 1 ☒ 2 ☐ 3 ☐ 4

Induration (thickness): ☐ 0 ☐ 1 ☒ 2 ☐ 3 ☐ 4

Desquamation (scaling): ☐ 0 ☐ 1 ☒ 2 ☐ 3 ☐ 4

Name:  (optional)  
Birth date:  (optional)

**PASI = 38.4 (complete)**

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Table -3 After treatment PASI Scale

**Psoriasis Area Severity Index (PASI) Calculator (1.7.3)**

The **Psoriasis Area Severity Index (PASI)** is an index used to express the severity of **psoriasis**. It combines the severity (**erythema**, **induration** and **desquamation**) and percentage of affected area [4].

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**Head**

Area: ☒ 0% ☐ <10% ☐ 10-29% ☐ 30-49% ☐ 50-69% ☐ 70-89% ☐ 90-100%

Erythema (redness): ☒ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Induration (thickness): ☒ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Desquamation (scaling): ☒ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

**Arms**

Area: ☒ 0% ☐ <10% ☐ 10-29% ☐ 30-49% ☐ 50-69% ☐ 70-89% ☐ 90-100%

Erythema (redness): ☒ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Induration (thickness): ☒ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Desquamation (scaling): ☒ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

**Trunk**

Area: ☒ 0% ☐ <10% ☐ 10-29% ☐ 30-49% ☐ 50-69% ☐ 70-89% ☐ 90-100%

Erythema (redness): ☒ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Induration (thickness): ☒ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Desquamation (scaling): ☒ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

**Legs**

Area: ☒ 0% ☐ <10% ☐ 10-29% ☐ 30-49% ☐ 50-69% ☐ 70-89% ☐ 90-100%

Erythema (redness): ☒ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Induration (thickness): ☒ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Desquamation (scaling): ☒ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Name:  (optional)  
Birth date:  (optional)

**PASI = 0.0 (complete)**

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Table 4 -Naranjo Criteria

Sr. No.	Modified Naranjo criteria	Yes	No	Not Sure or N/A
1	After prescribing homoeopathic medicine where the symptoms were improved?	+2	-	-
2	After the intake of prescribed drug, was the improvement were according to the time frame that was expected and whether that was on the basis of clinical level?	+1	-	-
3	Was there an initial aggravation of symptoms?	-	0	-
4	Were there was any effect that was observed in the condition of patient and the main symptoms as well?	+1	-	-
5	Has general well-being increased?	+1		
6(A)	How was the condition treated: Did any symptoms become better in the reverse order from when they first appeared?	-	0	-
6(B)	Direction of treatment: Did at least two of the elements of the following aspect relate to the progression of symptoms?Did the disease phase spread from the more important organ to the one of less importance? Or did the symptoms initially originate from a deeper element and then spread to the surface? descending from the top	-	0	-
7	Was there any reappear of symptoms for certain time during the treatment or also in the phase of improvement of the case?	-	0	-
8	Are there any alternate causes (other than the medicine) that have caused improvement with a certain high probability	+1	-	-
9	Was the health improvement by any objective evidence (e.g., lab test, clinical observation, etc.)	+2	-	-
10	Did repeat dosing, if conducted, create similar clinical improvement?	+1	-	-
	Total Score		9	

## DISCUSSION

The patient initially visited the outpatient department on March 6, 2023. He was given individualized homeopathic treatment, including Arsenicum album 200C, which resulted in a marked improvement in his skin condition. Over the past eight months, there has been no recurrence of symptoms or emergence of new complaints. Homeopathy adopts a holistic approach, where the prescription is based not only on specific symptoms but also on the overall physical and mental general symptoms of the individual. These general symptoms play a crucial role in individualizing treatment. According to Dr. Kent, illness arises when a person's vital force is disturbed. Both acute and chronic diseases result from mental, emotional, or physical shocks caused by external factors. <sup>8</sup> Disease or symptoms always have an underlying cause; nothing occurs without reason. in this case after forming the totality on basis of mental general symptoms, physical general and particular symptoms the homoeopathic medicine cure not only skin complaints but also the all-general symptoms <sup>9</sup>

## CONCLUSION

As previously mentioned, Plaque Psoriasis significantly affects a person's daily life. This case demonstrates that homeopathy can not only promote overall health restoration but also provide relief from clinical symptoms. The case highlights two key points: the potential for homeopathy to be particularly beneficial in managing chronic diseases through thorough case taking. However, larger studies involving more patients are needed to further validate these findings.

## INFORMED CONSENT

Patient permission papers are acquired with the patient's assent and include the necessary clinical data to be reported in the journals; the patient understands that her name will not be published and the proper steps to be taken to protect her identity.

**FINANCIAL SUPPORT AND SPONSORSHIP-** No funding received from any organization.

**CONFLICTS OF INTEREST-** No conflicts of interest are declared by any of the authors

## ACKNOWLEDGEMENT

I would like to extend gratitude towards my college, Dr D Y Patil Homoeopathic Medical College and Hospital, Principal Dr D.B. Sharma and Dr D Y Patil Vidyapeeth Deemed to be University, Pimpri for their support and cooperation in the accomplishment of this article.

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