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TROVE

Homoeopathic e- journal



Department of Repertory

Govt Homoeopathic Medical College Trivandrum

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Editorial



Dr Rajitha K Nair
Professor
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Trove - Journal of Casetaking and Repertory, a cache of gainful and delightful happenings from the field of homoeopathic medical education and research, is a journal that will have its focus trained on the theories, methods and applications of repertory and allied subjects within the homoeopathic sciences. This forthcoming issue is the inaugural volume of the journal that is being launched by Department of Repertory, Government Homoeopathic Medical College, Thiruvananthapuram, Kerala, India. Indeed, the publication of *Trove* is a historical moment not only for our institution but also homoeopathic medical education and research in India.

Aiming to better the understanding of research in repertory and homoeopathy, inculcate scientific temper as well as channel research aptitude among its readers, *Trove* will serve as a much-needed platform where young students and researchers alike can publish their articles and treatises. Constant exposure to the latest happenings and advancements in the field and up-to-date knowledge about homoeopathic research will fuel the transformation of our students into better medical practitioners and enable them to provide timely and holistic care to our patient communities. As the scope and quality of research publications deepen and expand with time, the standard of medical care provided by us will also get

better. To this end, *Trove* will serve as a beacon to all homoeopaths, prompting them to ask questions and broadening their horizons at once.

Trove will be published as a bimonthly e-journal of *bona fide* articles encompassing clinical and academic developments in the field of repertory in homoeopathy. Every volume will include original articles, case reports and case series, pictorial essays, review articles, and editorials apart from updates on latest developments. The editorial board of *Trove* will collectively and sincerely strive to encourage novel, exciting research and establish a dynamic, thriving platform for researchers, practitioners and readers alike.

Not long ago, this journal was but a dream for many of us – an entity that we very well recognised was a missing element in our academic pursuits. That this vision has taken shape so soon is surely an ode to the wide-ranging endorsement and support it has received from all quarters. Now, as I witness *Trove* taking its first baby steps in the expansive world of medical and academic publishing, I am thrilled by its myriad possibilities and vast promise.

I would, at this humbling moment, like to gratefully acknowledge the constant support and encouragement provided by Dr Mansoor Ali KR, Head of Department, Department of Repertory, and Professor Sunil Raj R, Principal, Government Homoeopathic Medical College, Thiruvananthapuram, Kerala. None of this would have been possible without them. I would also like to thank our postgraduate students for relentlessly motivating and supporting us. Last but not the least, my heartfelt thanks go to all those who will have pivotal roles to play in the growth and blossoming of this journal, be it contributors or editors.

Message...



Dr Mansoor Ali K R
HOD, Department of
Repertory
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Trivandrum

It gives me great pleasure in sending this message to the TROVE – Homoeopathic e- journal by the Department of Repertory, Govt Homoeopathic Medical College, Thiruvananthapuram that is being published on the occasion of Homoeopathy day Celebration 2022.

This e-journal is a tribute to the past and an expression of thanks to those who had untiringly laboured to make the homoeopathy great and honour those who contributed to its greatness.

Over the past forty years, GHMCT has served Homoeopathy and the nation by producing leading personalities who have held high positions in every sector. The College has held high the lighted torch of teaching and learning and has not failed in its duty in the hour of need. The students imbibe qualities of an excellent teacher, practitioner and researcher to set academic standards.

The editorial board will continue with its good work, meeting the aspirations to new generation students, PG scholars and doctors. I hope this e journal will be a glittering star in the armament of Homoeopathic teaching and learning and will help the students and practitioners to scale greater heights and will help to take the homoeopathy system to the pinnacle of glory.

I congratulate the Prof. Rajitha K Nair and Post Graduate Scholars of Department of Repertory and wish them all success in their future editions and endeavours.



Dr. CHRISTIAN FRIEDRICH SAMUEL HAHNEMANN

(1755 - 1843)

“ The more tangible the truth, the more time will it spend to conquer the space it belongs to. Obstacles present themselves due to the fact that this truth generates true hate – because it announces a revolution, a disturbance in the existing interests and conquered places. In time, our art shall become the God-blessed oak. It will extend its enormous branches, steadfast through the storms. Humanity, who has already suffered from so much evil, shall rest below its righteous shadow”.

Samuel Hahnemann

Management of Plaque psoriasis through homoeopathic medicines

A case study



Dr.Shahida.M
3rd MD Repertory

Psoriasis is a chronic immune-mediated skin condition characterized by well-defined scaly erythematous plaques, mainly affecting scalp, fingers and toes, palms, soles, umbilicus, elbows, knees, shins and sacrum.

Psoriasis is a disease with multiple remissions and relapses. Conventional treatments include topical steroids, light therapy and oral medications.

Diagnosis of Psoriasis is done by clinical examination based on the appearance and characteristics of skin. Scraping and skin biopsy are at times done to differentiate from fungal infections and other disorders.

