



Psoriasis And Its Natural Treatment

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ABSTRACT:

Psoriasis is regarded as an autoimmune disease in which genetic and environmental factors have a significant role. Natural remedies are more acceptable with the belief that they are safe and having fewer side effects. Herbal drugs have been used since many years not only in Asian countries but also worldwide for social well being. Herbs have been one of the important and unique sources of medicines from the dawn of human civilization. Psoriasis is a common skin condition where the skin develops areas that become thick covered with silvery scales. It is a common problem, and millions of people in the world have psoriasis. Pathophysiology of the disorder consists of by large the activation and migration of T cells to the dermis triggering the launch of cytokines which lead to the infection and the speedy production of pores and skin cells. The possible factors and triggers causing psoriasis consist of emotional stress, pores and skin injury, systemic infections, positive medicinal drugs and intestinal upsets. Many medicinal plant life have been pronounced to have a therapeutic position in psoriasis, and the goal of the current study about is to spotlight such plants and associated studies, which could add cost to the psoriasis related research work.

Keywords: Psoriasis, Inflammation, Medicinal plant.

INTRODUCTION :

Psoriasis is an a persistent sickness Inflammation may want to be a factor of physique response and it is the pinnacle consequences of oxidative stress in any body. Among the a number ailment psoriasis is discovered to be greater severe. The in the main affected components inside the psoriasis are the skin, nails, scalp and joint. It comes below the papulo-squamous disorder. Here the outer layer of pores and skin i.e. the dermis strikes in the direction of the floor so always shed from skin. Psoriasis is an immune mediated disorder, the place a ordinary vegetative phone errors for a pathogen, and sends a inaccurate sign that motives over production of modern day cell. it is commonly a lifelong condition, which isn't always having a everlasting cure, however a number remedy are going to be applied for controlling the extreme signs produced by way of it. There are many treatments are handy for the remedy of psoriasis like topical as emollient, Moisturizers, tars, anthralins, topical corticosteroids, diet A Analogs and diet D Analogs, The systemic remedy for psoriasis includes corticosteroids, methotrexate, cyclosporine, Immunomodulators, hydroxyurea. The photo-therapy and consequently the photo-Chemotherapy techniques are developed currently for the remedy of this disease. The relationship between the human, plant and plant derived merchandise is very old. Plants have been therapeutically used by using human in various physiological issues beginning from irritation to lifestyles threatening diseases like cancer. In current time WHO additionally advertising the use of natural pills due to the fact of their therapeutic advantages alongside with secure nature. This overview offers with a particular dialogue about psoriasis and the handy plant derived remedy for its therapy alongside with the future of natural drug treatments in this field. (Journal of Applied Pharmaceutical Science Vol. four (11), pp. 114-121, November, 2014)

SYMPTOMS-

The most common symptoms of psoriasis include :

- Red patches on skin
- Scaly, sometimes silvery, skin patches
- Itchy skin
- Joint swelling, stiffness, or pain, which are related to a condition called as rheumatism.
- mental stress, anxiety, and low self-esteem.
- Depression is additionally common in folks that have psoriasis. The symptoms of psoriasis also varies depending upon the type of psoriasis.

There are main five parts of psoriasis, namely:

1. Plaque psoriasis
2. Guttate psoriasis
3. Inverse (flexural) psoriasis
4. Pustular psoriasis
5. Erythrodermic psoriasis
6. Nail psoriasis

Types of psoriasis

1. Plaque psoriasis (psoriasis vulgaris):

It is the most common form of psoriasis. It affects majority of people with psoriasis. Plaque psoriasis typically appears as raised areas of reddened skin covered with silvery white scaly skin. These areas are called plaques.



2. Guttate psoriasis:

It is characterized by copious small oval (teardrop-shaped) spots. They appear over large areas of the body, such as the trunk, limbs, and scalp. Guttate psoriasis is associated with streptococcal throat infection.



3. Flexural psoriasis (inverse psoriasis):

It appears as smooth inflamed patches of skin. It is found in skin folds, mainly between the thigh and groin, the armpits, under an overweight stomach (pannus), and below the breasts.



4. **Pustular psoriasis:**

It appears as raised bumps that are filled with non- infectious pus (pustules). The skin under and nearby pustules is red and tender. Pustular psoriasis can be seen in localized, commonly to the hands and feet, or generalized with widespread patches occurring randomly on any part of the body.



5. **Erythrodermic psoriasis:**

It involves the extensive inflammation and exfoliation of the skin over most of the body surface and may be accompanied by severe itching, swelling and pain. It is often the result of an exacerbation of unstable plaque psoriasis, particularly after the abrupt withdrawal of systemic treatment. This type of psoriasis may be fatal, because more rigorous inflammation and exfoliation disturb the body's ability to regulate temperature and for the skin to perform barrier functions.



6. **Nail psoriasis:**

Produce a variety of changes in the appearance of finger and toe nails. These types of changes include discoloration under the nail plate, pitting of the nails, thickening of the skin under the nail, loosening (onycholysis) and crumbling of the nail.



Psoriatic arthritis:

Psoriatic arthritis can cause pain, swelling and stiffness in and around your joints.

It usually affects people who already have the skin condition psoriasis (sur-ry-a-sis). This causes patches of red, raised skin, with white and silvery flakes.

Sometimes people have arthritis symptoms before the psoriasis. In rare cases, people have psoriatic arthritis and never have any noticeable patches of psoriasis.

**Psoriasis risk factor:****Your genes and your immune system**

Little bits of your DNA, called genes, are instructions for your cells. They control your eye and hair color, whether you'll be able to taste certain things, and therefore the other ways your body works. Some genes are active only at certain times.

