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Psoriasis is treated with Individualised Homoeopathic medicine – An Evidence Based Case Study.

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ABSTRACT:

Psoriasis is a chronic, non-communicable, painful, disfiguring and disabling autoimmune disease. It can occur at any age and usually aggravates in winters. The lesions are pink-red, sharply demarcated papules and rounded plaques covered by silvery scales and it affects mostly elbows, knees, gluteal cleft, scalp and trunk area worldwide prevalence ranges between 0.1 and 11.4%, and in India between 0.4 and 2.8%; this creates a serious health burden. The homoeopathic system of medicine offers a wide range of medicines that can have a beneficial role in managing cases of psoriasis as depicted in the previous studies. Case summary: A distinct case of psoriasis treated with homoeopathic remedy. The evidence-based illustrations were done before and after the treatment and the periodical objective assessment of the lesions with psoriasis area and severity index (PASI) calculation to ascertain the prognosis. The causal attribution of outcome to the treatment was evaluated using Modified Naranjo Criteria for Homoeopathy (MONARCH) tool. Marked improvement was found in the psoriatic lesions evidenced photographically and the PASI scores showed significant reduction affirming the same. The MONARCH score (+8) suggested that the clinical improvement was likely attributable to the homoeopathic treatment. This evidence-based case report suggests a beneficial role of homoeopathy in the treatment of psoriasis.

Keywords: Psoriasis, Homoeopathic Case, PASI, Modified Naranjo Criteria; (MONARCH) score, Nat mur.

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