



Psoriasis cases of same diagnosis but different phenotypes — management through individualised homoeopathic therapy

The psoriasis case series that will be presented demonstrates that classical homoeopathy may have a solution to psoriasis and its complications which goes beyond skin clearance and achieves general well-being. The variety in clinical phenotypes and their response to treatment may be explained on the basis of the theory of 'Levels of Health'. An understanding of the level of health of a patient at presentation helps a physician to assess the prognosis and plan accordingly. An epigenetic trigger over genetic predisposition has been suggested as aetiology of psoriasis. Clinicians and researchers agree that the ideal therapy for this multifactorial disease must act beyond skin clearance and lead to a better quality of life, addressing the comorbidities and systemic inflammation.

While conventional medicine focuses on the inhibition of inflammation in the skin and therefore generalises the medication to the diagnosis, classical homoeopathy investigates the genetic and epigenetic influences that a person has and the response to them. This along with the presenting symptomatology forms the data on which homoeopathic medicine is selected in every individual, yielding encouraging results.

Six cases of varying severity of psoriasis will be presented. Two cases had erythroderma one of which developed septicaemia. They were all treated exclusively with individualised homoeopathy, showing improvement in Psoriasis Area and Severity Index (PASI) scores and the general condition. The varied results are explored against the background of the concept of 'Levels of Health'. Many studies exist involving homoeopathy and psoriasis. However, this series involves cases that were of much greater severity and complication as it shows different levels of health in the same diagnosis, giving an insight into the probable reason for varied responses to homoeopathic treatment. The case series will show that the healing process from inside the individual is seen outside as an improvement in their skin lesions, INSIDE OUT.

