



Homeopathic Health Solutions

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PSYCHODYNAMICS OF EXFOLIATIVE DISORDERS

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What is Psychodynamics

Any physical problem is a manifestation of dis-ease on psychological and/or emotional levels.

The physical body is responding to the imbalance and warning of the need to return to the path of love and harmony

The science of metaphysics has resurfaced since the advent of psychoanalysis. Freud discovered that the body and the psyche are irrevocably linked. Researchers in the field since such as Wilhelm Reich, Fritz Perls and Louise Hay have greatly contributed to the resurgence of the body of information that constitutes metaphysical science.



What is Psychodynamics

When illness or disease is indicated, the body is communicating to us that our way of thinking (although unconscious) is out of harmony with what is beneficial to our being. Illness indicates the need to change in our belief system and tells us that we have reached our physical and psychological limits. Illness is thus a gift whose purpose is to bring back the equilibrium in our being. The physical body does not create illness because the physical body can do nothing by itself. What maintains its life is our soul, our inner self.

If you believe that illnesses, accidents and disorders are relevant only to the physical self, you are dissociating yourself from your mental, emotional and spiritual aspects, thereby refusing to acknowledge the majority of what makes you who you really are!



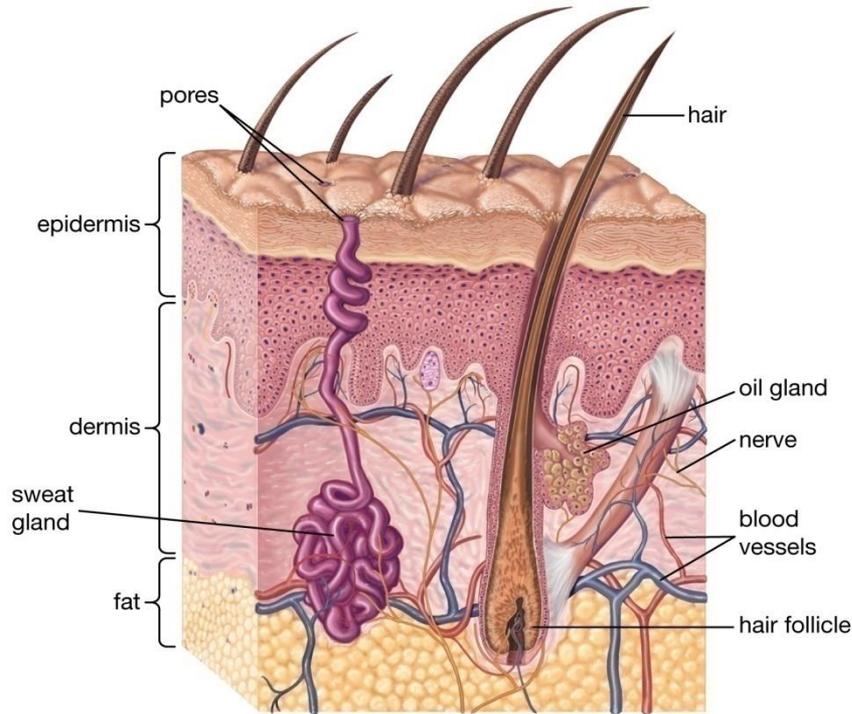
What is Psychodynamics

You have only to recall a situation where you've experienced instinctive reactions (such as your heart racing when you are afraid or that feeling in the pit of your stomach when you anticipate something you may be dreading), these automatic reactions are not coming from the physical body, but are transferred to the physical body through thoughts or emotions.

The most frequent causes of illness are negative attitudes and emotions, guilt, the need for attention, or the need to escape an unpleasant situation. Those who are vulnerable to the suggestion that illness is 'contagious' will attract illness because they expect to be sick as a result of circumstances. If they believe, for example, that a draught will result in a cold, they will 'get' a cold when exposed to a draught.

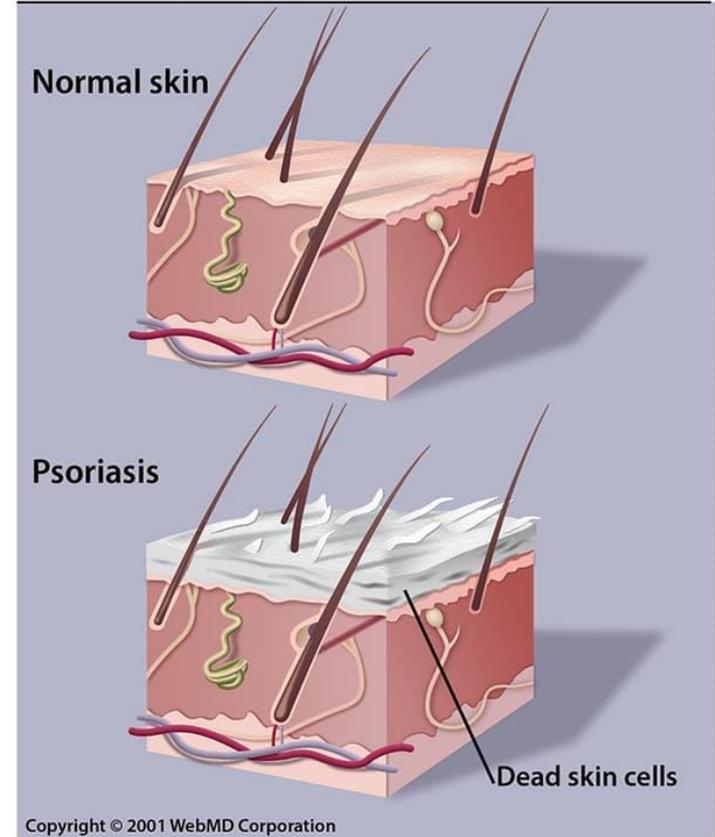
With each illness or disorder, your body is reminding you to love yourself. Through genuine self-love, you allow your heart to guide you to wellness and wholeness. To love yourself is to give yourself permission to live as you choose. When you love yourself, you accept yourself as you are at any moment—in all your humility—with fears, weaknesses, desires, beliefs and aspirations that are all facets of who you are.

