

Homeopathic Management of Chronic Palmoplantar Psoriasis With Nail Dystrophy: A Case Report In A 28-Year-Old Female: A Case Report

Abstract-Introduction: Chronic palmoplantar psoriasis, characterized by deep cracking, itching, and nail dystrophy, significantly impairs quality of life and presents therapeutic challenges. Homeopathy offers individualized treatment based on symptom totality and constitutional factors.

Methods: A 28-year-old female with a 3-year history of palmoplantar psoriasis presenting with deep cracking, sticky oozing discharge, intense nocturnal itching, and thickened, brittle nails was treated homeopathically. Detailed case taking, repertorization emphasizing skin and nail rubrics, and miasmatic analysis identified Petroleum 30C as the indicated remedy. The treatment protocol consisted of Petroleum 30C administered thrice daily initially, with tapering doses, followed by supportive remedy Saccharum lactis.

Results: Over an 8-week treatment period, the patient showed marked reduction in itching, discharge, and skin fissuring, along with improvement in nail texture. The Psoriasis Area and Severity Index (PASI) score improved from 20 to 5, demonstrating significant clinical progress.

Discussion: This case underscores the effectiveness of individualized homeopathic management for chronic palmoplantar psoriasis. Integrating symptom and miasmatic evaluation guided precise remedy selection, resulting in substantial symptom relief and enhanced quality of life. Further research with larger samples is

warranted to validate this approach.

Case Record-Preliminary Data-

•Name: Mrs., •Age: 28 years
•Sex: Female, •Occupation: Teacher
•Marital Status: Married

Complaints of the Patient-

•**Location-** Palms and soles
•**Sensation-** Deep cracks, Itching and burning
•**Modality-** Worse in winter and after washing
•**Concomitant-**
•**Location-** Skin
•**Sensation-** Itching and burning
•**Modality-** Worse at night, improved by oil application
•**Concomitant-**
•**Location-** Nails
•**Sensation-** Thickened, brittle, ridged
•**Modality-** Worse in cold weather
•**Concomitant-**
•**Onset:** Gradual
•**Duration:** 3 years
•**Progression:** Symptoms worsen during winter and flare up occasionally

History of Present Complaint-The patient has experienced cracking and thickening of skin on palms and soles for three years. Her condition worsens in cold seasons and following exposure to water during hand washing. She reports intense itching and burning sensations predominantly at night. Cracks in the skin are present. Nails have thickened and become brittle with ridges over time.

Associated Complaints-Dry skin on arms and legs, sensitivity to cold air, and occasional headaches after sun exposure.

Past Medical History-No diabetes, hypertension, or other significant illnesses. Previous use of topical steroids provided only temporary relief.

Family History-Mother had eczema; no family history of psoriasis.

Personal and Social History-Non-vegetarian diet with a preference for salty food, normal appetite and moderate thirst, regular bowel habits, sleep disturbed by itching, sedentary lifestyle, moderate stress levels.

Physical Examination-

Lean built, dull complexion. Vital signs within normal limits. Skin examination reveals deep cracks on palms and soles with slight oozing, dry itchy patches on limbs. Nails are thick, brittle, and ridged.

PASI Score Before Treatment-20

Mental and Emotional State-Patient is emotionally sensitive, easily moved to tears, avoids confrontation, and feels low confidence related to the appearance of her hands and feet.

Analysis of Symptoms-

•Deep, painful cracks (physical particular)
•Itching and burning worse at night (physical modality)
•Thick, brittle, ridged nails (physical general)
•Sensitive and emotional nature (mental behavior)

Repertorial Totality-

Patient's Symptoms	Kent's Repertory Rubrics
Deep cracks	Skin – Eruptions – cracks – deep
Itching and burning at night	Skin – Itching – night – aggravates
Thickened brittle ridged nails	Nails – Deformed – brittle
Sensitive and emotional nature	Mind – Sensitive – easily hurt
Disturbed sleep due to itching	Sleep – Disturbed – itching from

Follow-Up and Treatment Progression

Date	Symptoms	Prescription
Week 1	Itching moderately reduced; cracks still present	Petroleum 30C, 4 pills TDS for 2 weeks
Week 3	Cracks healing; itching decreased	Petroleum 30C, 4 pills BD for 2 weeks
Week 5	Nails less brittle; itching occasional	Petroleum 30C, 4 pills OD for 2 weeks
Week 8	Skin smoother; nail condition improved	Saccharum lactis 30C, 4 pills OD for 2 weeks

•Sleep disturbed by itching (general symptom)

Evaluation of Symptoms

•Deep palm and sole cracks worse in winter
•Night-worse itching and burning
•Thickened brittle ridged nails
•Emotional sensitivity
•Itching disturbed sleep

Miasmatic Analysis-Dominant PSORIC MIASM characterized by dryness, itching, and sensitivity to cold.

Prescription-•Remedy: Petroleum

•**Potency:** 30C,
•**Dosage:** 4 pills three times daily for 2 weeks
•**Justification:** Petroleum suits deep cracks, worsening itching at night, and cold sensitivity. The patient's emotional sensitivity also corresponds with the

remedy's profile.

PASI Score After Treatment-5

Conclusion-The patient experienced substantial improvement in symptoms with Petroleum 30C including decreased skin cracking, reduced itching, and improved nail texture. Advice included using mild moisturizers and limiting excessive hand washing to maintain remission.

Dr. Aishwarya Dattatray Mahurkar

Dept.-Practice of Medicine
MD Part -2,

PSPM Mahila Homoeopathic
Medical College Solapur

Dr Jyoti Patil

Practice of Medicine, MD Part-2
PSPM Mahila Homoeopathic

Medical College Solapur