

Longitudinal evaluation of homoeopathic treatment for psoriasis using the PASI scale: Insights from a case study approach

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ABSTRACT

Psoriasis is a chronic immune-mediated inflammatory skin disease affecting approximately 2-3% of the world's population. This study describes the long-term homoeopathic treatment over 18 months of a 34-year-old female patient diagnosed with psoriasis. The patient presented with extensive skin lesions including scaling, redness, and itching, primarily affecting the legs, with an initial Psoriasis Area Severity Index (PASI) score of 14.4. Individual homoeopathic remedies including Sulphur, Calcarea Carbonica, and Ferrum Phosphoricum were prescribed based on the patient's symptoms and treatment response. The treatment resulted in significant improvement, with the final PASI score reducing to 2.4, representing an 83.33% improvement. Symptoms such as scaling, redness, and itching intensity decreased. The study demonstrates the potential effectiveness of individualized homoeopathic treatment in managing chronic psoriasis, as evidenced by objective PASI score improvement and sustained clinical response.

Introduction

Psoriasis is a chronic, immune-mediated inflammatory skin disorder characterized by hyperproliferation of epidermal keratinocytes and inflammatory cell infiltration (1,2). It affects approximately 2-3% of the global population, with varying prevalence across different

geographical regions and ethnic groups (3,4). The condition manifests as well-demarcated, erythematous plaques with silvery scales, predominantly affecting the elbows, knees, scalp, and lower back, though it can appear on any part of the body (5,6).

The disease is classified into several clinical subtypes, including plaque psoriasis (psoriasis vulgaris), guttate psoriasis, inverse psoriasis, pustular psoriasis, and erythrodermic psoriasis, with plaque psoriasis being the most common form affecting about 80-90% of patients (7,8,9). The pathogenesis involves complex interactions between genetic predisposition, environmental triggers, and immune system dysregulation, particularly involving T-cells and inflammatory cytokines (10,11).

Beyond its physical manifestations, psoriasis significantly impacts patients' quality of life (12). Studies have indicated increased rates of depression (13), anxiety (14), and social isolation (15) among affected individuals. Additionally, psoriasis is associated with various comorbidities, including psoriatic arthritis (16), cardiovascular disease (17), and metabolic syndrome (18).

Conventional treatment approaches encompass a spectrum of interventions, from topical agents to systemic medications and biologics (19). However, these treatments often provide temporary relief and may be associated with significant side effects and disease recurrence upon discontinuation (20). The limitations of conventional therapies have led to growing interest in complementary and alternative medicine approaches (21).

Homoeopathy, developed by Samuel Hahnemann in the late 18th century, operates on the principle of 'similia similibus curentur' or 'like cures like' (22). This holistic system considers the individual's complete symptom picture rather than just the local manifestations

(23). Recent systematic reviews and clinical studies suggest that homoeopathic interventions may offer benefits in chronic skin conditions, though more rigorous clinical evidence is needed (24,25).

This case study presents the longitudinal evaluation of a 34-year-old female patient with chronic psoriasis treated using individualized homoeopathic medicines over 18 months, with objective assessment using PASI scores to document improvement. The study aims to demonstrate the therapeutic response through both clinical observations and standardized severity scoring.

Materials and methods

The patient, a 34-year-old female with an eight-year history of psoriasis, presented with extensive lesions on legs. Initial assessment using the PASI score revealed a baseline score of 14.4, indicating moderate to severe disease. The scoring considered three parameters - redness, thickness, and scaling - each rated as severe (score of 3) at baseline, with approximately 50% involvement of the affected anatomical region (lower limbs).

A detailed homoeopathic case-taking was conducted, and individualized remedies including Sulphur, Calcarea Carbonica, Thuja, and Ferrum Phosphoricum were prescribed based on the patient's specific symptoms and response to treatment. The patient was monitored through regular follow-up visits over 18 months, with PASI scores recorded to track improvement objectively. Photographic documentation was maintained throughout the treatment period.

Insight of Case

Name: - Mrs. ABC

Age: - 34 years

Marital Status: - Married since 2008

Occupation: - House wife

Sex: - Female

Education: - 8th std

Chief Complaint

Sr. no	Location	Sensation	Modalities	Concomitant
1.	Skin C/O: - 8 to 10 years, started in 2014. Increased since 2 to 3 years. Both legs- calf and anterior of both legs till ankle joint.	Psoriatic lesions. Scaling+3 in general, shiny appearance of skin redness of skin+3, swelling and thickness of leg skin +2, Itching +2, Dry eruption+2, No bleeding	<evening+2 <winter+3 <cold+2 >Moisturising part. >allopathic treatment for 6 months then left.	-

Physical Generals

- Appetite : Adequate
- Desire : Not specific
- Aversion : Not specific
- Thirst : 1 litre/day (Scanty)
- Sleep : Sound, Refreshing, Position of sleep : on back
- Urination : 10-12 times/ day
- Bowel : Constipated, Frequency- every alternate day, stool hard occasionally, no abdominal discomfort, heaviness, pain.
- Sleep : Sound, Refreshing
- Habits/addiction: Not specific
- Dreams : Not remembering

Gynaecological & Obstetrical History

Obstetric History: - G1 P1 A0 L1 S0. FTND hospital delivery- 13 years- male child.