The Skin



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Psoriasis



Psoriasis





What is Psoriasis?

Psoriasis is a chronic autoimmune skin disorder that causes skin cells to multiply up to 10 times faster than normal. This makes the skin build up into bumpy red patches covered with white scales.

They can grow anywhere, but most appear on the scalp, elbows, knees, and lower back. Psoriasis can't be passed from person to person. It does sometimes happen in members of the same family.

Psoriasis usually appears in early adulthood. For most people, it affects just a few areas. In severe cases, psoriasis can cover large parts of the body. The patches can heal and then come back throughout a person's life.



Symptoms

The symptoms of psoriasis vary depending on the type you have. Some common symptoms for plaque psoriasis -- the most common variety of the condition -- include:

Plaques of red skin, often covered with silver-coloured scales.

These plaques may be itchy and painful, and they sometimes crack and bleed. In severe cases, the plaques will grow and merge, covering large areas.



Symptoms

Disorders of the fingernails and toenails, including discoloration and pitting of the nails. The nails may also crumble or detach from the nail bed.

Plaques of scales or crust on the scalp.

People with psoriasis can also get a type of arthritis called psoriatic arthritis. It causes pain and swelling in the joints. The National Psoriasis Foundation estimates that between 10% to 30% of people with psoriasis also have psoriatic arthritis.

Plaque Psoriasis



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Plaque psoriasis is the most common type of psoriasis. It causes dry, raised skin patches (plaques) covered with scales.

Guttate Psoriasis



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Guttate psoriasis, more common in children and young adults, appears as small, water-drop-shaped spots on the trunk, arms or legs. These spots are typically covered by a fine scale.

Inverse Psoriasis



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Inverse psoriasis causes smooth patches of inflamed skin in the folds of the skin. It usually appears under the breasts and around the groin and buttocks.

Scalp Psoriasis



Scalp psoriasis causes inflamed patches of skin covered with gray or silver scales or thick, heavily crusted patches (plaques) that may bleed when removed.

Nail Psoriasis



Psoriasis can affect fingernails and toenails, causing pitting, abnormal nail growth and discoloration.

Pustular Psoriasis



Pustular psoriasis generally develops quickly, with pus-filled blisters appearing just hours after the skin becomes inflamed and tender. It usually appears on the palms or the soles.

Erythrodermic Psoriasis



The least common type of psoriasis, erythrodermic psoriasis can cover the entire body with a peeling, itchy rash.



Types of Psoriasis

Pustular psoriasis, which causes red and scaly skin with tiny pustules on the palms of the hands and soles of the feet.

Guttate psoriasis, which often starts in childhood or young adulthood, causes small, red spots, mainly on the torso and limbs. **Triggers** may be respiratory infections, strep throat, tonsillitis, stress, injury to the skin, and taking anti-malarial and beta-blocker medications.

Inverse psoriasis, which makes bright red, shiny lesions that appear in skin folds, such as the armpits, groin, and under the breasts.

Erythrodermic psoriasis, which causes fiery redness of the skin and shedding of scales in sheets. It's triggered by severe sunburn, infections, certain medications, and stopping some kinds of psoriasis treatment. It needs to be treated immediately because it can lead to severe illness.



Causes of Psoriasis

What Causes Psoriasis?

No one knows the exact cause of psoriasis, but experts believe that it's a combination of things. Something wrong with the immune system causes inflammation, triggering new skin cells to form too quickly.

Normally, skin cells are replaced every 10 to 30 days. With psoriasis, new cells grow every 3 to 4 days. The build up of old cells being replaced by new ones creates those silver scales.

Psoriasis tends to run in families, but it may be skip generations. For instance, a grandfather and their grandson may be affected, but not the child's mother.



Causes of Psoriasis

Things that can trigger an outbreak of psoriasis include:

Infections, such as strep throat or skin infections

Weather, especially cold, dry conditions

Injury to the skin, such as a cut or scrape, a bug bite, or a severe sunburn

Smoking and exposure to secondhand smoke

Heavy alcohol consumption

Certain medications — including lithium, high blood pressure drugs and antimalarial drugs

Rapid withdrawal of oral or injected corticosteroids



Psoriasis v/s Eczema

Eczema Symptoms

Affects flexural skin surfaces

Causes intense itching

May cause scaling or flaking

Can ooze and crust over

Psoriasis Symptoms

Affects extensor skin surfaces

Less itchy

Scaling is a main sign

Can cause Auspitz sign

Eczema vs. Psoriasis



More common infants & children		Most common between the ages of 15-35
More related to irritation from products or substances and allergies		Believed to be caused by a combo of genetics, infections, emotional stress, skin sensitivity due to wounds and effects of medications
More intense, persistent itching		More stinging and burning sensation
Bleeding due to too much scratching is more common		Can cause raised, silvery and scaly patches on very inflamed skin
Affects hands, face, or bending body parts like the elbows and knees most		Shows up in skin folds, face, scalp, palms, feet, and sometimes chest, low back and nail beds



