

# Management of Generalized Pustular Psoriasis with Homoeopathy – Case Report

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## Abstract

**Generalized Pustular Psoriasis (GPP) is an auto-immune chronic, non-communicable, painful, disfiguring and disabling disease with no cure in the present conventional method of treatment. Though its incidence is rare, it is a life-threatening condition if left untreated. GPP is associated with a combination of genetic and environmental risk factors, where the exact pathogenic mechanisms are not fully established. Multiple GPP subtypes have been described, from acute GPP of von Zumbusch to milder, Annular Pustular Psoriasis. Flares are a hallmark of GPP and may be provoked by triggers, including withdrawal of systemic corticosteroids, infections, stress, pregnancy, and menstruation. Significant flares are often accompanied by systemic symptoms, notably fever, general malaise, and extra-cutaneous manifestations such as arthritis, uveitis, and neutrophilic cholangitis. Common laboratory abnormalities include neutrophilia, elevated C-reactive protein levels, hypocalcemia, and abnormal liver function tests. Life-threatening complications include sepsis and renal, hepatic, respiratory, and heart failure. Reported mortality rates are 2–16%. This study is an attempt to show how to approach GPP in the best way with an OPD/IPD setup, by assessing the effectiveness of Homoeopathic medicine in its treatment. Photographic documentation was done at the beginning and conclusion of the treatment.**

**Keywords:** Case Report, Generalized Pustular Psoriasis, Homoeopathy, Individuality

## INTRODUCTION

GPP is an inflammatory disease characterized by recurrent episodes of widespread painful erythema with sterile pustules and “lakes of pus” on non-acral skin<sup>[1]</sup>. Flares are usually accompanied by systemic symptoms, specifically high fever, general malaise, fatigue, and disabling edema<sup>[2]</sup>. Common extra-cutaneous manifestations include arthritis, uveitis, and neutrophilic cholangitis<sup>[3]</sup>. Generalized Pustular Psoriasis is a heterogeneous disease with a highly variable clinical course. The extent and severity of symptoms vary between patients, as well as between each flare experienced by an individual patient<sup>[4]</sup>. A flare may affect minimal or extensive areas of the skin. While some patients have multiple severe flares per year, others may only experience a flare every few years. Different types of phenotypes have been identified<sup>[5]</sup>. The clinical course of these variants is largely unknown, although the clinical manifestations of GPP may change from one phenotype to another over time in the same patient<sup>[6]</sup>.

## CASE PRESENTATION:

A 46-year-old male patient presented with the symptoms of widespread itching pustular eruption, characterized by chronic local dryness, erythematous base, thick hard scales, with peeling of skin. He also had a fever, cold, cough, burning of eyes with lachrymation and joint pain especially elbow and knee joints

for 1 week. He had been diagnosed with Generalized Pustular Psoriasis for 2 years. After the fever, all his skin complaints got aggravated with dry, scaly white eruptions all over his body including his face. Severe itching, where scratching leads to burning pain and oozing of blood mixed with sticky fluid.

### **History of Present Complaints:**

The patient had suffered from typhoid fever 12 years back, for which he was admitted in a hospital and treated accordingly with allopathic medication. Later he developed skin eruption all over his body, with burning pain, dimness of vision, and joint pain. Eruptions were dry, white scaly, peeling of skin with an erythematous base. Nail deformity was also seen on the hands. He was under allopathic medication with no improvement. His complaints of itching, peeling of the skin, and dimness of vision worsened. 2 weeks before he had developed a mild rise in temperature, with joint pain, since then he had developed scaly eruptions on his face also and breathing difficulty. The patient has initially taken allopathic treatment but has yet not been relieved, so he had come for Homoeopathic treatment for current symptoms that include eruptions on the face, dimness of vision, and joint pain, at the OPD level.

**Past History:** K/C/O Psoriasis since 34 years, typhoid at the age of 12 years.

**Family history:** Nil

**Vital signs:** Pulse: 91/min; Temp: 99. F; RR: 22/min; BP: 110/70 mm of Hg.

**Local Examination:** On Inspection: Dry, White Scaly, Peeling skin with an erythematous base was seen all over the body including the face. Thick, ridged, pitted nails. Severe itching with oozing of bloody fluid present.

### **Physical generals**

**Appetite:** Good

**Thirst:** Normal

**Bowels:** Regular twice a day

**Sleep-** Disturbed due to the complaints

**Urine:** No difficulty during micturition

**Desires:** Warm food

**Intolerance:** Fish, Meat

**Thermal:** Hot

**Mental Generals:** Depressed about his complaints. Angered if not responded immediately. Grief about father's death when he was in 6<sup>th</sup> std.

**Life space situation:** Born and brought up in a low-income family in Kerala. His father died when he was young due to an accident, so his childhood was not very happy and he has to take all responsibility. He is married and has 2 children. Has some financial debts. Now suffering from psoriasis for 2 years and is worried about that, so he avoids appearing in public places.

## Analysis of Case:

With the help of characteristic mental and physical symptoms, we arrived with the totality of symptoms. This totality of symptoms was repertorized and with the help of *Materia Medica* medicine by considering the patient as a whole was selected. The patient was prescribed *Arsenicum album* 1M/ 3 Dose/ 10 days once/ H.S. During his next visit there was marked improvement on his eruption and itching. Next *Arsalb* 0/3 in aqua/ 5 gtt X TDS was prescribed for the next 2 months, and *Arsalb* 0/6 2 doses for the next 2 months were used, after which all his eruption on face, body completely disappeared and followed by a placebo for the next 2 months. After 7 months of medication he was completely free from symptoms. Amid treatment, *Staphysagria* 200/ 1 dose was given as needed [Table 1].

