



சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்
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सिद्ध केंद्रीय अनुसंधान संस्थान

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Kalanjaka padai -Psoriasis

Definition

It is a noncontiguous common skin condition that causes rapid skin cell reproduction resulting in red, dry patches of thickened skin. The dry flakes and skin scales are resultant of rapid buildup of skin cells. Psoriasis commonly affects the skin of the elbows, knees, and scalp.

Its graded from mild to crippling.; Mild psoriasis (small, faint dry skin patches) that they may not even suspect that they have a medical skin condition. Others have very severe psoriasis where virtually their entire body is fully covered with thick, red, scaly skin.

Psoriasis is considered a non-curable, long-term (chronic) skin condition. It has a variable course, periodically improving and worsening. Sometimes psoriasis may clear for years and stay in remission. Some people have worsening of their symptoms in the colder winter months. Many people report improvement in warmer months, climates, or with increased sunlight exposure.

Psoriasis is seen worldwide, in all races, and both sexes. Although psoriasis can be seen in people of any age, but most commonly patients are first diagnosed in their early adult years.

Patients with psoriasis face social embarrassment, job stress, emotional distress, and other personal issues because of the appearance of their skin.

Causes

The exact cause remains unknown. There may be a combination of factors, including genetic predisposition and environmental factors, and extreme climates trigger the disease. It is common for psoriasis to be found in members of the same family. The immune system is thought to play a major role. Extensive research is going on to track the hidden agent and until the common etiology goes idiopathic. Rapid skin cell reproduction is 4: 1 when compared with normal skin production in the epidermis.

Preventive measures

- Advocacy of cotton garments
- Avoiding soaps and substituting Bath powders made of Green gram and Bengal gram
- Avoiding exposure to extreme heat and cold
- Abstinence from Smoking and alcohol

Health Promoting tips

- Respiratory and oral infections are to be immediately treated.
- Stress free life is advocated.
- Yoga and Meditation relaxes stress.
- Pranayamam reduces build up stress.
- All allergic foods are to be avoided(Marine foods/ Underground tubers)
- Fat foods are to be avoided and Protein foods are to be taken.

Curative Herbs

- Sivanar Vembu - *Indigofera asplathoides*
- Senkottai - *Semecarpus anacardium*
- Poovarasu - *Thespesia populnea*
- Avuri - *Indigofera tinctoria*
- Amukkara - *Withania somnifera*