

Cases of Psoriasis — from our archives

"Psoriasis is one of the most obstinate skin conditions, which at the same times takes sudden turns for better or for worse without any apparent reason. And one has not infrequently seen cases clear up remarkably quickly after being given a Homoeopathic remedy and remain clear for a long time. Then on a recurrence when the patient comes for a repetition of that "wonderful medicine" and after carefully taking the case again the same remedy is still indicated, what do we sometimes find? Not a disappearance of the eruption as before, but an obstinate persistence. However you will agree that we have quite good grounds for believing that the remedies given had some influence on the favorable course of the eruption".

(Dr ALVA BENJAMIN)

Some Psoriasis cases treated by Dr Benjamin are - Case 1:

Mrs W K, aged 20 gave a history of having had an irritating rash above the left elbow with scaling for about a year. This condition had persisted in spite of many level treatments. She loved company and craved sympathy. She was a very quiet-spoken, dark, attractive young woman, with psoriatic patches as described above. She was given one dose of *Pulsatilla* 10 M. She was not seen for over 3 months when she reported a steady improvement and the patch on the side had almost completely disappeared and the patch on the elbow was steadily improving. No further medicine was given. When she reported again after 6 months, she said that she had been quite clear for a long time.

(Note - Dr P S Krishnamurthy prepared a complete anamnesis of psora and found the common factor *Pulsatilla* in the analysis, "I use *Pulsatilla* in cases of Psoriasis when no other remedy is coming forward for prescription. In addition to this, I usually use *Pulsatilla* in

between the indicated remedies. But when it is indicated, I use it in almost all the available potencies in different scales until the edge of the *Pulsatilla* potency is completely rubbed off" - Dr P S Krishnamurthy)

Case 2:

Mr A R aged 19, had psoriasis in the shins, which had persisted since he was a child. It was generally worse in the winter. The rash, at the time of consultation, had also spread to the trunk. His general health was good except that he was constipated. He was tall, thin, and pale. Finding very few symptoms to prescribe upon, Dr Benjamin remembered that the patient's elder brother also suffered from Psoriasis and had done well on *Natrum-mur*, for which he gave clear indications, and therefore he prescribed *Natrum-mur* 10 M for this patient also with the result that in a month's time all the lesions were very much less. After 5 weeks, when there was a slight relapse, another dose of *Nat-mur* 10 M was given with gratifying result; in four months time he was clear of the psoriasis. Dr Benjamin himself advises that he would not advocate this method of prescribing but at times in the absence of any indications for any other remedy it may be useful.

(Note - There was some evidence to believe genetic predisposition to psoriasis in this case).

Case: 3

A very little woman who had a mild psoriatic eruption for several years. She was the typical "gold cane" *Arsenic* patient. Dr Benjamin tried many potencies of *Ars-alb* ranging from 3 x to 10 M but got only temporary improvement, until he gave her for a short while four minim doses of *Liquor-arsenicalis*; thereafter a permanent cure was effected.

Case: 4

Mr S V P, age 75 years consulted Dr M P Nimbhorkar for treatment of psoriasis, patches of which were found on hands, legs, elbows and back for over 4 years other treatments gave no relief. He had severe itching and



burning with restlessness, worse by cold, every winter and better by hot application. Desire for alcoholic drinks. Always slept with hands over his head. Great exhaustion after exertion. Had malaria earlier. There was a family history of father suffering from psoriasis and mother from eczema. Younger sister had also psoriasis.

He was given *Ars-alb 30*, one dose on 29/5/1980 and was asked to report after one month, he came back after a fortnight with increasing patches with burning, itching and restlessness. Given placebo for 2 months. After 2 months the patient complained of spread of psoriasis to new spots with itching and burning.

He was given one dose of *Ars-alb 200* on 4 Sept'1980 with placebo for 2 months. After that he felt better and itching and burnings were less; he was prescribed *Ars-alb 1 M* on 10 Nov'1980 with placebo for 2 months.

Arsenic-alb had given definite relief but the patches remained when he was seen on 10 Feb'1981, there were changes in his symptoms. Itching and burning in spots better by cold water. General feeling of uneasiness in morning. Difficult to concentrate and gather his ideas. Arms very painful, worse by pressure. He was given, *DNA 1 M* one dose; repeated on 12 March'1981. The patient was better and when there was relapse in certain spots one more dose of *DNA 1 M* was repeated in August'1982. After 2 months there was improvement and only a small patch remained on left leg. The patient continued to improve and when he was seen again after a lapse of six years in May 1988, he had no psoriasis.

In this case *DNA* played a prominent part as a supportive medicine as heredity seemed to be a causative factor.

Dr M P NIMBHORKAR

Case 5:

Mr M S, aged 32 consulted the doctor on 22 Aug, 1988 for the psoriatic patches on his skin, since the last 5 years. Rosy colour spot in skin itching, burning and swelling and worse after coition. Patient is very sensitive to cold and pain in his feet better by motion. Eruption on skin worse cold weather. He had a past history of syphilis in young age. Father had eczema.

In Kent's repertory (P 1328) only a single medicine is given against the rubric - Itching, coition after. He was given *Agaricus 200* one dose on 22 August 1988. After one month burning and itching were less but patches remained one more dose of *Agaricus 200* repeated on 25 Sept 1988 with SL for 2 months.

There was some improvement but the patient complained of severe pains in joints and bones in night. Taking note of the past history of syphilis he was given *Syphilinum 1 M* one dose on 10 Dec'1988. There was a lot of improvement. Continued on placebo till March'1989. As a few patches were still there the doctor gave *Syphilinum 10 M*. After 2 months seen and there was a lot of improvement. SL and the patient continued to improve.

Dr M P NIMBHORKAR

SOURCES:

- 1) Homoeopathic Treatment of skin diseases. Dr Alva Benjamin - The Hahnemann Gleanings. April 1952.
- 2) Psoriasis - Dr M P Nimbhorkar - Homoeopathic Heritage. April 1991.
- 3) Psoriasis - Dr W M Taji - Homoeopathic Heritage. April 1991.