

Homeopathic Case Management of Psoriasis with Mercurius Solubilis

Dr. Ashna Chawla

PG Scholar, Repertory, Shri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana, India

Abstract: Psoriasis is a chronic autoimmune condition that manifests as red, scaly patches on the skin. Homeopathy provides significant relief in managing psoriasis. This report discusses the case of a 30-year-old female having chronic psoriasis. Based on the totality of symptoms and repertorisation, Mercurius Solubilis (Merc Sol) was prescribed.

Keywords: Psoriasis, Scaly Patches, Skin Condition, Homeopathy

1. Introduction

Psoriasis is characterized by:

- Red, scaly patches on the skin
- Itchiness and discomfort

Types of Psoriasis:

- **Plaque Psoriasis:** The most common form, characterized by red patches covered with silvery scales.
- **Guttate Psoriasis:** Small, drop-shaped lesions.
- **Inverse Psoriasis:** Red patches in body folds.
- **Pustular Psoriasis:** White pustules surrounded by red skin.
- **Erythrodermic Psoriasis:** Widespread redness and scaling.

Symptoms of Psoriasis may include:

- Red patches of skin covered with thick, silvery scales
- Dry, cracked skin that may bleed
- Itching, burning, or soreness
- Thickened, pitted, or ridged nails
- Swollen and stiff joints

Common homeopathic remedies for psoriasis include Arsenicum Album, Graphites, Sulphur, Mercurius Solubilis, and Sepia, selected based on individualization and repertorisation.

2. Case Report

Chief Complaint:

- A 30-year-old female presented with chronic red, scaly patches on the skin, predominantly on the underarms, for the past five years.

History of Present Complaint:

- Symptoms started five years ago with small, itchy red patches, which gradually spread and coalesced to form larger plaques.

Modalities:

- **Aggravation:** Cold weather, stress, skin injuries
- **Amelioration:** Warm weather, moisturizing the skin

Analysis and Evaluation of Symptoms:

- Mental general: Anxious and self-conscious about her appearance, especially in social situations
- Physical general: Sweats excessively, especially at night; sensitive to temperature changes

Particular Symptoms:

- 1) Skin – Red, scaly patches
- 2) Skin – Itchiness and discomfort
- 3) Skin – Cracks and bleeds easily
- 4) Skin – Aggravated by cold weather and stress
- 5) Nails – Thickened and ridged
- 6) Sweats – Profuse, especially at night

Repertorial Result (using Synergy Software 2021, Complete Repertory):

- **Merc Sol:** 28/10
- **Ars Alb:** 25/8
- **Graph:** 23/7
- **Sulph:** 20/6

Prescription: Mercurius Solubilis 200

Selection of Medicine and Potency:

- Based on repertorisation and consultation with Materia Medica.
- Dose selected according to patient susceptibility, which remains high in chronic conditions (Organon of Medicine, 5th edition).

Potency and Repetition:

Following Organon of Medicine, Aphorism 245 - 251, 5th edition: Medicine repeated as needed, initially three times a day.

Follow - up

Time	Condition	Prescription
1 week	Reduced itching and redness, less scaling	Merc Sol 200 TID
2 weeks	Significant reduction in plaques, decreased discomfort	Merc Sol 200 TID
1 month	80% improvement, skin much clearer	Placebo TDS

Volume 13 Issue 7, July 2024

Fully Refereed | Open Access | Double Blind Peer Reviewed Journal

www.ijsr.net



Overview of Mercurius Solubilis

- Primarily affects the skin and mucous membranes.
- Symptoms include excessive sweating, particularly at night.
- Red, scaly patches with a tendency to crack and bleed.
- Aggravation from cold and damp weather, as well as from mental stress.

3. Conclusion

Homoeopathy offers substantial benefits in treating psoriasis, emphasizing individualized treatment based on repertorisation. In this case, Mercurius Solubilis significantly alleviated the patient's symptoms. Each case should be assessed and treated individually.

References

- [1] Davidson's Principles and Practice of Medicine, 23rd Edition, Elsevier.
- [2] Dudgeon RE, Organon of Medicine, 5th edition, Indian Books and Periodicals Publishers, 2012.
- [3] Boericke W, Pocket Manual of Homoeopathic Materia Medica and Repertory, 2007 edition, B. Jain Publishers (P) LTD.