

# Could homeopathy be a viable option for people living with psoriasis?

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## Video Abstract

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# Abstract

A recent case study reports the apparent benefits of classical homeopathy for people with varying severities of psoriasis. Their conclusion: a more holistic approach that goes beyond skin clearance might be one solution for certain sufferers of the disease. Psoriasis is a chronic inflammatory disease affecting more than 125 million people worldwide. In addition to its effect on the skin, psoriasis can take a psychological toll due to its appearance. And if tied to systemic inflammation, it can even cause serious morbidity or death. Modern treatment options for psoriasis, such as the use of biologics, are designed to block the inflammatory factors that give rise to disease symptoms. While generally effective, these agents can actually weaken a patient's immune system, making their prolonged use risky. That has many researchers exploring alternative routes for treatment that go beyond clear skin to achieve a better quality of life. For at least six patients in India, classical homeopathy has presented one promising path. The patients exhibited psoriasis of varying severity: from lesions isolated to the scalp or feet to near-full-body coverage. Individualized homeopathic treatment proved effective for the entire group. In the two most severe cases, patients experienced substantial improvements in their Psoriasis Area and Severity Index. In other cases, patients achieved complete remission. The authors of the study point to the highly personalized nature of homeopathy in obtaining these results. Unlike traditional medicine, which often seeks a global solution to a given health problem, homeopathy takes a more tailored approach. It investigates the genetic and epigenetic influences a person is exposed to and their reaction to those influences to devise a medical treatment plan. Within this context, the researchers interpret their findings according to the "levels of health" theory. This theory states that different people show different responses to treatments based on their unique state of health at any given time. That state is determined by a combination of genetic factors and external stressors. Understanding how to properly differentiate patients can help physicians devise effective plans for treatment. In this study, for example, those with the most severe cases of psoriasis were placed on a longer homeopathic regimen. Much larger, controlled studies are needed to determine whether this homeopathic approach might be widely effective. Such research could be instructive in developing new treatment options for the millions of people who live with psoriasis or other chronic conditions.