CASE

PRELIMINARY DATA

Name: Mr. R

Age :28yrs

Sex: Male

Marital status: Single

Occupation: Psc aspirant

Religion: Hindu

Socioeconomic: Middle class

Address: Trivandrum

PRESENTING COMPLAINT

Scaly itching popular lesions on back, scalp,

chest ,forehead aggravated since 3yrs.

<night, cold climate

>bathing

HISTORY OF PRESENTING COMPLAINTS

Complaint started about 10yrs back with scaly eruptions on scalp, back of ears. No treatment taken. after 1yr scaly popular eruptions appeared on chest, back, elbows etc., with severe itching especially at night. Bleeding after scratching. Taken allopathic, ayurvedic treatment with timely relief. Complaints recurred with much intensity and extension of lesions since 3yrs.

HISTORY OF PAST ILLNESS - Nothing significant

FAMILY HISTORY – mother hypertensive.

PHYSICAL GENERALS

Appearance: Moderate built

Addiction: No habit of smoking& Alcohol

Appetite: Good, prefer warm

Thirst : Prefer Warm

Desire : Vegetarian food, Fish

Aversion: Nothing Particular

Intolerance: Steam cake Causes gas trouble

Bowels: Regular, satisfactory

Urine:NP

Sweat: NP

Dreams: NP

Sleep: Disturbed due to itching

Thermal: CHILLY

MIND

very punctual, fastidious, cares about health.

Anxious about disease.

GENERAL EXAMINATION

Well-built and nourished

Temp- Afebrile

No pallor, cyanosis, clubbing, icterus,
lymphadenopathy

BP 120/80mm Hg

Pulse 74/min

RR 18/min

EXAMINATION OF SKIN

Site of lesions: Back, chest, scalp, elbow

Characteristic of skin: Thickened skin with
cracks and exfoliation.

Margins: Irregular.

Discharge: Bleeding spots on scratching.

Itching: Present.

Erythema ++

scaling++

induration+

PASI: 22.6 ON 03/03/2021

HOMOEOPATHIC MANAGEMENT

03/03/2021	ARS ALB 0/3- 2D
12/04/2021 Complaint aggravated. Lesions enlarged. Itching reduced. Erythema ++ Scaling+ Induration+	SL-10 D BT (1-1-1)
20/05/2021 Complaint persist . No Itching .	ARS ALB 0/3- 2D
12/7/2021 Complaints better. Scaling reduced	ARS ALB 0/6 -2D
5/08/2021 complaints better	SL-5D BT (1-1-1)
15/01/2022 scaling reduced . no itching	ARS ALB 0/12- 2D

	ars.	phos.	sulph.	alum.	cupr.	kal-ar.	lyc.	kal-c.	puls.	sep.	aur-mn.	calc.	sil.	med.	nat-ar.
1. MIND - FASTIDIOUS (77) 1	3	1	1	1	1	2	1	2	1	2	1	1	1	1	2
2. MIND - ANXIETY - healt... (117) 1	1	2	1	1	1	3	2	2	1	2	2	1	2	1	1
3. SKIN - ERUPTIONS - pso... (121) 1	2	2	2	1	1	2	3	2	2	3	1	2	2	1	1
4. GENERALS - FOOD AND ... (56) 1	1	1	2	2	1									1	
5. GENERALS - COLD; BEC... (144) 1	3	2	2	1	1	3	3	3	3	2	2	3	2	2	1

BEFORE TREATMENT



15/1/2022



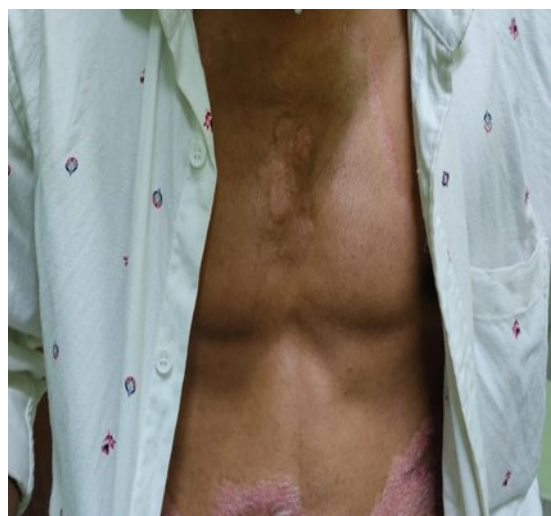
20/5/2021



12/7/2021



15/1/2022



DISCUSSION

Homeopathy considers the patient as a whole which includes physical and mental symptoms along with the symptoms of presenting disease.

Prescriptions based on this totality, not only improve the patient symptomatically but also improve the quality of life. DQLI assessed from first day and once in 3 months and noted improvement from DQLI 12 to DOLI 1. PASI reduced to 4 from 22.

CONCLUSION

Among the different types of psoriasis, Plaque psoriasis is the commonest form. The disease runs a chronic fluctuating course with remissions and exacerbations. Homoeopathy is a system which treats the patient as a whole not the disease, constitutional medicines considered best approach. Homoeopathy is gentle, safe method of treatment that appear to have positive effects in treatment of psoriasis.

