

Psoriasis Cure with Homoeopathy

Dr. M.P Sharma

MD, (Hom) MUHS, Professor and HOD, Dept. of Physiology & Biochemistry, Faculty of Homeopathic Science, Jayoti Vidyapeeth Women's University, Jaipur, Rajasthan, India

ABSTRACT

Psoriasis is a chronic autoimmune condition that causes the rapid build-up of skin cells. This build-up of cells causes scaling on the skin's surface. Inflammation and redness around the scales is fairly common. Typical psoriatic scales are whitish-silver and develop in thick, red patches. Sometimes, these patches will crack and bleed.

INTRODUCTION

Psoriasis is the result of a sped-up skin production process. Typically, skin cells grow deep in the skin and slowly rise to the surface. Eventually, they fall off. The typical life cycle of a skin cell is one month. In people with psoriasis, this production process may occur in just a few days. Because of this, skin cells don't have time to fall off. Scales typically develop on joints, such as elbows and knees. They may develop anywhere on the body, including the hands, feet, neck, scalp, and face. Unpredictable and irritating, psoriasis is one of the most baffling and persistent of skin disorders. It's characterized by skin cells that multiply up to 10 times faster than normal. As underlying cells reach the skin's surface and die, their sheer volume causes raised, red plaques covered with white scales. Psoriasis typically occurs on the knees, elbows, and scalp and it can also affect the torso, palms, and soles of the feet.

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 loose, silver-colored scales; these lesions may be itchy and painful, and they sometimes crack and bleed. In severe cases, the plaques of irritated skin will grow and merge into one another, covering large areas.

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

- Plaques of scales or crust on the scalp

Psoriasis can also be associated with psoriatic arthritis, which leads to pain and swelling in the joints. The National Psoriasis Foundation estimates that between 10% to 30% of people with psoriasis also have psoriatic arthritis. Turns your skin cells into Type overachievers: They grow about five times

than normal skin cells. And your body can't keep up. The old ones pile up instead of sloughing off, making thick, flaky, itchy patches. Why do these cells go a little haywire? There's more going on under the surface of this skin disease. Researchers think something sets off your immune system. The exact reason is a mystery. But it's likely a combination of genetics and triggers.

Our Genes and Your Immune System

Little bits of your DNA, called genes, are instructions for your cells. They control things like your eye and hair color, if you can taste certain things, and other ways your body works. Some genes are only active at certain times.

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

When you have psoriasis, the genes that control your immune system signals get mixed up. Instead of protecting your body from invaders as it's designed to 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 more than one to cause the disease, and they're looking for the main ones.

About 10 in every 100 people have genes that make them more likely to get psoriasis, but only two or three of them actually do.

Triggers

If you've got the right combination of genes, something can turn psoriasis "on" or start a flare.

Skin injury: A cut, scrape, bug bite, infection, bad sunburn, or even too much scratching can trigger the condition.

Infections: Strep infections, in particular, are linked with guttate psoriasis, which looks like small, red drops. Kids will often have strep throat before their first flare. Earaches, bronchitis, tonsillitis, or a respiratory infection such as a cold, the flu, or pneumonia can also set off your skin problems.

HIV: Psoriasis usually is worse in the beginning stages of the disease, but then it gets better after you start certain treatments.



Figure 1:



Figure 2:



Figure 3:

Pustular Psoriasis Characterized by red and scaly skin on the palms of the hands and/or Feet with tiny pustules



Figure 4:

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



Figure 5:



Figure 6:

Inverse psoriasis, characterized by bright red, shiny lesions that appear in skin folds, such as the armpits, groin area, and under the breasts

Erythrodermic psoriasis, characterized by periodic, fiery redness of the skin and shedding of scales in sheets; this form of psoriasis, triggered by withdrawal from a systemic psoriasis treatment, severe sunburn, infection, and certain medications, requires immediate medical treatment, because it can lead to severe illness.

People who suffer from psoriasis know that this uncomfortable and at times disfiguring skin disease can be difficult and frustrating to treat. The condition comes and goes in cycles of remissions and flare-ups over a

lifetime. While there are medications and other therapies that can help to clear up the patches of red, scaly, thickened skin that are the hallmark of psoriasis, there is no cure.

What Causes Psoriasis?

A variety of factors -- ranging from emotional stress and trauma to streptococcal infection -- can cause an episode of psoriasis. Recent research indicates that some abnormality in the immune system is the key cause of psoriasis. As many as 80% of people having flare-ups report a recent emotional trauma, such as a new job or the death of a loved one. Most doctors believe such external stressors serve as triggers for an inherited defect in immune function.

Psoriasis tends to run in families, but it may be skip generations; a grandfather and his grandson may be affected, but the child's mother never develops the disease. Although psoriasis may be stressful and embarrassing, most outbreaks are relatively harmless. With appropriate treatment, symptoms generally subside within a few months.