Symptoms of nail psoriasis	Symptoms of nail fungus
pitting, thickening, or deformation of the nails	pitting, thickening, or deformation of the nails
yellowing or browning of the nails	darkening of nail color
nails detach from the nail bed (onycholysis), creating gaps that can become infected by bacteria	progressive distortion in nail shape
chalky buildup under the nail that causes the nail to lift (subungual hyperkeratosis)	nails may be brittle and appear dull
tenderness or pain if there's buildup under the nails	foul odor



Treatment

Luckily, there are many treatments. Some slow the growth of new skin cells, and others relieve itching and dry skin. Your doctor will select a treatment plan that is right for you based on the size of your rash, where it is on your body, your age, your overall health, and other things. Common treatments include:

Steroid creams

Moisturizers for dry skin

Coal tar (a common treatment for scalp psoriasis available in lotions, creams, foams, shampoos, and bath solutions)

Vitamin D-based cream or ointment (a strong kind ordered by your doctor. Vitamin D in foods and pills has no effect.)

Retinoid creams



Treatment

Treatments for moderate to severe psoriasis include:

Light therapy. A doctor shines ultraviolet light on your skin to slow the growth of skin cells. PUVA is a treatment that combines a medicine called psoralen with a special form of ultraviolet light.

Methotrexate- This drug can cause bone marrow and liver disease as well as lung problems, so it's only for serious cases. Doctors closely watch patients. You will have to get lab tests, perhaps a chest X-ray, and possibly a liver biopsy.

Retinoids- These pills, creams, foams, lotions, and gels are a class of drugs related to vitamin A. Retinoids can cause serious side effects, including birth defects, so they're not recommended for women who are pregnant or planning to have children.



Treatment

Cyclosporine-This drug, made to suppress the immune system, may be taken for serious cases that do not respond to other treatments. It can damage the kidneys and raise blood pressure, so your doctor will closely watch your health while you take it.

Biologic treatments. These work by blocking the part of the body's immune system that is overactive in psoriasis.

An enzyme inhibitor. The medication apremilast (Otezla) is a new kind of drug for long-term inflammatory diseases like psoriasis and psoriatic arthritis. It's a pill that blocks a specific enzyme, which helps to slow other reactions that lead to inflammation.

An aryl hydrocarbon receptor (AHR) agonist. Tapinarof (Vtama) is a steroid free once a day topical cream and can also be used on all body areas, including on sensitive locations.

Psychodynamics- The homeopathic perspective



1. Miasm - Between Sycosis to syphilis Some psora or tubercular
2. Ailments from Sudden Loss- financial/ relationship breach, Death Over bearing boss, Too much domination etc
3. Suppressed emotions Over Dominance Can't express situation Unacheived goals Not received true love
4. Constitution -Anxious people, Image conscious, Workaholic Conscientious, Sensitive to words ,Can't take criticism , Ambitious Fastidious nature
5. Personality trait -Mostly Type A and B
6. Associated with Other autoimmune diseases like Alopecia Areata/ Vitiligo / DM / Thyroid
7. Ailments triggered by Season / stress /less sleep / foods esp red meats / lime and orange and packed foods preservatives Ajinomoto chinese Salts etc.



Psychodynamics

Ailments from Guilt and Blame, Accused wrongly

I'm suffering which I don't deserve

Sudden irreversible loss

Storms, floods, loss of job, loss of finances, property, relations, position

Totally destroyed and ruined feeling

DIL and MIL- I am doing everything for her as a daughter in law but she always complains to my husband that I don't look after her

Ailments from- reproach, reprimands, scorn, wrongly accused

Reproaches himself

Anxiety of conscience-Guilty feeling as if committed a crime



Psoriasis

METAPHYSICAL CAUSATIONS

Fear of being hurt. Deadening the senses and the self.

Refusing to accept responsibility for our own feelings.

*I am alive to the joys of living. I deserve and accept the very best in life. I love and approve of myself.

CONFLICTS:



Epidermis

– often reflect conflicts to touch

Particularly to the absence of touch as occurs in conflicts of separation.

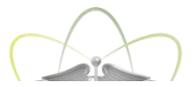
Three major categories of conflicts of separation:

1 – Real separation, experienced with difficulty.

2 – fear of separation, of being left alone.

3 – lack of communication.

Disease – scabies, pediculosis, psoriasis etc.



Dermis:

Relate to conflict of dirtying, defilement, attacks to integrity and uprooting.

Defilement – often accompanied by loss of self worth.

A melanoma or beauty spot can arise.

PROBABLE CAUSES ACCORDING TO LOUISE HAY



- **FEAR OF BEING HURT,**
- **DEADENING OF THE SENSES OF THE SELF,**
- **REFUSING TO ACCEPT RESPONSIBILITY OF YOUR OWN FEELINGS.**



- **Psoriasis is like a volcano erupting from the pressure of unseen forces just below the surface of a person's life. The body is releasing fear, frustration, anger and other toxic emotions.**



WHY THIS OVER GROWING OF SKIN TAKES PLACE?

- THEY NEED MORE PROTECTION,
- THEY FEEL UNSECURED,
- THEY FEEL LONELY.



Psoriasis- medical and Homeopathic perspective

Why over growing of cells? Why this disease happens to a man?

