

Evidence Based Clinical Study on Psoriasis

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ABSTRACT

500 well diagnosed cases of PSORIASIS were enrolled for treatment at Geetanjali Homoeopathic Clinic & Research Center, Lucknow from JANUARY 2009 to JANUARY 2017. Clinical diagnosis followed by constitutional treatment with homoeopathic medicines showed encouraging results in majority of the cases. Out of 500 cases 180 cases showed complete disappearance of all the silvery white scales from all parts of the body with absolutely no recurrence of any symptoms reported till date, while 220 cases showed much improvement in most of the patches with mild recurrence of the psoriatic patches and rest 54 cases did not show any response to the treatment. 46 cases worsened after treatment in which increment in size and number of Psoriatic patches were observed.

INTRODUCTION

Psoriasis is a chronic inflammatory skin disorder. It appears as red scaly patches to appear on the skin. The scaly patches are called psoriatic plaques. The skin lesions of psoriasis are variably pruritic. It affects the skin and joints. About 2% population of the world suffer from this disease. It affects both the sexes equally and can occur at *any* age but most commonly in the age between 15 and 25 years.

Psoriasis affects the self image of the patient. These patients become self conscious due to fear of public opinion and psychosexual concerns. As a result they suffer from psychological stress. Psoriasis affects the social life of a person as well.

Psoriasis is clinically characterized by erythematous, sharply demarcated papules & rounded plaques, covered by silvery micaceous scales.

Epidemiology	Occurs at any age with winter aggravation
Morphology	Well defined, erythematous plaques with characteristic silver, large, loose scales, accentuated by grating lesions.
Site	Scalp, pressure points and extensors frequently involved
Pattern	Plaque, Guttate,
Associations	Pitting of nails , Arthropathy