

A Case of Psoriasis

A lady of 37 years of age came to me in January '94 with Psoriasis — scaly, erythematous plaques over both the legs, buttocks, knees, ankles, elbows, and ears for the last 4 years. Itching was aggravated after scratching. Her complaints would get aggravated during winters and before menses. She had a tendency to weep easily on trifles, desired company, desire for warm food and drinks and is better in open air.

Initially she was prescribed *Puls* 0/1 on 22/1/94 followed by *Puls* 0/2, 0/3, 0/4 at interval of one week. She had only 5% relief in her complaints of scaling and erythema with no further improvement. The case was then worked out with the BBR taking rubrics as shown in the repertorial chart below.

The drug *Sepia* came out prominently covering 15 rubrics with 41 marks.

From 7/3/94 onwards she was given *Sepia* 0/1, 0/2, 0/3, 0/4, in succession with marked relief.

3/10/94—she is 90% better in respect of itching, scaling, erythema, and clearing of the patches from parts mentioned above.

Comments:

Psoriasis is a chronic disease with relapses and remissions. In our case, patient had aggravation in winters and had come at the end of winter in the month of January. For two months she had no improvement with the first medicine and thereafter with *Sepia* she improved with 90% reduction in the intensity of complaints. From the case record it appears to be a natural remission as patient had reported for treatment at the end of winter in January, but she never had 90% relief during this period before start of treatment.

It was only after selection of *Sepia* mainly on the basis of location of eruptions using BBR, she was relieved of her sufferings to a large extent. ◉



CHART

1/10/94 Central Council for Research in Homoeopathy

Analysis Options:

Totality, All Remedies

	<i>Sep</i>	<i>Caust</i>	<i>Sulph</i>	<i>Puls</i>	<i>Lyc</i>	<i>Phos</i>	<i>Kali-c.</i>	<i>Graph.</i>	<i>Rhus-t</i>
Total	33	30	30	28	23	22	26	21	19
Rubrics	13	10	10	8	10	12	10	10	9
(1) Skin; Eruptions; scaly, psoriatic	1	—	3	—	—	4	2	3	2
(2) Upper extr; Joints; Elbow	4	4	4	2	3	2	4	2	—
(3) Joints; Elbow; bend of	3	3	3	3	2	3	4	1	—
(4) Lower extr; Buttocks	2	2	2	—	2	2	2	4	2
(5) Lower extr; Joints; Knee	4	4	4	4	2	2	2	—	4
(6) Skin; Itching; scratch, must	—	—	—	—	—	—	—	—	—
(7) Itching; after scratching; agg	2	3	2	4	—	2	—	—	1
(8) Ears; Lobules	3	4	—	—	—	1	3	1	—
(9) Ears; Eruption; on lobules	3	—	—	—	—	—	—	—	—
(10) Female; before	2	2	4	4	—	—	2	2	1
(11) Mind; Weeping	3	3	3	4	3	—	3	4	3
(12) Mind; Company; desires	2	—	—	—	4	1	—	—	—
(13) Generalities; Agg; Winter, in	3	3	2	3	3	2	3	1	4
(14) Stomach; Desire for warm food	—	—	—	—	2	—	—	—	—
(15) Generalities; Amel; Air, open, in	1	2	3	4	2	3	1	3	2