These individuals need more protection

They feel insecure and lonely

Feeling of being alone and outcast by family

They isolate themselves from society and surroundings

They cant create and maintain relations which can give them a feeling of safety and security

They feel world is against them, everyone is enemy

They are alone



- **Psoriasis is an indication that you are uncomfortable in your own skin and have a desire to turn over a new leaf. You don't feel recognized or acknowledged for who you really are. You are having difficulty accepting who you are in this life.**
- **Let go of your fear of rejection and stop being ashamed of yourself.**



Erikson's Psychosocial Stages Summary Chart



Stage	Basic Conflict	Important Events	Key Questions to be answered	Outcome
Infancy (0 to 18 months)	Trust vs. Mistrust	Feeding/ Comfort	Is my world safe?	Children develop a sense of trust when caregivers provide reliability, care and affection. A lack of this will lead to mistrust.
Early Childhood (2 to 3)	Autonomy vs. Shame and Doubt	Toilet Training/ Dressing	Can I do things by myself or need I always rely on others?	Children need to develop a sense of personal control over physical skills and a sense of independence. Success leads to feeling of autonomy, failure results in feelings of shame and doubt.
Preschool (3 to 5)	Initiative vs. Guilt	Exploration/ Play	Am I good or bad?	Children need to begin asserting control and power over the environment. Success in this state leads to a sense of purpose. Children who try to exert too much power experience disapproval, resulting in a sense of guilt.
School Age (6 to 11)	Industry vs. Inferiority	School/ Activities	How can I be good?	Children need to cope with new social and academic demands. Success leads to a sense of competence, while failure results in feeling of inferiority.
Adolescence (12 to 18)	Identity vs. Role Confusion	Social Relationships/ Identity	Who am I and where am I going?	Teens need to develop a sense of self and personal identity. Success leads to an ability to stay true to yourself, while failure leads to role confusion and a weak sense of self.
Young Adult (19 to 40)	Intimacy vs. Isolation	Intimate Relationships	Am I loved and wanted?	Young adults need to form intimate, loving relationships with other people. Success leads to strong relationships, while failure results in loneliness and isolation.
Middle Adulthood (40 to 65)	Generativity vs. Stagnation	Work and Parenthood	Will I provide something of real value?	Adults need to create or nurture things that will outlast them, often by having children or creating a positive change that benefits other people. Success leads to feelings of usefulness and accomplishment, while failure results in shallow involvement in the world.
Maturity (65 to death)	Ego Identity vs. Despair	Reflection on life	Have I lived a full life?	Older adults need to look back on life and feel a sense of fulfillment. Success at this state leads to a feeling of wisdom, while failure results in regret, bitterness, and despair.



Fearing that everything will fall apart, individuals with psoriasis experience rage over the loss of support and money.

They're anxious and nervous about life and relationships. When they're afraid or feel they're being attacked, their 'startle reflex' kicks in and they fight back with the exact same aggression they were confronted with.

They build a wall around them, skin builds a barrier- not real healthy skin but an unhealthy barrier

Many times there's a feeling of being taken advantage of and abused and that others suck them dry of energy; they feel unplugged from their spiritual nature.

Energy vampires- they drain energies and make us feel dry



When psoriasis individuals are overwhelmed they'll isolate themselves, and turn on themselves when they don't meet their own expectations.

They become judgmental and self-critical to the point of creating self-destructive behaviour.

They're desperate to prove that they can succeed and manifest their dreams – and that they can do it without the help of anyone else, which is a real paradox because they want others to be there to help and support them.



Psychodynamics

One of the issues that everyone faces when clearing up their emotional debris is how to let go of the situation and the beliefs surrounding it. To do this we have to understand the 'mind' and the mind isn't just in the brain but in every part of the body. It is constantly recording stimuli and input and experience. The mind is the seat of all our beliefs, perceptions, experiences, memories and aspirations.



Psychodynamics

It is the most powerful tool we have in our possession and also the most difficult one to control. A portion of the mind, is also connected to the autonomic nervous system which is always active, even while asleep, giving us the gift of life by keeping our organs and systems working together, by controlling our circulatory system, breathing, heart-rate, blood pressure, etc. The autonomic is also the domain of your unconscious mind, your dreams and all your memories of present and past lives.



Psychodynamics

Itching can sometimes mean that something is biting or “bugging” a person on a psycho-spiritual level.

Psoriasis can symbolically provide an armoured shell for protection, but it can also impair emotional and spiritual intimacy.



Psychodynamics

“Psoriasis is like a volcano erupting from the pressure of unseen forces just below the surface of a person’s life. The body is releasing fear, frustration, anger and other toxic emotions. The painful, itchy psoriasis flare-up is a strong signal of rebellion against the level of stress the person is experiencing.” Deadly Emotions ~ Don Colbert



Psychodynamics

Psoriasis can lead to low self-confidence and low self-esteem. It can cause feelings of fear, embarrassment, anger, depression, and guilt. What they need to realize is that the present is not the past and that they are not likely to be in any danger with the people they relate to or in a relationship with. Some form of meditation or breath awareness is beneficial for people with psoriasis or who are overly emotional.

Psychodynamics-THE THIRD LUNG



The skin, is the body of the soul; Traditional Chinese Medicine refers the skin as the 'third lung' and the skin's condition is seen as a reflection of the health of the lungs.

Metaphysically, it is said that people who suffer from eczema and psoriasis are 'weeping through their skin'. With skin problems, some sadness needs expressing—a sadness for whatever reason has been held in and silenced—this holding in manifests itself in painful or irritating rashes.



Psychodynamics

You could say psoriasis is a cluster of attitudes of defensiveness, criticism, resentment, suspicion, fear, worry and the like.

I say a cluster of attitudes because some cases of psoriasis can be seen huddled together like aphids. These tiny insects breed and suck up energy at a breathtaking pace.