## Rep chart-

Remedy	Ars	Sulph	Rhus-t	Merc	Calc	Lyc	Nit-ac	Caust	Graph	Sil	Petr
<b>Totality</b>	22	21	21	20	18	17	16	16	16	15	15
<b>Symptoms Covered</b>	10	9	8	10	9	7	9	7	7	8	7
[Kent ] [Extremities] Brittle: Finger nails:	1	2	0	1	1	0	2	0	3	2	0
[Kent ] [Extremities] Crippled: Fingers nails:	0	1	0	0	0	0	2	2	3	3	0
[Kent ] [Extremities] Eruption: Upper limbs: Psoriasis:	0	0	1	0	0	0	0	0	0	1	0
[Kent ] [Extremities pain] Pain:	3	3	3	3	2	3	2	3	2	1	0
[Kent ] [Extremities pain] Pain: Joints:	2	2	3	2	2	2	1	2	0	2	0
[Kent ] [Extremities] Stiffness:	3	3	3	2	2	3	1	3	1	3	3
[Kent ] [Eye] Eruptions: Eyebrows, about: Psoriasis:	0	0	0	0	0	0	0	0	0	0	0
[Kent ] [Face] Eruptions (see skin): Crusty, scabby:	3	2	3	2	3	2	0	2	2	0	3
[Kent ] [Face] Eruptions (see skin): Crusty, scabby: Greenish yellow:	0	0	0	1	0	0	0	0	0	0	1
[Kent ] [Face] Eruptions (see skin): Eczema:	3	3	3	2	3	2	0	2	3	1	2
[Kent ] [Face] Eruptions (see skin): Eczema: Burning:	0	0	0	0	0	0	0	0	0	0	0
[Kent ] [Face] Eruptions (see skin): Itching:	2	3	3	2	2	2	2	2	2	0	2
[Kent ] [Face] Eruptions (see skin): Warmth: Amel:	2	0	0	0	0	0	0	0	0	0	0
[Kent ] [Genitalia male] Eruptions: Scrotum: Psoriasis:	0	0	0	0	0	0	2	0	0	0	2
[Kent ] [Skin] Eruptions: Psoriasis:	2	2	2	2	2	3	2	0	0	2	2
[Kent ] [Skin] Eruptions: Psoriasis: Syphilitic:	1	0	0	3	0	0	2	0	0	0	0
[Kent ] [Back] Eruptions: Psoriasis, patches:	0	0	0	0	1	0	0	0	0	0	0

**Table 1: Follow up of the case:**

Date	Presenting Complaint	Medicine
14.10.23	Dry, scaly white eruption all over the body reduced. Eruption on face completely relived. Itching persist but intensity reduced than before. Bloody discharge on scratching persist. Joint pain persist. Dimness of vision better < night, cold . warmth.	1. Arsenicum album 0/3 – 1 dose in aqua/ 5gtt/ tds 2. Sac lac 3 dose/ weekly once /morning
24.10.23	Eruption better. Itching reduced. Peeling of skin	1. Arsenicum album 0/3 – 1 dose in aqua/ 5gtt/

	reduced. Joint pains better Sleep- Disturbed	tds 2. Sac lac 3 dose/ weekly once /morning
4.11.23	Eruption reduced. Redness absent. No bloody discharge on scratching. Itching reduced. Joint Pain Relieved.	1. Arsenicum album 0/6 – 2 dose/ 15 days once / H.S 2. Staphysagria 200/ 1 dose /morning
9.12.23	All Complaints Better . Nail deformity persist	1. Arsalb 0/6- 2 dose/ weekly once /morning 2. Sac lac 2 dose / 105 days once/ES
23.12.23	Patient feels better. Blackish discolouration in nail persist.	1. Sac lac 3 dose/ weekly once /morning
2.01.24	Patient feels better Sleep- good	1. Sac lac 3 dose/ 10 days once.

**PICS:**

10/10/2023



24/10/2023

04/11/2023

**RESULT AND DISCUSSION:**

A repertorial approach was done for this case taking symptoms like psoriasis, face, body, white scaly, peeling skin, bloody discharge, itching night, cold, burning, dimness of vision, joint pain, nail deformity, mind grief, desire for warmth, sleep disturbed. Based on the result Arsenicum album 1 M was prescribed. According to the Materia Medica, Arsenic Album is an excellent psoriatic remedy in which psoriasis gets worsened by cold and better by warmth. After 7 months of medication, his condition improved without any complications. Improvement was evidenced with photographs in Figure 2. Follow-up was continued for 2 months. There was no recurrence of any eruptions. Master Hahnemann in the aphorism 80 in his Organon of Medicine<sup>[7]</sup> and its footnote along with other sections of organon gives a clear preference for individualizing a case. In Homoeopathy, we recognize a dynamic concept of disease in its essence where the concept of individualization is important. The patient is free from his complaints to date. Here in this case, Psoriasis has been successfully cured with Homoeopathic medicines, Arsenicum album with different potencies according to the susceptibility of the patient accordingly. During the course of treatment, we have not used any external medicine as Master Hahnemann stated in aphorism 194 of Organon of Medicine.

**CONCLUSION:**

This case report shows the positive effect of finding individualized Homoeopathic medicine in managing Generalized Pustular Psoriasis.

**Declaration of patient consent:**

The authors certify that they have obtained all appropriate patient consent for treatment and publication of images without disclosing the identity of the patient.

**Conflict of interest:** The authors declare that there is no conflict of interest.

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