

PSORIASIS

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INTRODUCTION

- Psoriasis is a skin disorder that causes a rash with Itchy , Scaly Patches , most commonly on knees , elbows , trunks and scales .
- Psoriasis is a common , long term (Chronic) diseases .
- It is also associated with the increased risk of Irritable Bowel Syndrome , Cardiovascular Diseases and Metabolic Syndrome .

DEFINITION

- Psoriasis is a Chronic skin disorder , non communicable , painful and disabling disease . In which the immune system becomes overactive causing skin cells to multiply .
- It is an inflammatory skin disease in which the skin cell replicates at an extremely rapid rate.

CLASSIFICATION

- PLAGUE PSORIASIS (psoriasis vulgaris) – Causes dry , Itches , Raised Skin patches Covered with Scales .



- GUTTATE PSORIASIS – affects young adult and children and usually triggered by Streptococcal Infection .



- **ERYTHRODERMIC PSORIASIS** – It is presented with generalized erythema , edema , pruritis , scaling , exudating lesions accompanied by chills , fever , dehydration , gastro-intestinal Malaise .



- **PUSTULAR PSORIASIS (Rare type)** –
These are clearly defined as pus filled blisters .



- **INVERSE PSORIASIS** – Affects the skin folds of the groin ,
buttocks and breast .



ETIOLOGY AND CAUSES

- STRESS
- OBESITY
- GENETICS
- TRAUMA
- SMOKING , ALCOHOL
- HARMONAL CHANGES
- MEDICATIONS
- AUTO - IMMUNE DISEASES

SIGNS AND SYMPTOMS

- Red Patches Of Skin
- Dry Cracked Skin
- Itching , Soreness , Burning
- Swollen Stiff Joints
- Leakage Of Pus
- Discolouration
- Foul Smell



NATUROPATHY TREATMENTS

- HYDROTHERAPY - Turmeric And Neem Immersion Bath
- ENEMA
- SEA WATER BATH
- GANJI TURMERIC BATH
- NEEM WATER BATH
- COLD COMPRESS TO ABDOMEN
- YOGA THERAPY
- ACUPUNCTURE AND ACCUPRESSURE



- MUD APPLICATION TO WHOLE BODY – process done to eliminate the toxins out of the body and enter into detoxification
- CHROMOTHERAPY (Color Therapy) – violet , green , blue .
- HELIOTHERAPY (Sun Bath)
- PLANTAIN LEAF BATH
- AROMATHERAPY (Smell Therapy)
- FULL BODY MASSAGE THERAPY
- FASTING THERAPY

DIET TO BE IMPLEMENTED

- SUPPLYMENTS - Highly potency multi vitamin & Minerals

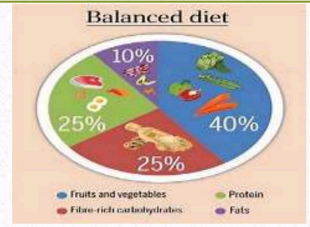
Flaxseed oil

Vitamin –A E D , Zinc , Selenium , Chromium

Water soluble fiber

Vegetables : All fresh vegetables [onion, garlic, carrot, beans,, cauliflower, sprouts, cabbage green leafy vegetables] ,Sweet potato, yam, Sprouts – mung Dal, Broccoli

To AVOID : Tomato, corn , mushroom, pepper, potato Eat vegetables raw, steamed, / baked.



- Fruits : All fresh fruits .Fruits sauce [no added sugar]

TO AVOID : Citrus, Melons, Strawberries, dried fruits. 1/2hour before meal / 2 hour after meal .

- Grains: Brown rice, millets, buckwheat,[whole cereals from these grains]

TO AVOID : All gluten contain grains. Breads, pasta/pastries