IMPORTANT RUBRICS FROM SYNTHESIS REPERTORY:

1. **SKIN - ERUPTIONS - psoriasis**
ARS-I., LYC., PHYT., SEP
2. **children; in:** (5) calc. cupr. sep. STAPH. Tub.
3. **chronic:** (2) cupr. cupr-act.
4. **grief or suppressed emotions;** after: (1) STAPH.
5. **inveterata:** (12) calc. carb-ac. clem. Kali-ar. Mang. merc. petr. puls. rhus-t. Sep. Sil. sulph.
6. **syphilitic:** (15) ars. ARS-I. asaf. aur. aur-m-n. Cor-r. Graph. Kali-bi. Kali-br.

MERC. Nit-ac. phos. PHYT. Sars. thuj.

ARSENIC ALBUM is the presence of dry, rough, red papular eruptions with scales on it. The scales are silver coloured.

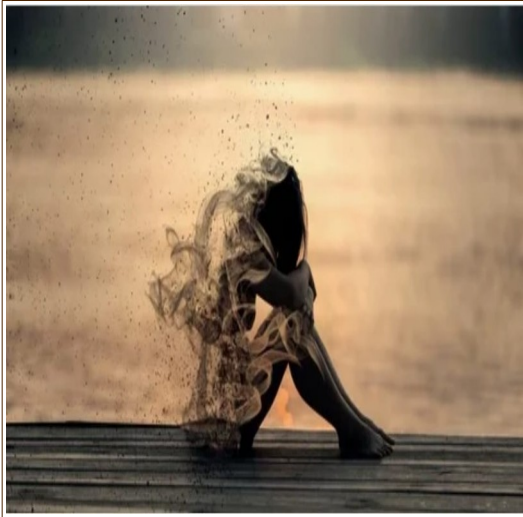
ARSENIC IODATUM – For Shedding of large scales. The skin is covered with inflamed patches with scales on them. There is persistent itching in the patches .and the shedding of the scales leaves raw skin behind.

SULPHUR – For Intense Itching and Burning. A violent itching attends, and the person goes on scratching the skin until it bleeds.

SEPIA -is a beneficial medicine for Psoriasis characterised by the presence of big oval lesions on the skin. The lesions are reddish papules and are isolated. There are shiny, whitish and adhesive scales present on the papules. Itching arises in the eruptions.

THYROIDINUM- Thyroidinum is considered one of the best homeopathic medicines for psoriasis with obesity. In such cases the itching gets worsened at night. It is a remedy for chilly and anaemic patients.

MEZERIUM - Mezereum is helpful in case of psoriasis on the scalp. In such cases thick and leathery crusts cover the head and there is pus beneath these crusts.



CLINICAL UTILITY OF PHATAK 'S REPERTORY IN GYNAECOLOGICAL CASES



Dr. Suneera Kurikkal MP

3RD MD Repertory

Homeopathy can offer good health to women in all stages of their lives from infancy through old age. It is beneficial for the full range of emotional, mental and physical problems that a woman is likely to experience, and can help her through the transitional and developmental milestones of her life.

Homeopathy can be used to treat many common physical and emotional symptoms associated with menstrual cycles, hormone imbalances, and pre-menstrual syndrome and associated complaints of menopause.

Because of its emphasis on treating the whole patient on a physical, mental, and emotional level, it is ideally suited for treating the wide range of possible symptoms associated with the menstrual cycle. Because homeopathic remedies work by stimulating the body's healing system to regain a sense of balance, problems involving hormonal imbalances respond well to homeopathic treatment.

Homeopathy can be used to treat infertility conditions. Homeopathy helped couples conceive even when there is no known medical reason for the infertility.

Homeopathic treatment is safe and effective during pregnancy, during labour and childbirth, after delivery and during breast-feeding

Homeopathic treatment is based on wholistic approach and the best way to find out the similimum is by repertorisation.

SPECIAL FEATURES OF PHATAK'S REPERTORY

Name of the Repertory - A CONCISE REPERTORY OF HOMOEOPATHIC MATERIA MEDICA

Author - DR SHANKAR RAGHUNATH PHATAK (DR SR PHATAK)

This repertory is one of the most reliable alphabetical repertories and lessens the difficulties of prescribers. Although the repertory is based on alphabetical arrangement for

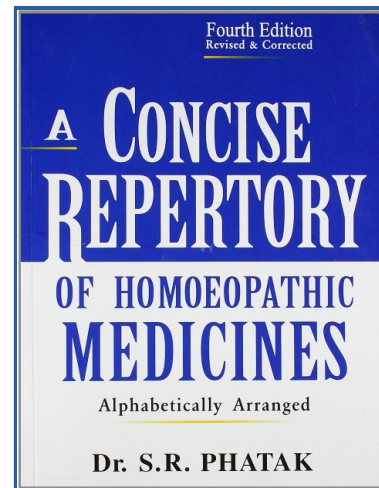
major organs, rubrics on location are arranged first followed by complaints and sensations. This repertory is based on the Synoptic Key to Materia Medica by C M Boger.

