

Psoriasis & Miracles with Homoeopathy

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ABSTRACT

Psoriasis is a long-lasting, non-contagious autoimmune disease characterized by raised areas of abnormal skin. These areas are red, pink, or purple, dry, itchy, and scaly. Psoriasis varies in severity from small, localized patches to complete body coverage. Injury to the skin can trigger psoriatic skin changes at that spot, which is known as the Koebner phenomenon.

Psoriasis is belong to generally from autoimmune chronic inflammatory skin disease, so in this type of disease modern medicine had very minimal scope for curing condition, on the contrary it may leads to suppression of disease which manifest strongly afterwards. Homoeopathy is system of medicine which is able to cure this type of disorders from the root.

KEYWORDS: Psoriasis, Homoeopathy, individualisation, Homoeopathic medicines

INTRODUCTION:

The word "psoriasis" is from Greek, meaning "itching condition" or "being itchy" from *psora*, "itch", and *-iasis*, "action, condition"

Psoriasis is thought to have first been described in Ancient Rome by Cornelius Celsus. The British dermatologist Thomas Bateman described a possible link between psoriasis and arthritic symptoms in 1813.

The history of psoriasis is littered with treatments of dubious effectiveness and high toxicity. In the 18th and 19th centuries, Fowler's solution, which contains a poisonous and carcinogenic arsenic compound, was used by dermatologists as a treatment for psoriasis. Mercury was also used for psoriasis treatment during this time period. Sulphur, iodine, and phenol were also commonly used treatments for psoriasis during this era when it was incorrectly believed that psoriasis was an infectious disease. Coal tars were widely used with ultraviolet light irradiation as a topical treatment approach in the early 1900s. During the same time period, psoriatic arthritis cases were treated with intravenously administered gold preparations in the same manner as rheumatoid arthritis.

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TYPES:

The five main types of psoriasis are plaque, guttate, inverse, pustular, and erythrodermic.

- **Plaque psoriasis**, also known as psoriasis vulgaris, makes up about 90% of cases. It typically presents as red patches with white scales on top. Areas of the body most commonly affected are the back of the forearms, shins, navel area, and scalp.
- **Guttate psoriasis** has drop-shaped lesions.
- **Pustular psoriasis** presents as small, non-infectious, pus-filled blisters.
- Inverse psoriasis forms red patches in skin folds.
- **Erythrodermic psoriasis** occurs when the rash becomes very widespread, and can develop from any of the other types. Fingernails and toenails are affected in most people with psoriasis at some point in time. This may include pits in the nails or changes in nail colour.

CAUSE:

1. Genetics
2. Lifestyle
3. HIV

4. Microbes
5. Medication

PATHOPHYSIOLOGY:

Psoriasis is characterized by an abnormally excessive and rapid growth of the epidermal layer of the skin. Abnormal production of skin cells (especially during wound repair) and an overabundance of skin cells result from the sequence of pathological events in psoriasis. The sequence of pathological events in psoriasis is thought to start with an initiation phase in which an event (skin trauma, infection, or drugs) leads to activation of the immune system and then the maintenance phase consisting of chronic progression of the disease. Skin cells are replaced every 3–5 days in psoriasis rather than the usual 28–30 days.

These changes are believed to stem from the premature maturation of keratinocytes induced by an inflammatory cascade in the dermis involving dendritic cells, macrophages, and T cells (three subtypes of white blood cells). These immune cells move from the dermis to the epidermis and secrete inflammatory chemical signals (cytokines) such as interleukin-36 γ , tumor necrosis factor- α , interleukin-1 β , interleukin-6, and interleukin-22. These secreted inflammatory signals are believed to stimulate keratinocytes to proliferate. One hypothesis is that psoriasis involves a defect in regulatory T cells, and in the regulatory cytokine interleukin-10. The inflammatory cytokines found in psoriatic nails and joints (in the case of psoriatic arthritis) are similar to those of psoriatic skin lesions, suggesting a common inflammatory mechanism.

COMMON CLINICAL FEATURES:

- A patchy rash that varies widely in how it looks from person to person, ranging from spots of dandruff-like scaling to major eruptions over much of the body.
- Rashes that vary in colour, tending to be shades of purple with gray scale on brown or Black skin and pink or red with silver scale on white skin.
- Small scaling spots (commonly seen in children).
- Dry, cracked skin that may bleed.
- Itching, burning or soreness.
- Cyclic rashes that flare for a few weeks or months and then subside.

DIAGNOSIS:

1. Physical examination
2. Skin biopsy

HOMOEOPATHIC MANAGEMENT:

Psoriasis is one of the mixed miasmatic skin manifestation, predominantly psoric and sycotic manifestations. “In literatures, it is given, that the

exact cause for the psoriasis is not known. But, Homoeopathic concept regarding basic cause for the chronic diseases like psoriasis is Psora. Psora, or the itch disease, is behind this, the oldest and most hydra-headed of all the chronic miasmatic diseases. It was thus that psora became the most universal mother of chronic diseases”. - Hahnemann.

1. MEZEREUM:

- This homoeopathic medicine for psoriasis is indicated when patient is extremely sensitive to cold air. Chilliness is the marked symptom along with skin complains.
- Skin eruptions ulcerates and form thick scabs under which purulent matter exudes.
- Intolerable itching, worse in bed.
- Severe redness and pain of the affected parts.

2. SULPHUR:

- Indicated in patient with long standing cases with frequent replaces of psoriatic episodes.
- It can be used in beginning of the psoriatic symptoms as also to end an acute replace of it.
- Every little injury suppurates, exuding dirty filthy discharge with an offensive smell.
- Dry, scaly, unhealthy skin with severe itching and burning that gets worse on scratching and washing.
- Complaints are worse when warm in bed, worse on standing, better in dry weather.

3. ARSENICUM ALBUM:

- Indicated in dry rough scaly eruption with itching, burning and swelling specially of joints.
- Those eruptions are worse in cold weather and on scratching.
- There is icy coldness of extremities.
- Patient is extremely anxious and restless and has marked fear of impending death.
- All complains are worse from cold, cold drinks, or food and get better from heat and warm things.

4. GRAPHITES:

- Skin is rough and hard with persistent dryness.
- Eruption ooze out glutinous exudates that are thin and sticky.
- There is tendency to ulcer formation on the psoriatic patches as every suppurates.
- There is severe burning and stinging pain in the skin with rawness in bends of limbs, groins, neck and behind ears.
- Worse in warmth, at night, and during and after menstruation.
- Better by wrapping up the affected part as the patient takes on cold easily and feels chilly all the time.

CONCLUSION:

As psoriasis is inflammatory disorder of skin which is caused by genetic or environmental factors, in modern medicine treatment based moreover suppressive therapy but in homoeopathy with the help of holistic approach we can able to cure this type of diseases by perfect receiving of case & by prescribing similimum remedy.

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