This becomes an area where we become defensive and very touchy.



Psychodynamics

“If your body becomes overrun by toxic substances, your skin will become inflamed and your skin cells will reproduce too fast, leaving behind the pile of silvery scales characteristic of psoriasis. This can happen when your liver isn’t doing its job properly, when you don’t digest your food properly, when you get an infection, and when you have a food allergy. Toxic substances in your intestines enter your blood stream through the intestinal wall.

Some substances that can do this and hurt you are Candida albicans (a yeast-like fungus), bacterial protein breakdown products, allergic reaction by products, and free radicals.” The Psoriasis Cure ~ Lisa LeVan



Psychodynamics

The lung meridian has an intimate relationship between breath, pulse, blood and energy. It controls the skin, which is the largest organ of elimination, therefore poor skin is an indicator of weak lungs. Just as the lungs exhale carbon dioxide the skin exudes toxins and wastes through the pores. This meridian is linked to the nose and sense of smell so a clogged or runny nose will indicate a lung condition. It also controls the autonomic nervous system.



Psychodynamics

When you suppress your feelings of sadness, grief, anger and pain, you also suppress the love and joy along with them. Emotions stuffed deep in the unconscious but still acting through the autonomic nervous system cause the endocrine glands to falter weakening the resistance of the lymphatic system as well as the suppression of the elimination system, causing a backup of toxins in the body



Psychodynamics

The autonomic nervous system (ANS) derived its name from the fact that it operates without any conscious control or thought (breathing, digestion, heart rate). It affects every gland and organ in the body. Learning to control the autonomic nervous system through meditation and/or biofeedback creates a finely tuned communication system between our mind and our higher self



Psoriasis- Case 1

Case of Erythrodermic Psoriasis since 7-8 years

37 year old man working in glass factory -all over body

Taken treatment from many dermatologists

Dr-How did it start?

Pt-I shaved off my hair after uncles death

Saw a patch, visited a dr and Diagnosed psoriasis

Dr-What is your concern?

Pt- Cant wear half shirts , its embarrassing in front of others

Actually my boss is also suffering from psoriasis, but he has got cured of it- comparing himself with his boss



Psoriasis- Case 1

Tell me your nature?

I'm very religious, good natured

I'm a person of repute in my company, every one knows me as a very good person

I help everyone in need in their time of need

We have to find the cause

Loss close associate



Psoriasis- Case 1

Dr-Any fears about this

Pt-No, I know that No one can die due to this disease just like people die of AIDS

Dr-Connecting with AIDS- why?

Pt-I just feel awkward and frustrated as its not getting cured even after so many treatments

Dr- Is there any history of any loss, accident, death of family members or any close associate or friend?

Pt- My cousin was murdered accidentally a year before onset of this problem

Dr- How this incident affected you

Pt- I was wrong accused for his death



Psoriasis- Case 1

- **The key to the case was...**
- **When he spoke about the incident... the fight.... the death of his cousin.... and then he being 'wrongly' blamed for murder of his cousin!**
- **He shut himself at home after this incident and all this while people kept blaming him for his cousin's death!**



Psoriasis- Case 1

- **So my first prescriptive rubric in this case was :**
- **Ailments from - reproaches**

Reproach: To blame someone.

To bring shame or disgrace,

Something that you say or do to criticize someone,

To accuse, taunt, or defame.



Psoriasis- Case 1

- **Ailment – from grief**
- **Grief: Strong mental suffering or distress over affliction or loss, especially caused by someone's death, causing great unhappiness.**
- **Gahara du:akh**
- **He was attached to him more than his real brother.**



Psoriasis- Case 1

- He, being wrongly blamed, for the murder of his cousin was the turning point in his life. This blame caused him to undergo a lot of emotional turmoil leading to the development of this chronic disease.

PSORIASIS



Psoriasis- Case 1

- Frown, disposed to
- Frown: To manifest displeasure, dislike or disapproval.
- A facial expression or look characterized by a furrowing of one's brows.
- Disposed: Inclined.



Psoriasis- Case 1

- **When someone frowns, their eyebrows become drawn together,**
- **because they are annoyed, worried or puzzled or**
- **because they are concentrating.**



Psoriasis- Case 1

Other supporting rubrics were:

- Delusion – persecuted – he is persecuted
- Despair – recovery of
- Timidity – public, appearing in
- Affectation
- Boaster [= braggart]
- Speech – hasty
- Carried – desire to be carried



Psoriasis- Case 1

REMEDY
LYCOPodium
30c three doses



Psoriasis- Case 1

- **Nearly after 2 months the eruption on the body flared up.**
- **There was oozing throughout the scars.**
- **All his joints were stiff. He was not able to move.**
- **His relatives were about to get him admitted in hospital.**
- **But the patient has faith in me, he said internally he is feeling better.**

Psoriasis- Case 1



Psoriasis- Case 1



Psoriasis- Case 1

AFTER 3 MONTHS



Psoriasis- Case 1



Psoriasis- Case 1

AFTER 2 YEARS



Psoriasis- Case 1





Psoriasis- Case 2

Name : XYZ

Age : 5 years – Sr.kg

Sex : Female

F/S : G/F, G/M, F, M, XYZ

Date : 31/03/2015

C/O : Psoriasis since 1 year

At present she was taking allopathic medicines along with local application from senior dermatologist.

Psoriasis- Case 2



Date – 31/03/2015



Psoriasis- Case 2

- A small girl studying in Sr.kg came to my clinic along with her father and mother.
- Initially she was hesitating to answer the routine questions such as her name, age etc. she was constantly looking at her mother to assist her.
- I tried to communicate with her but she was not at ease. Only thing I found during the talk was she likes to play and watch cartoons.