This Repertory contains all types of rubrics - Mental, Sensations, Locations, Clinical, Pathological, causes and modalities are well presented. It is also alphabetically arranged for easy and quick references. More than 400 polychrest and rare remedies are used.

CLINICAL UTILITY OF PHATAK'S REPERTORY IN MANAGING GYNAECOLOGICAL CASES

Phatak repertory is very useful in the management of gynaecological conditions. In this repertory the drugs are mainly based on clinical experience of Dr. Phatak and strong justification by authorities like Dr. Boger, Dr. Kent, Dr. Clark etc. Single drug rubrics are given in repertory which can be given specifically based on indications.

In Phatak's repertory we will get rubrics which are common in daily practice. Hence it is useful for practitioners for easy references. Many of the rubrics contain single medicine and are effective in clinical practice.



RUBRICS RELATED TO BREAST DISEASES

MAMMAE- abscess: (6) hep. merc. phos. phyt. sil. sulph. (**BREAST ABSCESS**)

MAMMAE - cancer: (12) aster. aur-m. bad. brom. bufo con. cund. graph. hydr. merc. phos. sil. (**BREAST CANCER**)

MAMMAE - dwindled, emaciated: (15) ars-i. bar-c. cham. chin. *Coff.* **CON.** ferr. **IOD.** *Kali-i.* nat-m. nit-ac. *Nux-m.* sabal sec. sil. (**ATROPHY OF BREAST**)

MAMMAE - hypertrophy: (4) *Calc.* chim. *Con.* *Phyt.*

MAMMAE - nodes, in: (9) bell-p. calc-f. *Carb-an.* *Con.* crot-t. lyc. *Phyt.* **SIL.** tub.

NIPPLES - cracked: (11) aesc. carb-an. castor-eq. *Caust.* **GRAPH.** **PETR.** *Phyt.* *Rat.*

SARS. sep. sulp

RUBRICS FOR ASSOCIATED SYMPTOMS OF MENSES

AMENORRHOEA

MENSES - absent, suppressed, amenorrhoea - abdomen, bloated, with: (1) apoc.

MENSES - absent, suppressed, amenorrhoea - cause without: (1) ust.

MENSES - absent, suppressed, amenorrhoea - milk in breast, with: (2) phos. rhus-t.

MENSES - absent, suppressed, amenorrhoea - weaning, after: (1) sep.

METRORRHAGIA

MENSES - between, periods: (14) ambr. bov. calc. cham. ham. helon. hydr. ip. lyc. mang. phos. rhus-t. sabin. sil.

MENSES - between, periods - daytime, only: (1) ham.

MENORRHAGIA

MENSES - copious, profuse, excessive: (36) apoc. *Ars. Bell. bov. Calc. calc-p. cham. Chin. cocc. Croc. cycl. erig. Ferr. ham. helon. ip. kali-n. kreos. mag-m. med. Mill. murx. Nat-m. Nux-m. NUX-V. PHOS. Plat. rat. SABIN. Sec. senec. Stram. tril-p. ust. vinc. zinc.*

MENSES - protracted, too, long: (23) *Calc. carb-an. carb-v. Cupr. ferr. kali-c. Lyc. Mill. Nat-m. NUX-V. phos. Plat. psor. puls. rad-br. rat. rhus-t. sabin. Sec. senec. sil. vinc. vip.*

MENSES - protracted, too, long - scarcely recovers from one, when another begins: (1) thlas.

MENSES - copious, profuse, excessive - climaxis - during: (8) apoc. aur-m. calc. lach. sep. sulph. tril-p. vinc.

MENSES - copious, profuse, excessive - forceps delivery, after: (1) calen.

MENSES - copious, profuse, excessive - widows, young: (1) arg-n.

MENSES - copious, profuse, excessive - women young, in: (1) kali-br.

DYSMENORRHOEA

MENSES - painful, dysmenorrhoea: (26) bell. cact. *Calc. calc-p. caul. CHAM. Cimic. cocc. con. cupr. dios. Graph. kali-c. lyc. med. nux-m. plat. psor. PULS. sep. SULPH. tub. verat. VIB. xan. zinc-val.*

MENSES - painful, dysmenorrhoea - hard pillow, over amel: (1) mag-m.

MENSES - painful, dysmenorrhoea - no relief, in any position: (1) xan.

MENSES - painful, dysmenorrhoea - more - flow, more pain: (5) cann-xyz. *Cimic. phos. tarent. Tub.*

PRE MENSTRUAL TENSION

SADNESS, low spirits, mental depression - menses - before: (3) nat-m. puls. stann.

HYSTERIA - menses - before: (3) hyos. mosch. plat.

MIND - menses - before - agg: (1) stann.

SENTIMENTAL - menses, before: (1) ant-c.

WEEPS - menses - before: (1) phos.

