



PRO LIFE ERA
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Holistic Cure of Palmo-Plantar Psoriasis in A 35-Year-Old-Woman: A Clinical Case Report

Abstract: Introduction- Palmo-plantar psoriasis is a chronic, immune-mediated inflammatory skin disorder that significantly affects quality of life due to pain, fissuring, and functional impairment. Conventional management often provides symptomatic relief with frequent relapses. This case report presents a successfully cured case of Palmo-plantar psoriasis in a 35-year-old woman treated with individualized homeopathic medicine.

Methods- A thorough assessment, including history & physical examination was performed. The patient's symptoms were analysed for characteristic modalities and general complaints, forming the basis for homeopathic prescription.

Results: After initiating treatment with Graphites and supportive measures, the patient showed significant improvement over several follow-ups. Fissures and scaling of skin were observed progressively over months, with marked improvement and complete cure which improved her quality of life.

Discussion- The case emphasizes the importance of a holistic approach in managing chronic Palmo-plantar psoriasis, focusing on individualized treatment regimens based on symptom evaluation, both physical and emotional.

Keywords: Psoriasis, Palmo-plantar psoriasis, Homeopathy

Case Report

Patient Information: • Name: Mrs. VWX

• Age: 35 years, • Sex: Female

• Religion: Hindu

• Occupation: Housewife

• Marital Status: Married

Chief Complaint:

History of Presenting Complaint: The patient presented with severe scaling & fissures on palms & soles past 2-3 years. Prior to this, she was perfectly healthy with no history of any skin complaints.

The scaling and fissures had gradual onset, affecting palms and soles of both hands

and feet associated with intense itching, occ. Burning and pain on scaling when they are deep some fluid oozes out.

The intensity of itching increased at night. It was aggravated by warm water bath and at night.

Associated Complaints: None noted.

Personal History: • Appetite: Normal

• Urine: Normal, • Sleep: Normal (occ.

Disturbed due to itching), • Thirst: Normal

• Stool: Constipation, • Dreams: Normal

• Desires: Sweets, • Perspiration: Normal

• Thermals: Chilly, • Aversion: Meat

• Mental/Emotional State:

• Fears about her health condition

• Worries about children

• Grieves separation from husband (husband sent her to mother's place due to her disease condition)

• Easily weeping

Family History: No significant family history of psoriasis was noted neither from maternal nor paternal sides.

General Examination:

• Temperature: Afebrile

• Pulse: 84/min, regular

• Blood Pressure: 124/82 mm Hg

• Respiratory Rate: 18/min

• Systemic Examination:

• Cardiovascular: Normal (S1S2)

• Respiratory: Clear

• Central Nervous System: No abnormality detected, • Abdominal Examination: No abnormalities

Local Examination of Palms and Soles:

• Inspection: Fissures and scaling of skin on both palms but on soles with deep fissures. Blackish discoloration of soles.

• Palpation: Slightly warm on touch.

Case Processing: • Primary Complaint: Itching and pain on scaling

• Location: Palms and Soles

• Duration: 2-3 years

• Sensation: Aching pain

• Modalities: • Worse on walking

• Worse with warm water bath

• Itching worse at night

Diagnosis: • Clinical Diagnosis: Palmo-plantar psoriasis

• Disease Phase: Chronic

• Miasmatic Diagnosis:

• Fundamental: Psora

• Dominant: Syphilis

• Susceptibility: High

Repertorization: • Graphites: 11/4

• Petroleum: 8/3, • Calcarea Carbonica: 6/3

• Sepia: 6/2

Treatment Plan:

• Homeopathic Prescription:

• Graphites 1M SD

• Sac Lac 3 pills TDS for 30 days

Follow-Up History:

• 15/1/2024: No new fissures, thick scaling persists. Itching intensity reduced by 10%. PPPGA score 4, SL continued.

• 13/2/2024: Fissures on palms and soles reduced by 15%. Scaling of skin persists but pain reduced by 10%. Itching intensity reduced by 25%. SL continued.

• 16/3/2024: Fissures on palms and soles reduced by 40%. Itching reduced by 50%. Pain reduced by 25% Scaling of skin persists. SL continued.

• 15/4/2024: Fissures on palms and soles reduced by 60%. Itching reduced by 70% There seemed thick scaling of skin with mild watery discharge, burning and pain. Case was reanalysed and Graphites 10M SD was given f/b SL.

• 11/5/2024: Fissures on palms almost disappeared. 10% remaining in heels and between toes. Itching very occasionally. Scaling of the skin reduced by 10%. Slight wet hands but no discharge. Burning when palms come in contact with clothes, mild pain persists. SL continued.

• 14/6/2024: 10% fissures on soles persists. Occ. Itching on soles. Scaling of skin reduced by 25% No wet hands. No burning & pain. SL continued.

• 12/7/2024: Fissures of soles disappeared. Scaling of the skin reduced by 50% Itching occasionally at night. SL continued.

• 15/8/2024: Hyperpigmentation on Soles

reduced by 25%. Scaling of the skin was same. No change. Graphites 50M SD was given f/b SL.

• 13/9/2024: Hyperpigmentation on soles reduced by 50% Scaling of the skin reduced by 65% No new fissures or pain or itching. SL continued.

• 15/10/2024: Hyperpigmentation on soles reduced by 65% Scaling of the skin reduced by 80% No other complaints. SL continued.

• 16/11/2024: Slight pigmentation on soles seen. Scaling of the skin reduced by 95%. Uneven thickness of skin of palms seen. SL continued.

• 15/12/2024: There was no scaling of skin. Normal thickness of the skin on both palms and soles. With no pigmentation or fissures. SL continued. PPPGA score 0

• 22/1/2025: Palms and soles appeared completely normal with Palmar crease lines seen prominently.

General Management: • Avoid contact with detergents and acidic things.

• Application of non-medicated Moisturizers and Coconut oil for skin moisturization.

• Advised lifestyle changes like Meditation etc. for Stress management.

Discussion: This case demonstrates the effectiveness of individualized homeopathic treatment in treating Palmo-plantar psoriasis, specifically focusing on Graphites increasing doses to manage the skin complaints. Over the course of follow-up, the patient showed progressive improvement, in skin changes of both palms and soles, with layer by layer disappearance of symptoms and improved her quality of life back to normal. This highlights the importance of a holistic approach, addressing both physical and emotional symptoms in such chronic relapsing skin disorder.

The patient's emotional concerns, including worries about her children, her health and separation from husband due to her disease condition, significantly impacted her health, indicating a need for psychological support in managing chronic illness. Regular



monitoring and adjustment of the treatment regimen were essential for achieving optimal results.

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