Psoriasis is an immune system problem. Certain triggers may make your symptoms worse. They include:

- **Cold, dry weather.** Any climate that relieves dry skin will help. Try to spend some time in warm sunny weather and high humidity.
- **Stress.** Keep calm and try to stay relaxed. Outbreaks are more likely to pop up when you are anxious.
- **Some medicines.** These include some "beta-blocker" drugs used to treat high blood pressure and heart disease; lithium, a treatment for bipolar disorder; and pills taken to treat malaria. Tell your doctor if you have psoriasis and are being treated for any of these conditions.
- **Infections.** There is a short list of infections including strep throat and tonsillitis that can trigger a special kind of psoriasis outbreak. It looks like small drops that show up mainly on your torso and limbs. HIV infection can also make it worse.
- **Skin Injury.** In some people, the tiniest cuts, bruises, and burns can cause an outbreak. Even tattoos and bug bites might trigger a new lesion. You can wear gloves or put on an extra layer of clothes to avoid a break in your skin.
- **Alcohol.** Drinking, especially heavy drinking in young men, may trigger or worsen symptoms and interfere with treatments. Combining certain psoriasis medications with

alcohol can have dangerous side effects, especially for women in their child-bearing years.

- **Smoking.** Using tobacco or being around second hand smoke raises your risk of getting psoriasis and makes existing conditions worse.

What Are the Symptoms?

- **Patches of red, inflamed skin.** These are often covered with loose, silvery scales. They may be itchy and painful, even crack and bleed. In serious cases, they grow and run into each other, making large areas of irritated skin.

- **Fingernail and toenail problems.** Your nails may change color or become pitted. They may also begin to crumble or detach from the nail bed.

Scalp problems. Patches of scales or crust may form on your head.



Figure 7:



Figure 8:

What Causes Flare-ups?

Every person with this condition has their own triggers. Things that cause your psoriasis to become active may not affect another person.

If you find out what causes your skin to flare up, you will be better able to control your symptoms.

Knowing which kind of psoriasis you have helps you and your doctor make a treatment plan. Most people only have one type at a time. Sometimes, after your symptoms go away, a new form of psoriasis will crop up in response to a trigger.

Here's how you can spot the 7 types of psoriasis.

Plaque Psoriasis

This is the most common type. About 8 in 10 people with psoriasis have this kind. You may hear your doctor call it "psoriasis vulgaris."

Plaque psoriasis causes raised, inflamed, red skin covered with silvery, white scales. These patches may itch and burn. It can appear anywhere on your body, but often pops up in these areas:

- Elbows
- Knees
- Scalp
- Lower back

Guttate Psoriasis

This type often starts in children or young adults. It happens in less than 2% of cases.

Guttate psoriasis causes small, pink-red spots on your skin. They often appear on your:

- Trunk
- Upper arms
- Thighs
- Scalp

Triggers include:

- Upper respiratory infection such as strep throat or tonsillitis
- Stress
- Skin injury
- Certain drugs such as beta-blockers
- steroids that you used over a large area of your body
- Getting too much ultraviolet (UV) light without using sunscreen

Pregnancy this type of psoriasis may go away within a few weeks, even without treatment. Some cases, though, are more stubborn and require treatment.

Inverse Psoriasis

This type shows up as areas that are bright red, smooth, and shiny, but don't have scales. It's usually found in these locations:

- Armpits
- Groin
- Under the breasts
- Skin folds around the genitals and buttocks

Inverse psoriasis may worsen with sweating and rubbing. A buildup of yeast may trigger it.

Pustular Psoriasis

This kind of psoriasis is uncommon and mostly appears in adults. It causes pus-filled bumps (pustules) surrounded by red skin. These may look infectious, but are not.

This type may show up on one area of your body, such as the hands and feet. Sometimes it covers most of your body, which is called "generalized" pustular psoriasis. When this happens it can be very serious, so get immediate medical attention.

Generalized pustular psoriasis can cause:

- Fever
- Chills
- Nausea
- Fast heart rate
- Muscle weakness

Triggers include:

- Topical medicine (ointments you put on your skin) or systemic medicine (drugs that treat your whole body), especially steroids
- Suddenly stopping systemic drugs or strong topical
- Infection
- Stress
- Exposure to certain chemicals
- **Erythrodermic Psoriasis**

This type is the least common, but it's very serious. It affects most of your body and causes widespread, fiery skin that appears burned. You might also have:

- Severe itching, burning, or peeling
- A faster heart rate
- Changes in body temperature

If you have these symptoms, see your doctor right away. You may need to get treated in a hospital. This type of psoriasis can cause severe illness from protein and fluid loss. You may also develop an infection, pneumonia, or congestive heart failure.

Triggers include:

- Suddenly stopping your systemic psoriasis treatment
- An allergic drug reaction
- Severe sunburn
- Infection

- Medications such as lithium, anti-malarial drugs, cortisone, or strong tar products
- Erythrodermic psoriasis may also happen if your psoriasis is hard to control.

