

Holistic Journal Editorial Review and Comments:

Aug 19, 2009 - Even-handed and easily grasped summary of a complex subject.

Treating Psoriasis with Holistic Methods

An alternative way to treat psoriasis, or any other ailment, is through holistic methods. Traditional methods treat symptoms alone. The holistic approach assesses the whole body and surrounding environment when offering treatment for a medical condition. By taking advantage of holistic medicine for the treatment of psoriasis, the actual root of the problem can be dealt with.

What Is Psoriasis?

Psoriasis is a non-contagious, inflammatory skin disorder. It is most commonly found on the hands, elbows, scalp, knees, feet and genitals, though it can occur anywhere on the body.

All psoriasis is not the same. There are five basic types of the disorder.

Plaque is the most common form of psoriasis. This form causes raised, red sores covered by whitish scales. The skin is dry, itchy and may include cracked and painful areas.

Guttate is a type of the disease commonly found in children and teens. Guttate is categorized by tiny red spots on the skin and generally affects the trunk, arms and legs.

Inverse psoriasis is found in the armpits, under the breasts, in the groin area, and other warm areas of the skin. This form of the disease has smooth, inflamed areas that can be very painful.

Pustular is relatively uncommon, accounting for less than five percent of psoriasis cases. The symptoms of pustular psoriasis include blistered, pus-filled lesions surrounded by red skin. Plaque psoriasis can sometimes lead to this form.

Erythrodermic psoriasis causes extreme itching and painful scaling. This type of the disorder disrupts the chemical balance of an individual and can cause severe illness. Medical attention should be sought for any form of psoriasis, but especially for erythrodermic psoriasis.

What Causes Psoriasis?

The cause of psoriasis remains somewhat of a mystery. Studies have shown that outbreaks occur when the immune system is mistakenly triggered, and begins to overproduce skin cells.

With normal skin-cell production, the skin cell is produced, matures and then sheds off the surface in a month-long cycle. A psoriasis sufferer's skin cell takes an alarming three to five days to mature before moving on to the surface. Instead of shedding, the skin cells pile up, forming rough patchy spots that turn into lesions.

Stress, illness, steroid use, infection and reactions to certain medication can trigger an episode.

Holistic Treatments for Psoriasis

A skin disorder is generally a sign that toxins are inside your body. Because the skin is your largest organ, toxins traveling through the body can trigger your immune system to react in a variety of ways, including rapid skin-cell multiplication.



Holistic treatments for psoriasis include a full internal detoxification. Once the build-up is removed, the body can once again regulate itself normally. So, how do you perform a natural, holistic detox? By using natural herbs. Here are the top two herbs used for the holistic treatment of psoriasis:

Sarsaparilla Root has a long history of use as a blood purifier. Saponins, compounds found in sarsaparilla, are extremely effective in ridding the body of an overload of toxins. Sarsaparilla helps bind and rid your body of certain types of toxins that can enter the bloodstream and contribute to psoriasis if not expelled. Between three to twelve grams of sarsaparilla root can be taken in tea per day.

Burdock Root is used as a liver detox. One of the most widely used herbs, herbalists use it specifically for any type of skin condition, including boils, eczema and psoriasis. It can be taken in a capsule form or liquid extract.

How Does Holistic Medicine Measure up to Traditional Methods?

Traditional medicine typically treats psoriasis from the outside with the use of topical anti-fungus medicine and anti-itch salves. This type of treatment may temporarily relieve symptoms, but will not provide a true solution. The holistic approach will treat psoriasis from within.

Another concern is toxins. The use of synthetic, or man-made, medications can build up toxins in the body over time. These toxins are dangerous, and can eventually lead to other health concerns.

Natural, holistic treatments do not contain any toxins, and using nature's healing agents may help to improve your body's overall health as well.