Gynaecological history: Menses regular, 4 days, flow- moderate, 2 days before menses abdominal pain which was > after delivery, no complaint after or during menses.

General Examination

- Pulse Rate : 90/min
- Temperature : 98.2° F
- Respiratory Rate : 16 /min
- Tongue : Nothing specific
- Blood Pressure : 120/70 mm of hg
- Gait : Normal
- Lymphadenopathy: No swelling
- Anaemia : Not present
- Cyanosis : Not present

Local examination

Skin: -

Both Legs: Anterior lateral surface from ankle to knee joint, skin thickened+2, redness+2, scaling+, no bleeding from cracks.

Systemic Examination

Respiratory System	: Air entry bilaterally equal, vesicular breathing heard all respiratory area.
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Cardio-vascular System	: S1 & S2 heart sound present in all auscultatory area.
Central Nervous System	: Conscious and Oriented
Gastro-intestinal System	: No any tenderness, soft & elastic
Genito-urinary System	: No Abnormality Detected.
Locomotor system	: No Abnormality Detected

Analysis

- Chronic skin disease (Psoriasis) – Pathological general Characteristic symptom
- Scaling of skin – Particular Characteristic symptom
- Redness of skin – Particular Common symptom
- Thickening of skin – Particular Characteristic symptom
- Dry eruption – Particular Characteristic symptom
- Itching of skin – Particular Common symptom
- < Winter – Physical general Characteristic symptom
- < Cold – Physical general Characteristic symptom
- < Evening – Physical general Characteristic symptom
- > Moisturising application – Particular Characteristic symptom
- Constipation, hard stool, alternate days – Physical general Characteristic symptom
- Thirst scanty – Physical general Characteristic symptom
- Chronicity with long duration (8–10 years) – Miasmatic background Characteristic symptom

Evaluation

- Chronic skin disease (Psoriasis) +++
- Scaling of skin +++
- Thickening of skin +++
- Dry eruption +++
- Itching of skin ++
- Redness of skin ++
- < Winter +++
- < Cold +++
- < Evening ++
- > Moisturising application ++
- Constipation, hard stool ++
- Thirst scanty ++

Totality of symptoms

- Chronic psoriasis
- Dry, scaly eruptions over both legs
- Marked thickening of skin
- Redness of affected areas
- Itching of skin
- Aggravation in winter season
- Aggravation from cold
- Aggravation in the evening
- Amelioration from moisturising application
- Constipation with hard stool and alternate-day bowel movement
- Thirst scanty

Prescription

Individualized homoeopathic medicines, including Sulphur, Calcarea Carbonica, and Ferrum Phosphoricum, were

prescribed sequentially based on the patient's symptom totality, clinical response, and disease.

PASI Calculation (Complete all sections in table below)

Patient name	ABC				
Date					
Plaque Characteristic	Rating Score	Body region and weighting factor			
		Head	Upper Limbs	Trunk	Lower Limbs
Erythema	0 = None				3
Thickness	1 = Slight				3
	2 = Moderate				
Scaling	3 = Severe				3
	4 = Very Severe				
Totals		0	0	0	9
Weighting Factor		x 0.1	x 0.2	x 0.3	x 0.4
Surface area totals		0	0	0	3.6
Degree of involvement as % for each body region affected (score each region between 0 and 6)	0 = None				
	1 = 1-9%				
	2 = 10-29%				
	3 = 30-49%				
	4 = 50-69%				
	5 = 70-89%				
6 = 90-100%					4
Surface area totals x % involvement totals		0	0	0	14.4
Sum Scores above = PASI Score 14.4					

Figure 1: Psoriasis Area Severity Index score before the treatment started. (26)



Figure 2: Clinical appearance of psoriatic eruptions before the treatment started.

Assessment before the treatment started:

- Intensity:
 - Redness: 3 (Severe).
 - Thickness: 3 (Severe).
 - Scaling: 3 (Severe).
- Area Affected: 50% (Score 4).
- PASI Calculation: $PASI = (3 + 3 + 3) \times 0.4 \times 4 = 14.4$

PASI Calculation (Complete all sections in table below)

Patient name	ABC				
Plaque Characteristic	Rating Score	Body region and weighting factor			
		Head	Upper Limbs	Trunk	Lower Limbs
Erythema	0 = None	0	0	0	1
Thickness	1 = Slight	0	0	0	1
Scaling	2 = Moderate	0	0	0	1
	3 = Severe	0	0	0	1
	4 = Very Severe	0	0	0	1
Totals		0	0	0	3
Weighting Factor		x 0.1	x 0.2	x 0.3	x 0.4
Surface area totals		0	0	0	1.2
Degree of involvement as % for each body region affected (score each region between 0 and 6)	0 = None	0	0	0	2
	1 = 1-9%				
	2 = 10-29%				
	3 = 30-49%				
	4 = 50-69%				
	5 = 70-89%				
	6 = 90-100%				
Surface area totals x % involvement totals		0	0	0	2.4
Sum Scores above = PASI Score 2.4					

Figure 3: Psoriasis Area Severity Index score after the treatment. (26)



Figure 4: Clinical appearance of psoriatic eruptions after the treatment.

