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Efficacy of Individualized Homeopathic Remedies In The Treatment of Psoriasis

Homeopathy is regarded as a holistic and individualized therapy because it sees the individual as a whole rather than divided by organs or systems. Epidemiological studies indicate that it affects 2-3% of the population. This case shows that classical homeopathy is a promising and natural and side-effect-free treatment alternative that can be combined with conventional drugs as needed.

Abstract-Objective-To evaluate the effectiveness of homeopathic remedies in improving quality of life of psoriasis patients.

Method-Setting The study is conducted on the patient who attended in the OPD/IPD of our homeopathic college and hospital. And also in camps. Accordingly 30 patient have been taken for the present study from different age group and of both sexes, who are diagnosed with psoriasis.

Result-A total of 70 patients were evaluated and 30 were diagnosed with psoriasis out of 30 cases, 19 cases showed improvement i.e. 63.33% in 6 month of study, while 9 cases were partially improved i.e. 30.00% of the total cases and 2 cases were not improved accounting 6.66% of total cases.

Conclusion-Homeopathic medicine have capability to treat patient with both acute and chronic psoriasis and improve quality of life of patients.

Keyword-Psoriasis, individualized homeopathy, homeopathy treatment, quality of life, skin disorder, homeopathy and psoriasis.

Introduction-"Psoriasis is one of the most common dermatologic diseases, affecting 2% of the world's population. It is an immune-mediated disease clinically characterized by erythematous, sharply demarcated and rounded plaques covered with silvery mucinaceous scale."

Psoriasis is a chronic autoimmune inflammatory skin disease. In this disorder, changes occur in the life cycle of skin cells and cells are made 10 times faster than normal.

Due to excess accumulation of cells on the surface of the body, this develops scaly and red patches that are rough, itchy and may be painful. Plaque psoriasis affects 90% in total Psoriasis cases..(2) Certain features of psoriasis can be classified to help determine appropriate research and treatment pathways - overlap may occur. These include: Early age 35 years (75%) and late age >50 years (3) Epidemiology Psoriasis is prevalent in all races and sexes around the world, with a prevalence of 0.1 to 3%. Winter stress is common. (2) Psoriasis affects 1.5 to 3% of the population; inheritance 35% of family history. Possible precipitation factors include streptococcus infections, drugs, sunlight, and psychological stress. (4). The most common symptoms of psoriasis plaque include: red patches in light skin and red or purple patches in dark skin, yellow-silver scales on red patches or gray scales on purple and brown patches dry skin can crack, bleeding and burning sensation on patches of thicker nails, painful joints, swelling.(5)

Various classical homeopathy repertoires provide numerous remedy option for psoriasis for example the kent repertory include 101 remedies under the category of skin eruption-psoriasis(6) the boger-boenninghausen repertory list 464 remedy for similar skin issue like psoriasis.(7) In boger synoptic key 483 remedies are suggested.(8)similarly boerickes repertory outline 54 remedies for psoriasis.(9) while knerr's compilation from herings guiding symptoms present 61 remedies.(10) Clarkes the prescriber suggest 10 suitable remedies(11)

Objective-Primary objective-To evaluate the effectiveness of homeopathy remedies in improving quality of life of psoriasis patients.

Secondary objective-To verify the characteristic symptoms of useful medicines.

To prevent the progression and relapse of psoriasis.

Material Methods:Source of Data-The study is conducted on the patient who attended in the OPD/IPD of our homeopathic college and hospital and also in camps.

Method of collection of Data-Accordingly

30 patients have taken for the present study from different age group and of both sexes.

Case taking & processing-The case has been taken in detail as per the principles of homeopathy & processed under the following headlines-

•Diagnosis of disease

•Diagnosis of phase of the disease

•Diagnosis of miasm and susceptibility

•Diagnosis of the remedy and potency

Prescription-All these cases were thoroughly examined before the prescription is given.

•After case taking medicine is given according to totality of symptoms with the help of repertory, materia medica and homeopathy philosophy.

Follow-up-Follow-up of the cases are done as per the need of the case.

•Record are maintained to draw the conclusion.

Result-A total of 70 patients were evaluated and 30 were diagnosed with psoriasis. Out of 30 cases, 19 cases showed improvement i.e. 63.33% in 6 month of study, while 9 cases were partially improved i.e. 30.00% of the total cases & 2 cases were not improved accounting 6.66% of total cases

Conclusion-Homeopathic medicines improved quality of life of psoriasis patient by reducing pruritus, sliver scaling, swelling, oozing and concentration besides drug side effects. If any allowing for associated condition to be managed in a gentle, rapid and lasting way..

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Observation & analysis:

Age And Sex Incidence:

Age group	Male	Female	Total	percent age
0-10	02	03	05	16.66%
11-20	03	01	04	13.33%
21-30	05	04	09	30.00%
31-40	04	03	07	23.33%
41-50	01	04	05	16.66%
Total	15	15	30	100%

Marital Status Incidence:

	Married	Unmarried	Total	Percent
Male	06	07	13	43.33%
Female	10	07	17	56.66%
Total	16	14	30	100%

Occupation Incidence:

Sr. No.	Occupation	No. of cases	Percentage
1	Student	13	43.33%
2	Doctors	01	3.33%
3	Housewife	04	13.33%
4	Teacher	02	6.66%
5	Service	07	23.33%
6	Farmer	02	6.66%
7	None	01	3.33%
Total		30	100%

Medicine Prescribed Incidence

Sr. No.	Remedy	No. of cases	Percent age
1	Sulhur	04	13.33%
2	Kali brom	01	3.33%
3	Kali arsenicum	01	3.33%
4	Thyroidinum	01	3.33%
5	Rdiombrom.	02	6.66%
6	Corallium rubrum	01	3.33%
7	Ars. brom	01	3.33%
8	Ars chrysopharicum	01	3.33%
9	Ars.sulp rub	01	3.33%
10	Selenium	02	6.66%
11	Hydrocotyle	01	3.33%
12	Mezereum	02	6.66%
13	Petroleum	01	3.33%
14	Arsenic.alb	02	6.66%
15	Arsenic iod	03	10.00%
16	manganum	06	20.00%
Total		30	100%

Result Incidence:

Result	No.of cases	Percentage
Improved	19	63.33%
Partially improved	09	30.00%
Not improved	02	6.66%
Total	30	100%