

Psoriasis Treatments

A brief look at the causes and treatments for Psoriasis

Research has not definitively established what exactly causes psoriasis, but recent studies have indicated that it may be an immune mediated disorder. Psoriasis is a disorder of the skin that affects over 6 million people in the United States alone. Psoriasis occurs when the body generates too many skin cells and may change from one type to another within a matter of days.

Psoriasis defined as a chronic skin disorder that commonly affects 1% to 3% of the world's population, and is characterized by periodic flare-ups of red patched covered by a silvery and flakey scale typically on the scalp.

It is believed that a combination of several factors contribute to the development of psoriasis. There are several variations of psoriasis, but the most common is plaque psoriasis, but the exact cause of psoriasis is unknown

When alternative treatments are used in combination with some other forms of treatments the patient is also given the idea of control over the pessimistic mental aspects linked with psoriasis. Although it may get better, flare up, and even lessen, only to return at a later date.

The success rates of alternative psoriasis treatments are not easy to gauge due to decisive test results not being willingly made available. Psoriasis has long been one of the most tricky skin conditions for researchers to treat. Many alternative treatment options obtainable may not work and may play on the need of the patient only as a means to make money, which is a shame; but that is the way of the world. Try and find out what works for you (it may not work for another)

There is not one miracle cure for psoriasis, but several alternative treatments are available. Many natural treatments include acupuncture, manipulation, diet, dietary supplements, and herbal therapies. Before a patient suffering with psoriasis tries an alternative treatment, they need to seek consultation from their physician who may refer them to a dermatologist.

Acupuncture is a practice which helps to relieve pain and treats ailments by inserting and manipulating fine needles in the body at altering depths in acupressure points. Its achievement varies a lot from person to person and may take numerous treatments in order to help. Acupuncture, however, is not a widespread way to treat psoriasis in China, but there is proof that is an effective psoriasis treatment. It can also be expensive

However, Acupuncture is becoming more accepted as a means of treating and controlling the pain associated with psoriatic arthritis and rheumatism. The benefits of acupuncture includes, no side effects which indicates that no negative side effects are an issue.

Manipulation treatment is an additional term used to illustrate any method of treating pain which includes realigning the joints. Manoeuvring of the joints ought to be done only by a extremely skilled person in order to shun any risk that the manipulation treatment might actually do harm to the inflamed joints rather than assist them.

There is not a lot of physical proof that manipulation is really helpful to psoriasis treatment, but there is the fact that, massage can be very useful in relieving the muscle pain and restoring joint health due to inflammation associated with psoriatic arthritis

Treatment options that are not alternative treatments that are available for psoriasis range from topical therapies to phototherapy and systemic therapy for the more severe cases of the disease. As has been said, there is currently no cure for psoriasis and the existing treatments available are aimed at controlling the symptoms of the disease rather than curing it.

The advent of new biological therapies may potentially offer patients suffering from psoriasis hope of long term treatment which is safer than the current available options. But, all of these treatment options are considered by psoriasis patients to have several drawbacks in terms of convenience, safety, or effectiveness.

Topical treatments work relatively quickly at clearing lesions and are typically well tolerated by the majority of psoriasis sufferers. Topical therapies also remained the mainstay of treatment for many patients suffering with mild psoriasis.

Dithranol is a topical therapy which has been used often to treat psoriasis. However, topical treatments must be used repeatedly to remain effective and are often not able to maintain remission of an outbreak. It can be effective for mild to moderate psoriasis and is often used with ultraviolet treatments for patients with more severe psoriasis.

There are many key issues which limit the use of Dithranol: it can cause irritation/ burning to the skin/ tends to stain anything it comes in contact with.

Exposure to direct sunlight tends to help improve psoriasis, but cold and shorter days, as seen in the winter months, can trigger the rash to worsen. So weather is yet another strong factor in triggering psoriasis.

Psychological stress has been a common trigger for psoriasis flares, but studies are still unclear as to why this occurs. Daily hassles of everyday life can trigger a flare as well, which is understandably frustrating for those who suffer from psoriasis. Low levels of calcium have also been reported to trigger a psoriasis flare up, but low levels of vitamin D do not trigger a flare up.

Studies have also shown that a healthy diet and lifestyle benefits everyone, especially those who suffer from psoriasis. It is helpful for patients to eat only what makes them feel the most healthy. Dietary supplements encompass vitamins, herbal products, Aloe Vera (drinking it and using it as a cream) and minerals can usually benefit the entire body.

However, there is no evidence that a particular supplement is a cure for psoriasis. In fact, there is a risk that certain dietary supplements, including multivitamins, could potentially interfere with prescription medications and patients should discuss with their doctors before starting any new supplements.

About the Author

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