When you have psoriasis, the genes that control your immune system's signals get involved. Rather than protecting your body from invaders, as it's designed to try and do, it promotes inflammation and turns skin cells on overdrive.

Scientists have found about 25 genes that are different in people with psoriasis. They think it takes quite one to cause the disease, and they are trying to find the most ones.

Alcohol

The people who drink a most have a high risk, specially young people. Alcohol treatment are often less effective.

Smoking

Lighting up can double your risk of getting psoriasis. If you also have relatives with the condition, you're nine times more likely to get it. And **smoking** makes it harder to get rid of symptoms. It's closely linked with a hard-to-treat type called **pustular psoriasis**, which affects the palms of your hands and the soles of your feet.

Causes of Psoriasis (Medically Reviewed by Brunilda Nazario, MD on August 24, 2020)

Psoriasis Triggers**Hormone changes**

The condition often shows up or flares during puberty. Menopause can also trigger it. During **pregnancy**, your symptoms may get better or even go away. But after the baby's born, you might have a flare.

Stress

Scientists think your immune system may respond to emotional and mental pressures the same way it does to physical problems like injuries and infections.

Medications

Some treatments can make psoriasis worse. These include:

- **Lithium**, which treats **bipolar disorder** and other mental illnesses
- High blood pressure and heart medicines, including **propranolol** (Inderal) and other beta-blockers, **ACE inhibitor**, and **quinidine**
- Antimalarial medicines, including **chloroquine**, hydrochloroquine and quinaquine
- Indomethacin (Indocin), which treats inflammation

Sunlight

A little natural light is good for most people with psoriasis. But for a few, the sun makes their condition worse. So can a bad **sunburn**, so protect your skin if you're going to be outside.

Skin injuries

A cut, scrape, bug bite, infection, or too much scratching can trigger the condition.

Weight

People who are obese tend to get plaques in their skin creases and folds.

Weather

Your psoriasis might be worse in the winter. Dry air, less natural sunlight, and cold temperatures can make symptoms worse. Keep your skin moist, and try a humidifier at home.

Herbal treatment on psoriasis:**Andira araroba:**

Using method-This powder is mixed with vinegar or lemon juice to create a skinny, pasty mass, or is well incorporated with glycerin or starch paste, and is then applied over the eruption once or twice on a daily basis, for five to eight days successively, within which period of your time the cure is mostly affected. Its application can cause a short lived uneasy sensation within the part to which it's applied. The eruption assumes a whitish appearance, and also the surrounding tegument sounds like a dark stain. For internal use, it may be taken within the style of pills, made by incorporating it with medicinal soap. For external application, by means of a little brush, or a tincture of the powder is also painted upon the affected parts.

Olive oil:

Olive oil is an effective treatment for mild cases of plaque psoriasis. It can be massaged directly onto affected areas of the skin to reduce dryness and irritation as well as to facilitate healing. Olive oil is reported to have antioxidant properties (vitamin E), which will be of use in the case of psoriasis, since free radicals have been linked to psoriasis outbreaks.

Silybum Marianum:

Extract of *Silybum marianum*, is also known as milk thistle, is suggested by alternative medical practitioners to stimulate bile production in the liver and also to regulate the immune system. The herb keeps the blood clean and protects the liver, which makes it an effective psoriasis remedy.

**Aloe vera:**

The topical application of aloe Vera is a very safe and natural psoriasis remedy. Patients who participated in the trial experienced a severe reduction in lesions and many were considered "healed" by researchers after four weeks of treatment. No adverse reactions were reported.

(Management of psoriasis -Ayurveda And allopathy-A review)

Curcumin :

Curcumin is a polyphenol Derived from the golden spice turmeric ("Curcuma Longa"). Because of its numerous properties (e.g. anti-Oxidant, anti-proliferative, anti-inflammatory, Antiviral, antibacterial and antifungal properties), Curcumin has been used for the treatment of different Diseases. Recently it has been proposed for the Treatment of psoriasis, where its efficacy seems to be The result of different mechanism of actions. Even if Different studies, both in vitro and in vivo, have shown Its efficacy and safe profile, further placebo-controlled Studies are needed before recommending oral Curcumin as a valid treatment for psoriasis. (Article in Macedonian Journal of Medical Sciences · January 2018)

Woodfordia fruticosa:

The ethanolic extracts at two concentrations 0.05% and 0.1% (w/w) ointments were applied once daily for 3 weeks, after induction of psoriasis by



Complete Freund's Adjuvant model. The extracts were found to reduce the redness, erythema, and scales in a dose dependent manner.

Ricinus communis:

The herbal gel of Ricinus communis was designed and developed for psoriasis, but was not tested in any animal model.

Conclusion :

Medicinal plants, herbs, spices and herbal remedies are known to Ayurveda in India since long times. The value of medicinal Plants, herbs and spices as herbal remedies is being lost due to lack of awareness, and deforestation. Psoriasis is a complex Multifunctional inflammatory skin disease characterized by T-cell activation, local vascular changes, abnormal keratinocyte Proliferation and neutrophil activation. Psoriasis is a dreadful disease affecting physical, mental and social status of the victims. These revolutionary therapies are not without potential risk, however. A review of alternative natural therapies provides some options for increasing safety and Efficacy in the management of psoriasis. This review will surely prove to be an eye-opener for patients suffering from psoriasis as well As the medical practitioners, pharmacists, nurses and other persons involved in the treatment of psoriasis and help them to understand the disease in a much better way to carry out safe and effective treatment of psoriasis.

(Fight psoriasis naturally through Ayurveda Vol 6, Issue 07, 2016.)

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