CLINICAL RUBRICS

OVARIES - atrophy: (3) bar-m. con. *Iod. (OVARIAN ATROPHY)*

OVARIES - cystic: (9) apis apoc. arg-met. aur. bov. form. iod. kali-br. lyc. **(OVARIAN CYST)**

OVARIES - tumours: (4) apis lach. lyc. podo. **(OVARIAN TUMORS)**

FALLOPIAN TUBES, inflammation of: (7) ars. coll. lach. merc. *Puls. Sep. staph (SALPHINGITIS)*

FIBROIDS: (11) **CALC.** calc-f. calc-s. con. graph. kali-br. *Phos. Sil. thy. tril-p. ust.*

FIBROIDS - bleeding: (9) calc. hydr. led. nit-ac. phos. sul-ac. thlas. tril-p. vinc.

FIBROIDS - hard, stony: (1) merc-i-r.

UTERUS - cancer: (28) *alumn.* **ARS.** *ars-i. aur. bell. calc-ar. carb-an. chin. clem. Con. graph. hydr. iod. Kreos. Lach. lyc. mag-m. merc. murx. phos. plat. sabin. sars. sec. Sep. sil. tarent. Thuj.*

VAGINA - cancer: (1) **KREOS.** (**VAGINAL CANCER**)

VAGINA - cysts: (3) *lyc. puls. Sil.* (**BARTHOLINS CYST**)

VAGINA - fistula: (1) *carb-v.*

RUBRICS RELATED TO STERILITY, PREGNANCY, DELIVERY AND LACTATION

FEMALES - sterility: (8) *agn. aur. Borx. merc. nat-c. Nat-m. phos. sep.*

FEMALES - conception - easy: (3) *borx. merc. nat-m.*

FEMALES - conception - promotes: (2) *canth. nat-c.*

ECLAMPSIA: (13) *Bell. cham. Cic. cupr. hell. Hyos. ign. passi. Stram. Stry. thy. verat. Verat v.*

PLACENTA - adherent, retained: (7) *canth. hydr. ign. Puls. sabin. sec. sep.*

PLACENTA - previa: (2) *erig. ip.*

PREGNANCY, child-bed - affections of or since agg: (32) *Acon. alet. arn. bell. Bry. calc. caul. cham. cimic. cocc. con. Gels. helon. ign. ip. Kali-c. Kreos. mag-c. nux-m. NUX-V. plat. PULS. pyrog. Rhus-t. sabin. sec. SEP. stram. sulph. tab. verat. vib.*

SACRUM AND REGION - forceps delivery, after: (1) *hyper.*

SACRUM AND REGION - parturition, after: (3) *hyper. nux-v. phos.*

LABOUR PAINS: (6) *caul. cimic. gels. kali-c. kali-p. puls.*

LACTATION - milk - absent, scant: (14) *agn. alf. BRY. Calc. caust. DULC. LAC-C. Lac-d. LACT-V. Lec. PULS. stict. urt-u. Zinc.*

FOETUS - malposition: (1) *puls.*

HAIR - falling - lactation, during: (1) *nat-m.*

HAIR - falling - pregnancy, during: (1) *lach.*

POST PARTUM PSYCHOSIS

SADNESS, low spirits, mental depression - parturition, after: (1) *thuj.*

MELANCHOLY - parturition, after: (1) *anac.*

RUBRICS RELATED TO LEUCORRHOEA

LEUCORRHOEA - brown - stains: (2) *lil-t. Nit-ac.*

LEUCORRHOEA - girls, little: (6) *calc. caul. mang. Merc. senec. sep.*

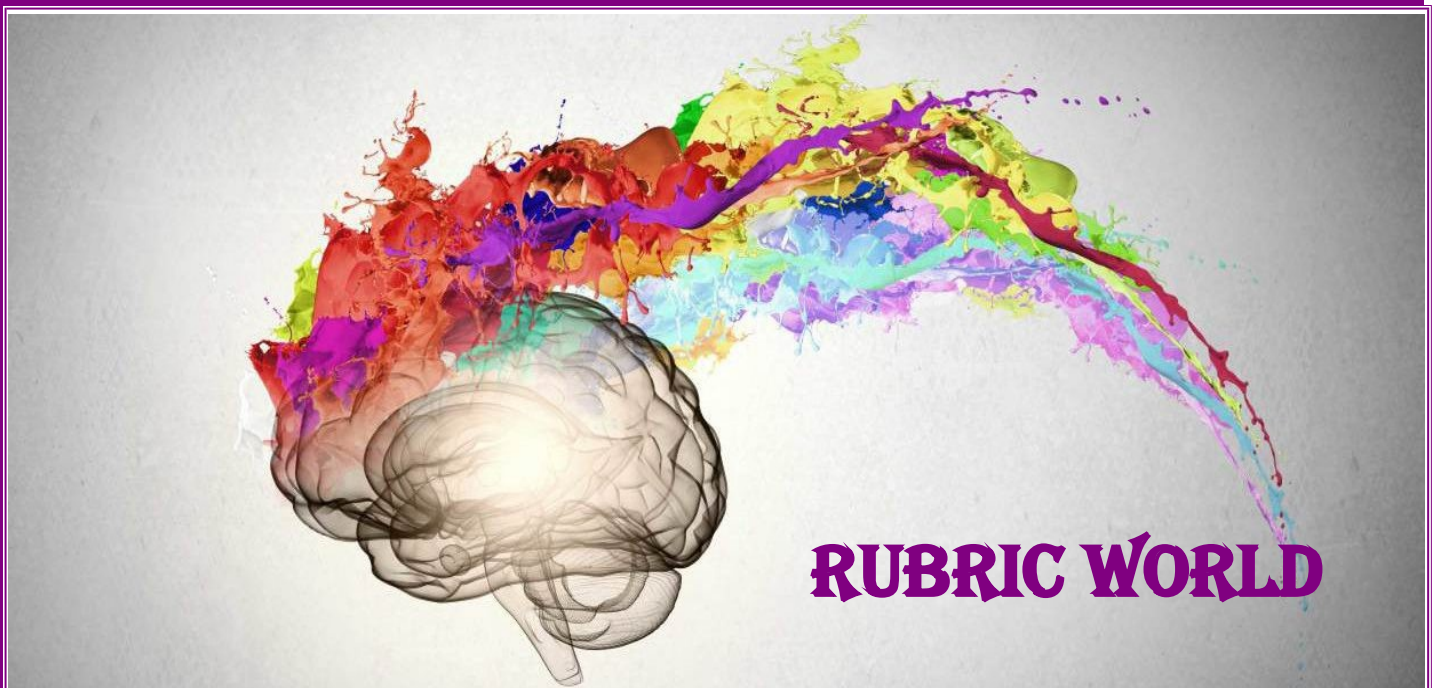
LEUCORRHOEA - offensive: (14) *arg-met. ars-i. asaf. Carb-ac. hep. Kali-p. kreos. nit-ac. nux-v. Psor. sabin. sec. sep. ust.*