Psoriasis- Case 2

- So I started to take history from her mother.
- She told me that its since one year and we have taken treatment from various dermatologist.
- They apply ointments regularly.
- She always wears full sleeves clothes while going out, even in school she wear full sleeves clothes.



Psoriasis- Case 2

- I asked – does she like this & follow it?
- Yes, she has to. I don't allow her to play alone, she play at home or at our neighbours house. Sometimes if everyone is at home she takes advantage of it.
- If she doesn't listen I beat her sometime.
- If she want anything she will demand with her father. She doesn't listen to anyone accept me. In clinic also she was sitting on fathers lap.



Psoriasis- Case 2

Dr. – Why do you make her study for such long period at this age.

Because she forgets easily if not repeated and would loose her rank.

Dr. – What are you thinking to make her?

Mother - **Doctor**...later on she corrected herself and said ...may be it depends on her marks.



Psoriasis- Case 2

Analysis

It was a case of playful child who was highly dominated and restricted at home by her mother.

Her mother was trying to fulfil her ambition.

Her complaints started when she started her school one year back and her mother started forcing her to study.



Psoriasis- Case 2

RUBRICS :

- **AILMENTS FROM – domination children; in**
- **AILMENTS FROM – domination – long time, for a**
- **CONFIDENCE – want of self – confidence**
- **PLAYING – desire to play**
- **HARD for inferiors and kind for superior**



Psoriasis- Case 2

- AILMENTS FROM - fear
- AILMENTS FROM - scorned
- AILMENTS FROM – contradiction

Remedy :

LYCOPODIUM – 30 c

three doses.

Psoriasis- Case 2



Psoriasis- Case 2



Date – 19/05/2015

Psoriasis- Case 2



Psoriasis- Case 2



Date – 08/03/2016



Psoriasis- Case 3

Psoriatic arthritis

Name : XYZ

Age : 39 years

F/S : PT/ W/ D/S

Occupation : Security guard on contract basis

Date : 17/06/2014

C/O : Psoriasis since 7 to 8 years along with severe joint pain and stiffness.

Treated with – Allopathic, Ayurvedic, etc.

Psoriasis- Case 3

Psoriatic arthritis



DATE : 17/06/2014





Psoriasis- Case 3

Psoriatic arthritis

Dr.- Tell me what troubles you?

Pt. – I had itching throughout my body with patches all over.

- It burns a lot and during winter it cracks.**
- There is stiffness of joints along with pain.**
- I am not able to work due to this pain. It's very difficult to work.**
- I am not able to fold my knees properly.**



Psoriasis- Case 3

Psoriatic arthritis

Dr. – Can you show me where it is?

Pt. – It's all over body, he just opened his sleeves up to elbow as if hesitating to show it openly. Then he pulled up his pant up to knees and showed me the patches.

He was just describing his complaints....its itching, burning and cracks.....along with joint pains.



Psoriasis- Case 3

Psoriatic arthritis

As I was not getting anything specific I asked his wife regarding his nature.

She immediately answered – **Angry person (ragit in Marathi)**

Now a days he gets easily angered when contradicted.

Gets irritate when things go against his will especially when he has joint pain.

Dr. How does he react when he is angry?

After this question there was total silence...for



Psoriasis- Case 3

Psoriatic arthritis

Patient reaction – Awkwardness, he was trying to hide his face.

Wife reaction – As if I had opened his secret. I should not say what is his reaction. She tried to change the topic.

I was sure that remedy lies here, so I repeat the same question thrice in different ways.

Finally she said that, he do not react, he remains quiet.



Psoriasis- Case 3

Psoriatic arthritis

Dr. – Since when you suffer from this?

Pt. – 7/ 8 years back there was a small patch on my leg, I didn't take it seriously. Later on it flared up.

During that period my wife was also seriously ill she was hospitalised. There was no money even to pay the hospital bill. I had to borrow it to save her life.

Now she is fine and I am suffering till date.



Psoriasis- Case 3

Psoriatic arthritis

Dr. – What happened at that time?

Pt. – Actually, I was the owner of a brick factory. I invested all my income in it. Almost all product was ready and about to deliver, suddenly there was heavy rainfall due to which all the area was flooded and I was not able to save a single brick.

Everything was finished all my investment was drowned in flood water and I was left with nothing.

Psoriasis- Case 3

Psoriatic arthritis



In order to pay my workers I borrowed money from moneylender on interest and to repay them I had to sell my trucks and property. I sold all my wife's ornaments to get free from all this borrowings.

Now we are free from all our loans and only this illness remained with me.

Once it goes I will be free from all.

During all this conversation his expressions were as if the incidence has occurred



Psoriasis- Case 3

Psoriatic arthritis

Do you still remember this?

Pt. – What's the use!

Do you remember it or not?

Pt. – How can I forget it.

- **That flood had brought me on road.**
- **I had left with nothing in hand.**
- **I was a owner of brick factory, having two trucks and car and now working as a security guard and that to on contract basis.**



Psoriasis- Case 3

Psoriatic arthritis

Analysis:

A hardworking and genuine person who was owner and rich became poor due a natural calamity.

This disaster was so strong that it totally ruined his life.

He was left with nothing.

In spite of such difficult and hard situation he did not left his morals and conscience.

He sold everything and repaid everyone.