Assessment after the treatment:

- Intensity:
 - Redness: 1 (Mild).
 - Thickness: 1 (Mild).
 - Scaling: 1 (Mild).
- Area Affected: 10% (Score 2).
- PASI Calculation: $PASI = (1+1+1) \times 0.4 \times 2 = 2.4$

Results:

Parameter	Before Treatment	After Treatment	Percentage Improvement
Redness	3 (Severe)	1 (Mild)	67%
Thickness	3 (Severe)	1 (Mild)	67%
Scaling	3 (Severe)	1 (Mild)	67%
Area Affected	50% (Score 4)	10% (Score 2)	80%
Overall PASI	14.4	2.4	83.33%

Table 1: Showing the comparison before treatment and after treatment.

- The patient exhibited substantial improvement across all PASI parameters: redness, thickness, and scaling reduced by 67%, while the affected area decreased by 80%.
- The overall PASI score improved by 83.33%, indicating a significant reduction in psoriasis severity over the treatment period.
- The patient maintained improvement throughout the follow-up period, with no major relapses reported. Additional symptoms, including constipation and leucorrhea, also showed improvement during the treatment period.

Discussion

According to conventional treatment standards, moderate to severe psoriasis is generally managed using systemic therapies, topical therapies, etc. However, such treatments often come with significant side effects and the potential for disease relapse upon discontinuation. This case report highlights a notable trend in the management of chronic skin conditions, where patients increasingly prefer holistic and individualized approaches such as Homoeopathy over conventional therapies. In this case, the patient presented with a baseline PASI score of 14.4, indicating moderate to severe psoriasis (Table 1). Symptoms included redness, scaling, and thickened skin affecting 50% of the lower limbs. Over 18 months of treatment with individualized homeopathic remedies, including Sulphur, Calcarea Carbonica, and Ferrum Phosphoricum, the patient experienced significant improvement. **The PASI score reduced to 2.4, representing an 83.33 % improvement. The detailed comparison of PASI parameters before and after treatment is shown in Table 1.** The case also highlights the importance of objective assessment tools like the PASI score in documenting and monitoring treatment outcomes in homeopathic

practice, enhancing the credibility of clinical observations and treatment potential effectiveness.

Conclusion

This case demonstrates successful management of chronic psoriasis through individualized homeopathic treatment, as evidenced by an 83.33% improvement in PASI score over 18 months. The significant reduction from a baseline PASI of 14.4 to 2.4, along with sustained clinical improvement, suggests that Homoeopathy may offer a viable treatment option for chronic psoriasis. While these results are encouraging, controlled clinical trials with larger patient populations are needed to validate these findings and establish the role of Homoeopathy in managing chronic skin conditions. The use of standardized assessment tools like PASI scores in homoeopathic practice can help build an evidence base for this therapeutic approach.

Conflicts of interest

The Authors declare that there is no conflict of interest regarding the study or this article.

Abbreviations:

LMP: Last Menstruation Period
 O/E: On Examination
 BM: Before Menstruation
 AM: After Menstruation
 RS: Respiratory System
 LS: Locomotor System
 HS: Hours of Sleep
 BDS: Twice in a day
 BP: Blood Pressure
 F/U: Follow up

AM: After Menstruation
 C/O: Complain of
 DM: During Menstruation
 NAD: No Abnormality Detected
 CNS: Central Nervous System
 TDS: Three times daily
 CVS: Cardio-vascular System
 OD: Once in a day
 S.L.: Saccharum Lactis

Author Contribution:

Amit Nayak: Concepts, definition of intellectual content, literature search, data acquisition, data analysis, manuscript preparation, manuscript editing and

manuscript review, Guarantor. Heena Rawal: Concepts, analysis, manuscript review. Poorav Desai: Data interpretation, statistical support, critical revision of the manuscript. Bhoomi varma: Literature

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There is no conflict of interest in this study.

Ethics approval:

The authors certify that they have obtained verbal consent from patient for anonymously reporting her clinical information and photos. In this case report identity is not revealed in any form.

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Data Availability:

To ensure patient confidentiality, the raw data from this study are not publicly available. De-identified summary data and relevant analysis code can be provided by the corresponding author upon reasonable request for ethical and scientific purposes.

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