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**EVIDENCE BASED MANAGEMENT OF PLAQUE PSORIASIS WITH AN INDIVIDUALISED  
HOMOEOPATHIC MEDICINE: A CASE REPORT**

*Dr Suruchi Sharda*

*Assistant Professor, Department of Practice of Medicine, Homoeopathic Medical College & Hospital, Sector- 26, Chandigarh.*

**Email Id: [serviceheb@gmail.com](mailto:serviceheb@gmail.com)**

**ABSTRACT:**

Psoriasis is one of the commonest chronic inflammatory skin diseases with periods of remissions and exacerbations affecting 0.1 -3% of population worldwide. The exact cause of psoriasis is unclear, but it has been observed that its pathogenesis is multifactorial requires both genetic and environmental factors for its clinical expression. It is characterized by well-defined scaly plaques with itching and burning distributed bilaterally on extensor surfaces of the body. Treatment in modern medicine includes topical steroidal as well as non-steroidal therapies and systemic drugs. These treatments relieve the symptoms temporarily and their prolong use may lead to severe side-effects. Homoeopathic medicines have been found to be beneficial in providing gentle and long-lasting relief in chronic cases like psoriasis. This article illustrates one such chronic case of plaque psoriasis with photographic evidence in which an individualized homoeopathic medicine was prescribed. The case has been followed up for 2 years and has shown marked improvement in symptoms without any remission and exacerbation till date.

**KEY WORDS:** Psoriasis, Homoeopathy, Homoeopathy for Psoriasis, Case report, Lycopodium

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