Herbal Therapy for Psoriasis

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Editorial

The term “Psoriasis” has been derived from greek language meaning roughly itching condition and is a complex skin disease involving various factors in its pathogenesis such as T cells, Antigen Presenting Cells (APC’s), keratinocytes, macrophages, natural killer cell’s and growth factors such as vascular endothelial growth factor (VEGF) [1]. Psoriatic lesions involve polymorphonuclear leukocytes that lead to higher levels of reactive oxygen species, causing peroxidative damage to the skin membrane and also stimulate production of higher levels of PGE2 that leads to psoriasis [2].

Psoriasis can be further classified into five types viz. plaque psoriasis, guttate psoriasis, flexural or inverse psoriasis, pustular psoriasis and erythrodermic psoriasis. Of the several factors leading to psoriasis, the common causes are the genetic factors, microbes, alcohol consumption, food related triggers, cold or dry weather, stress, excessive exposure to sunlight, smoking, obesity, scratches, bites and as side effects related to use of certain medications such as steroids and β-blockers. Herbal remedies have always been a mainstay for therapies as they are more safer to used relatively in terms of the side effects produced. Psoriasis is an autoimmune disease which is not having a permanent cure but various treatment options can be implemented for controlling the severity of symptoms produced by it and thus herbal drugs provide a mainstay for the therapy of psoriasis.

Thus medicinal plants offer alternative therapy for the treatment of psoriasis as they are more safer to used relatively in terms of the side effects produced. Psoriasis is an autoimmune disease which is not having a permanent cure but various treatment options can be implemented for controlling the severity of symptoms produced by it and thus herbal drugs provide a mainstay for the therapy of psoriasis.

References


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