LEUCORRHOEA - pregnancy, during: (5) *cocc. kali-c. kreos. sabin. Sep.*

RUBRICS FOR ASSOCIATED SYMPTOMS OF MENOPAUSE

CLIMAXIS - premature: (1) *absin.*

SADNESS, low spirits, mental depression - climaxis, at: (1) *manc*



Differentiation of similar Rubrics



Dr.Dhanisha.c.k
3rd MD Repertory

Remorse – Remorse is the feeling of deep regret or guilt for a wrong committed. It is an emotional expression of personal regret felt by a person after he or she has committed an act which they deem to be shameful, hurtful, or violent.

Eg : Patient says “ I go on thinking why i was foolish not to listen to my father’s advice about various matters . I don’t know how to atone for my neglecting his wise counsel”

Here the patient feel guilty for not hearing his fathers advice and feels much sorry for it.



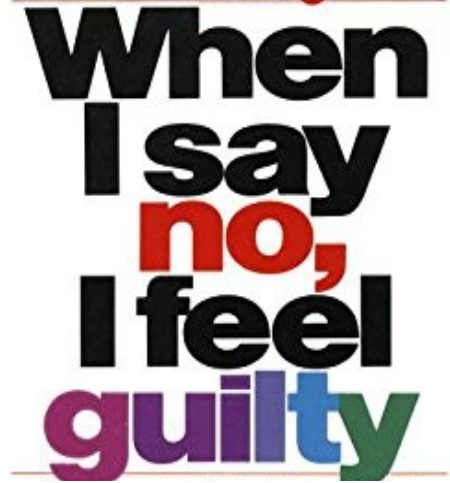
REMORSE: **ARS. AUR. .COCC. COFF. HYOS. . STRAM. SULPH. VERAT.**

Important sub rubrics

REMORSE - trifles, about - *silicea*

REMORSE - quickly, repents – *arg-n. croc. lyss.*
olnd.

Anxiety conscience - Anxiety conscience is feeling of guilty without doing anything wrong. Always there is a feeling ‘whether I am right or wrong. It is futuristic, with a feeling of guilty “ if I will do this it will hurt or create problems for others”.



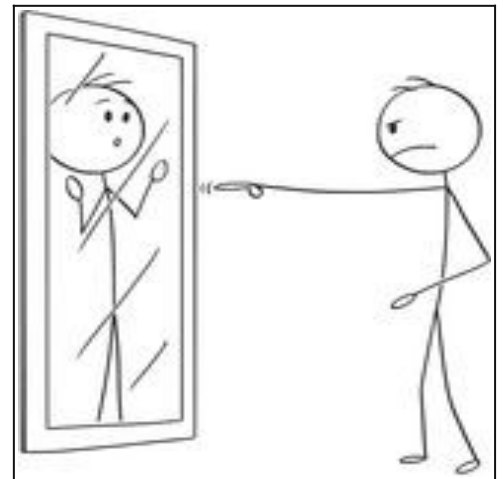
ANXIETY – conscience; anxiety of: **ALUM. ANAC. ARS. AUR. CHEL..DIG.PSOR. SULPH.**

Important sub rubrics

ANXIETY - conscience; anxiety of - no rest night or day, prevents lying down: *Phos.*

ANXIETY - conscience; anxiety of - dreams; in: *lach. Led.*

Reproaching oneself - Reproaches self is blaming or criticizing self and making one self responsible for some mistake or an unpleasant situation. It is an expression of disappointment. Feeling of ‘I have done wrong’ without directly or actually doing. It mean for an imaginary mistake wrong deed of past. They lack self-confidence. These sort of people doubt their own ability and if something goes wrong at work or in a relationship, they condemn themselves.