Psoriasis- Case 3

Psoriatic arthritis

Rubrics:

- **AILMENTS FROM** – money; from losing
- **DELUSIONS** – ruined – is ruined; he
- **DELUSIONS** – lost; she is – everything is lost
- **AILMENTS FROM** – position; loss of
- **ANGER** – taciturnity; with
- **CONSCIENTIOUS** about trifles
- **SENSITIVE** – moral impressions, to

Psoriasis- Case 3

Psoriatic arthritis



7 symptoms(s) / 125 remedies Sum of symptoms (sorted degree) No limitation All remedies

	ign.	puls.	nux-v.	verat.	staph.	calc.	duic.	nat-m.	ars.	aur.	dig.	plat.	rhus-t.	bry.	chin.	hep.
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
7	4	4	4	3	3	3	3	2	2	2	2	2	2	2	2	2
14	7	6	5	5	4	3	3	5	3	3	3	3	2	2	2	2
1. MIND - AILMENTS FROM - money; from losing (14) 1	2	1	1	2		2	1	1	1	2			2			
2. MIND - DELUSIONS - ruined - is ruined; he (4) 1	3			1		1										
3. MIND - ANGER - taciturnity; with (12) 1	2	1		1				1								
4. MIND - DELUSIONS - lost; she is - everything is lost (1) 1	1															
5. MIND - AILMENTS FROM - position; loss of (9) 1	2		2		1						2			1		
6. MIND - CONSCIENTIOUS about trifles (116) 1	3	3	2	1	3	1	1	1	1	2	1	1	1	1	1	1
7. MIND - SENSITIVE - moral impressions, to (18) 1	1	2	1		1		1			1					1	1

DR. VIKAS PINGALE



Psoriasis- Case 4

Psoriatic arthritis

Senior citizen 63 years old

He has retired officer from army;

C/O Psoriatic arthritis

His problem has worsened for the last 3-4 years

He was troubled by taking lot of allopathic medicines like anti allergics, local applications etc.

The joint pains have started since a year now.

The doctor has prescribed Folitrax.



Psoriasis- Case 4

Psoriatic arthritis

Liver function tests were abnormal

So drs told him to stop folitrax

The patient has stopped the medicines and he was in constant pain and itching all over without getting any relief

Itching and scratching causes bleeding

I used to do everything on my own now I cant do anything

When we asked him history , he said that I have a loving and affectionate wife and loving son

Since I'm retired from army, as you become a senior officer in Army, everyone obeys you, you don't have to obey anyone. Even my wife has been a wife of an Army officer.

Drs say I have to live with it. How can I live with such a thing. Will it be all through out my life. Who wants to live with such a thing? I will do whatever you say



Psoriasis- Case 4

Psoriatic arthritis

What happened 3-4 years back? Any troubles with family, job?

After my retirement at age of 59 , My son got married, we are all staying together as joint family. My wife is quite sensitive

My daughter in law is quite dominating and wants her way in everything. She started instructing me and my wife too much. My wife started suffering and I felt very bad that this is not fair. I was in army so I don't have habit of listening or taking orders.

We are not dependent of my son's family I have my pension. The atmosphere in the house was disturbed due to my daughter in law's domination. I was feeling very bad and angry.



Psoriasis- Case 4

Psoriatic arthritis

We are not used to obey anybody. This kept going on for a long time, I was left with no choice to accept that she is dominating us. There was no happiness anywhere I have started getting angry and irritated and my skin condition started at that time. The scratching makes me angry, I'm scratching till bleeding, there is lot of burning too.

I'm really troubled by this. I have accepted that I have to keep quite at home. I need peace and calm. Too much troubled.

Doctor please do something give me some relief.



Alumina

Doctor Do I have to live with disease? Won't it get cured?

Delusion- wedding , of a

what happens in a wedding? The rituals or ceremony that precedes marriage that last for a day or two. Is not marriage, marriage is after wedding. Marriage is an institution which last forever, for a life time. wedding doesn't last forever. Wedding is a state before marriage. 2-3 days

Wedding you get connected to each other like welding. Marriage cant be broken, life long institution

Delusion he is going to be married- Hyos (cannot trust easily as he has been betrayed before, so there is always fear, insecurity- curious, inquistive)

Delusion he is married- Ignatia (commitment, no question over decision , if they are connected they are connected for life time, responsibility, morality, I have to work this relationship)



Alumina

Alumina when gets a problem feels that he has to compromise

Delusion he has incurable disease

Despair of recovery

Obstinate resists the wishes of others

Alumina considers himself to be a great person irrespective of whatever he is an Army person or a normal person. One level above others

Delusion great, egotism, ardent, barking, haughty, defiant, obstinate, expansive, you hv to listen to me

They think themselves great, to get down from his position its difficult, reluctance to any kind of employment, cannot work under anyone, I am great person, I can do everything, how can I work under anyone



Alumina

Blood cannot look at, knife cannot look at, kill desire, suicidal , delusion impelled to commit suicide at sight of knife

What is blood? Body has many fluids-saliva, phlegm, urine, digestive fluids

Loss of everything can be compensated, when blood lost man gets destroyed. we call blood relative. This is with me, walks with me , my blood relative. Blood cannot look at- wherever there is a problem in relations, he feels he cannot repair it- greatness compromised

When problems at family level

Knife could be his sons wife, cannot bear to see it, avoids it, will do whatever, yielding from ego, tries to adjust, alumina only metal that yields, can be moulded, malleable – cannot bear to see fights, quarrels that will end the relationship



Psoriasis - Case 5

Mr M 45 years , Has Psoriasis since last 23 years. It has started on the scalp and since last 4 years has appeared on both legs and elbows.