Nail Psoriasis

Up to half of those with psoriasis have nail changes. This is even more common in people who have psoriatic arthritis, which affects your joints.

Common symptoms include:

- Pitting of your nails
- Tender, painful nails
- Separation of the nail from the bed
- Color changes (yellow-brown)
- Chalk-like material under your nails

You're also more likely to also have a fungal infection.

Psoriatic Arthritis: This is a condition where you have both psoriasis and arthritis (joint inflammation). In 70% of cases, people have psoriasis for about 10 years before developing psoriatic. About 90% of people with it also have nail changes. The most common symptoms are:

- Painful, stiff joints that are worse in the morning and after rest
- Sausage-like swelling of the fingers and toes
- Warm joints that may be discolored
- In most cases, your primary care doctor or dermatologist will be able to diagnose psoriasis by examining your skin. However, since psoriasis can look like eczema and other skin disease, diagnosing it can sometimes be difficult.
- If your doctor isn't sure whether you have psoriasis, he or she may order a biopsy. Your doctor will remove a small sample of your skin and have it looked at under a microscope.
- If you have symptoms of psoriatic arthritis, such as swollen and painful joints, your doctor might run blood tests and take X-rays to rule out other forms of arthritis.

Listen There isn't a cure for psoriasis, and there isn't a perfect treatment either. Treatment for psoriasis can be demanding and cause side effects.

Before treatment, you should make sure that your doctor is comfortable prescribing systemic and biologic medications when they're necessary. Some doctors are reluctant to use these powerful drugs because of their side effects. Caution is important, but experts point out that certain cases demand systemic and biologic medicines. Working with a doctor who understands all of the possible treatments will give you the widest array of options.

Here are some questions you can ask your doctor about psoriasis treatment. They might help you figure out the best way to treat your psoriasis. Although not all of these questions may apply to your situation, it's still a good idea to look them over. If my psoriasis doesn't bother me much, do I really need treatment?

Psoriasis treatment

Patient should be encouraged to expose maximum to sunlight and avoid trauma during the active phase.

Homeopathic treatment of psoriasis – Homeopathy is one of the most popular holistic systems of medicine. The selection of remedy is based upon the theory of individualization and symptoms similarity by using holistic approach.

This is the only way through which a state of complete health can be regained by removing all the sign and symptoms from which the patient is suffering. The aim of homeopathy is not only to treat psoriasis but to address its underlying cause and individual susceptibility. As far as therapeutic medication is concerned; several well-proved remedies are available for psoriasis treatment that can be selected on the basis of cause, location, sensation, modalities and extension of the psoriasis. For individualized remedy selection and treatment, the patient should consult a qualified homeopathic doctor in person. Few important remedies for the homeopathic treatment of psoriasis are given below:

- **Arsenic Album** – excellent psoriasis remedy in which psoriasis, worse by cold application and wetness, better by warmth.
- **Sulphur** – great psoriasis remedy helpful in so many other skin manifestations also
- **Kali Brom** – remarkable psoriasis remedy in which there is syphilitic psoriasis. Skin cold, blue, spotted corrugated, large, indolent, painful pustules.

- **Kali Ars** – Kali Ars is a very well proved psoriasis remedy with patches on back, arms and spreading from elbows; scaly itches, scaling off leaves behind red skin.

- **Thyrodinum** – one of the best psoriasis remedy for chilly and anemic subjects. Dry impoverished skin; cold hands and feet

- **Radium Brom** – psoriasis of penis, itching eruptions on face oozing, Patchy erythema on forehead

Other important psoriasis remedies are: Arsenic alb, Aurum Met, Psorinum, Selenium, Hydrocotyle Ars. Iod, Puls, Sepia, Silicea. Rhus Tox, , Tuberculinum, Graph, .

Lifestyle changes can help manage psoriasis better

- Small changes in lifestyle can help manage psoriasis to a large extent. These measures include:
 - Use mild soap while bathing
 - Avoid bathing with warm water
 - For excessively dry skin, apply coconut oil
 - Quite smoking and alcohol
 - Some sun exposure may help psoriasis while excessive exposure will worsen symptoms
 - Stress management will reduce psoriasis flare-ups

References

1. Rosenberg E W; Noah P W, The koebner phenomenon and microbial basis of psoriasis JAM Acar dermatol. 1988;18;151-8
2. Berhard JD .Auspitz sign is not sensitive for psoriasis JAM Acard Dermatol 1990;22;1079-81
1. Kumar B Sharma V.K. Epidemiology psoriasis in a clinic from North India ;Indan J Dermatol; Venereol Leoprol 1986;52;208-12
2. Tim Mitchell, Rebecca Penzer; Psoriasis 2005; 1-2
3. Wolfarm Sterry, Ralf Paus, Walter H. C. Burgdorf; Dermatology; 265-266.
4. Kendra Gail Bergstorm, Alexa Boer Kimball; 100 about Psoriasis 2009;13-14.