Eg : Some patients blame themselves for all problems they faced. An infertile female believes that it is due to her fault that she didn't have a child even if not so.

Some patients blame themselves for their aggravation of the complaints. He may say he didn't care his diet and exercise regularly. And forget to take medicines in some days and takes the responsibility of their aggravation.

REPROACHING ONESELF: *Aur. Carc. Nat-m.* **NUX-V**

Important sub rubrics

REPROACHING ONESELF - passion; about one's own: med. Thuj.

REPROACHING ONESELF - sterility; with: ign. Puls.

DISCONTENDED himself with – Feeling of dissatisfaction with oneself. This is observed in the body language and facial expression of the person, how one sits and interacts etc.

Patient says “ I never feel happy, I never get satisfied with my life situation”.

DISCONTENDED - himself, with - good for nothing; sensation of being: arn. colch. sep.

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- 4.Reverse repertory of the mind – Dr. Muhammed Rafeeqe & Dr. J.P salini
5. Probing the mind and other guiding symptoms – S.M Gunvante
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ECZEMA Vs PSORIASIS

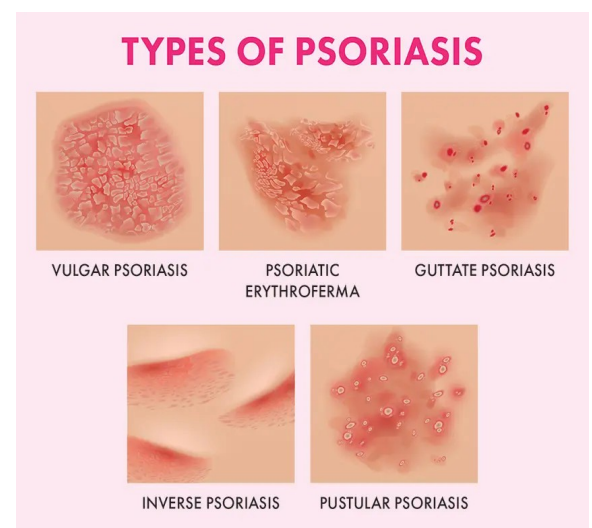


Dr. Amrutha Mahesan
1st MD Repertory

In India the point prevalence of dermatological conditions like psoriasis and atopic dermatitis were 8% and 6.75% respectively. Chronic plaque type psoriasis was the most common (50%) clinical pattern. People often confuse psoriasis and eczema, because both can cause skin to be dry, red, itchy and inflamed but they are caused by different factors, they require different treatments, so getting the right diagnosis is the key.

Psoriasis is an auto- immune disorder that affects the body as a result of an over active immune system. With psoriasis, the immune system causes the body to make new skin cells in days, rather than weeks. These extra cells build up and form red patches covered in thick silvery scales. And these patches often appear on the elbows, knees, and scalp. It doesn't attack only the skin but also nails become thick, pitted or even ridged. Patients may also experience swollen and stiff joints along with this. Some people with psoriasis are at a higher risk for many conditions

including cardiovascular conditions, arthritis, obesity and emotional problems. Asymmetrical arthritis of large joints and of distal interphalangeal joints is found in up to 30% of patients with psoriasis.



Eczema is the most common form of dermatitis. It generally appears on the skin especially the folds. So at the crook of the knee, the inside bend of the elbow. With the psoriasis there may be mild itching, but with atopic dermatitis the sensation of itching and the urge to scratch are typically much more intense. People

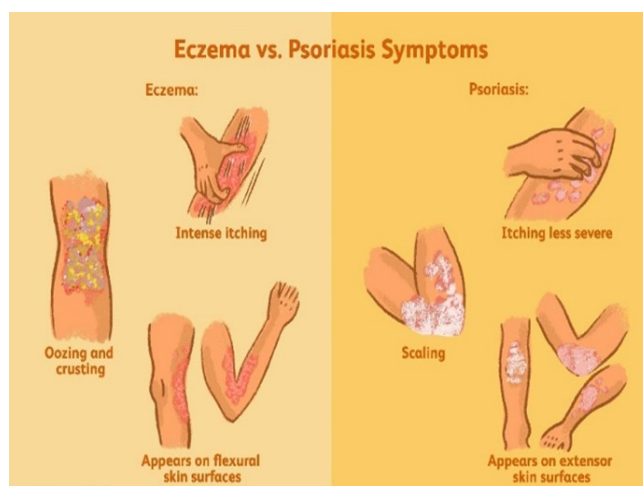
with eczema tend to have dry, itchy skin that is prone to infection. Eczema is commonly known as the "**itch that rashes**" due to dry skin that leads to a rash as a result of scratching or rubbing. The vulva and penis can be affected by psoriasis but only rarely by eczema. Coarse pitting in the nail plate is seen in Eczema. Coarse and fine pitting seen in psoriasis. Serum IgE or allergen-specific IgE are elevated in some patients with atopic dermatitis. Symmetrical distribution on extensor surfaces are seen in psoriasis and in eczema on the flexor surfaces. Conventional treatment of eczema is skin hydration followed by topical steroids for flare-ups. Neither both of these are contagious.

