



Possible Traditional and Alternative Therapies for the Treatment of Psoriasis

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ABSTRACT: Psoriasis is a genetically predisposed autoimmune disease mediated by cytokines released by the activated immune cells. It manifests inflammatory, scaly red or white silvery flaky skin which may be fluid filled lesion with soreness and itchiness. In 2018 International Federation of Psoriasis Association recognized 125 million people suffering from psoriasis worldwide and as per the National Psoriasis Foundation survey the most accepted external therapy is phototherapy with ultraviolet B and methotrexate for internal therapy. Most of the patients are dissatisfied with therapy. Either the condition is worsened after cessation of therapy or withdraws the therapy due to side effects. For better management of the condition, an imperative search on the literature of traditional system of medicines (Ayurveda, Yoga and naturopathy, Unani, Siddha, Homeopathy) was carried out where herbals are employed. These herbal products can be used over the modern system of medicine with the desired outcome and lesser side effects. Most of the herbal extracts and isolated phytoconstituents were able to manifest the inhibitory action on hyperproliferation of the keratinocytes and induction of apoptosis along with anti-inflammatory, antimicrobial and wound healing activities. The exploitation of these herbal products which have a multi- dimensional mechanism of action can be a promising approach to psoriasis therapy with more feasibility and acceptability by the patients with lesser side effects. The advancement in technologies is utilized for the convenient delivery of these drugs and for complete clearance of this disease condition in the future. © 2019 iGlobal Research and Publishing Foundation. All rights reserved.

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