“There was an accident with my uncle 24 years ago. He fell from a bridge and died. My cousin brother came to tell us but the way he came was a shock for me. I got really scared when he started knocking soundly on the door late night.

I was mild and timid child. Everybody could have taken advantage on me.



Psora - Case 5

At that night I have developed a real fear that something bad is going to happen till now.

I am getting panic attacks but nobody knows about them. In fact nobody knows my fears. I am trying show as I am calmed and relaxed.

After the accident few months later I went to France as a Chef in a famous resort in The Alps. The environment, there was a very professional and highest level of luxury standard.

I had to compensate my fears, being strict with rigid discipline.



Psoriasis - Case 5

Then my problems have started. Internally, I am very mild and timid but due to the professional environment I had to appear rigid and strict.

When I came back to my own country I have started my own business, my own restaurant. The employes were totally incompetent and unserious in work.

Few years after starting my business I have lost it due to unprofessional work of my staff.



Psoriasis - Case 5

I am compassionate as nature, and have too much responsibility towards my family and my business.

The loss has affected me too much. I have lost my sleep, I have developed high blood pressure and got this problem with my skin.”

Itching after taking hot bath

Eggs egg

Cheese +++

Food should be the BEST, everything should be branded and expensive.

Psoriasis - Case 5

Undergoing treatment (1 month) Calc carb 30ch

BEFORE



AFTER





Psora - Case 5

Actually patients' father had contacted me for his son for psoriasis...He told that his son is now in surat for job. We want to fix his marriage , this year as everybody is asking for his biodata for the respective purpose.

I asked what treatment he has taken so far ?

Father told that he is not taking interest & not properly telling us for perseverance for Rx...As he has shown some dermatologist but he didn't get relief so he left early and not taking Rx since 2 year

MIND:- FRIVOLUS

(complaint is since 4yr).....I told to consult me as for case taking...



Psoriasis - Case 5

Dr:- please tell me how its started ?

Pt:- It was when I was in college year, I was always interested in stage performance, once our group had prepared drama- skit for annual gathering my role and condition was that I have to play the role without wearing shirt, actually I denied first as there were lot of hair on my chest, and it will not look good so I told to quit it...but girls from our group asked the reason and I hesitantly told them the reason...The girls advised me to use cream for (Male hair removal cream)It will solve u r problem...but I asked them as it is painful ? Because it's painful just like pain of plucking hair from roots ?



Psoriasis - Case 5

Girls:- No no it's nothing like that it's painless process....

I:- somehow I convinced as per there experience, done the procedure with cautiously....I get little irritation & reddened my skin that time; but it solved my worry, and we also performed well..

Dr: ok then ?

Actually after 15 days later of that performance some eruptions has appeared on my chest , I thought it's normal eruption so I applied some local ointment from medical...But it didn't get better it progressively increased all over back & chest



Psoriasis - Case 5

MIND:- DELUSION INJURY BEING INJURED BY SURROUNDING

so then I have shown it to dermatologist but I didn't get any relief so I left it...And applying moisturizer on and off...

Dr :- how it worries u ?

What can I do now ? nothing..., my parents are more worried about it as it is an incurable disease.. It's increasing and discomforting lot..



Psoriasis - Case 5

Dr:- what constant thought u carries with this disease ?

Pt:- one can only think of past mistakes....

- DELUSION WRONG DONE WRONG HE HAS

That time if i had not listened the advice of that girls , and not applied the ointments मुझे आज ये दिन नहीं देखणा पडता....

:-DELUSION WRONG SUFFERED WRONG, HE HAS

Lachesis 1m.





Psoriasis - Case 6

Case of Psoriasis treated with Kali brom 30 - 3 doses

Name: Mr. K. Y

Age: 58 Years

Marital status: Married

Religion: Hindu

Education: Armed forces

Occupation: Retired Colonel

Date: 18/03/2017



Psoriasis - Case 6

Case of Psoriasis treated with Kali brom 30 - 3 doses

The patient reported with chronic Psoriasis after taking Allopathic treatment on and off for decades. He resided with his wife and kids (2 daughters). He was a retired colonel.

He was an introvert and after persuasion he shared the incident that while on duty his colleague died in field due to his negligence. He felt that grief for many years and his physical ailment started after that. He isolated himself and would not talk about his feeling with anyone. He had deep grief. He could not sleep peacefully he reported after that incident. He felt restless all the time. He fidgeted with his hands.



Psoriasis - Case 7

Case of Severe Psoriatic Arthritis

Settled abroad with husband. was working while in India. always wanted to work, career woman. Elder son 14 years old suffering from ASD. when found this out wanted to come back to India but husband did not allow. Husband wanted to work in US so forced her to stay with him so too much anger and resentment for not coming to India, disappointment since could not bring son to India for treatment.

After this developed psoriasis and arthritis. Taken methotrexate and now on biologic injectables. Lots of side effects: too much pain in legs, ankles, knees, cannot sleep at night due to pain.

Very caring for child.



Psoriasis - Case 7

Case of Severe Psoriatic Arthritis

Given vanilla 30 over 6 months.

Now much better.

Has stopped biologics and methotexate on her own.



Psoriasis - Case 8

Dream of a he has become a giant and smashed everybody around him especially his mother who is dominating him in a real life.

In life he was timid, humble not saying anything. Dominated by his mother.

Exploding only in traffic jam, too much anger.

First Lyc 200

Then Nit-ac 30 – 3 doses (He cannot forgive anyone who does a mistake)



THANK YOU

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