Atopic dermatitis can affect any one at any age, but most common in babies and children, and is usually diagnosed before the age of five. Psoriasis is generally diagnosed later in life it too can affect people at any age, but is most common in people of mid 40s to mid 60s. The exact cause of psoriasis and eczema is unknown but genetic and environmental factors may play a role in both.

To manage symptoms of atopic dermatitis, try to identify and avoid triggers. Developing really good skin habits, is very important. The skin has to be kept moisturized with non-irritant products. When bathing, make sure that its warm water not hot water. Detergents that have fragrances may exacerbate the existing condition. Quitting smoking,

limiting stress and keeping the skin from drying out may help in psoriasis.

Skin conditions like these can cause people to become socially withdrawn, to develop low self-esteem or depression. Education and awareness are really beginning to take hold and to destigmatise skin diseases. For example the reality star, **Kim Kardashian west** has recently come to public with the fact that she has psoriasis, that she has in common with her mother.



Reference

1. Macleods Clinical Examination 13th edition.
2. Hutchison's clinical methods. 21st edition.
3. online reference (www.ncbi.nlm.nih.gov, pfizer)

ACTIVITIES CORNER



RUBRIC EXERCISES

1. Case 1 – Patient says: Mr. A become very friendly with me and we decided to run a small business in partnership. But ever since we started the business, I find that all his promises and assurances are empty and he has cheated me. I realized it too late. I am easily taken in by people 's words. Which rubric can be taken for him and Mr.A....?
2. Case 2 – wife says “ sorry to say this about my husband; he has no sense of right and wrong. He will use violent means to support a wrong cause”. Which rubric can be taken for her husband..?
3. Case 3 – Patient says “ one day early morning , when I woke up , I felt that my father will die in few days. I had no news then of his illness. The shocking event really happenedagain one day I was passing over the bridge in city, I felt that bridge will collapse in few days. This also came to pass. This type of experience happened many times....
4. Case 4 - “I feel very much upset if anyone makes light of my remarks or makes light hearted jokes which I think are aimed at me”.

Answers on next page

4. Guess the Rubric



A

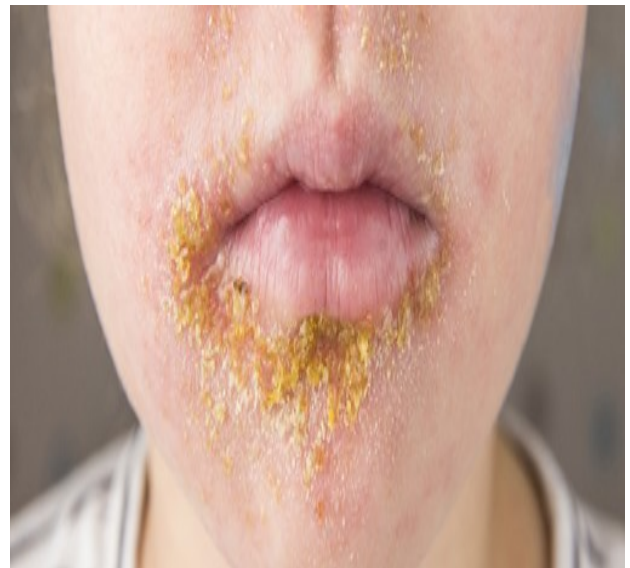


B

5. Guess the medicine



6. Diagnose the skin condition

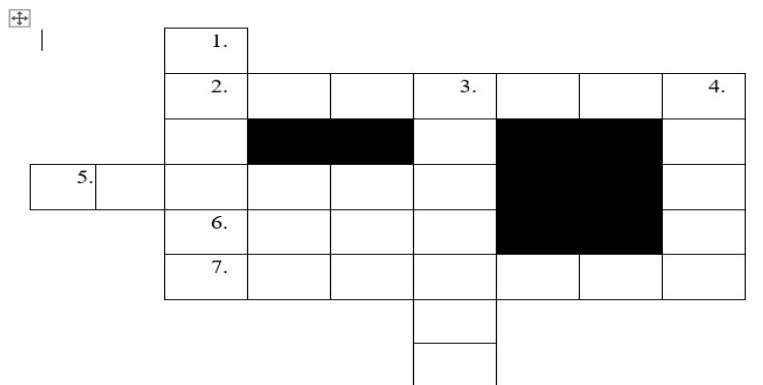


Answers on next volume ...

Answers of Rubric exercises

1. *Credulous & Naive*
For Mr. A – Deceitful
2. *Moral feeling want of*
3. *Clairvoyance*
4. *Offended easily*

CROSSWORD



RIGHT →



DOWN ↓

