



## **HOME REMIDIES**

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# Psoriasis: What to do when you have one

**Psoriasis** is a condition in the skin that is identified as dry and scaly patches- a formation of dry skin cells that appear as scruffy and silvery sometimes reddish and rough. It usually appears in the knees, scalp, forehead, elbows, crotch, buttocks, back, and sometimes in eyebrows, genitals, navel, armpits, and nails. Appearance of psoriasis is often associated with poor hygiene but clean people can still get psoriasis.

Who are prone to psoriasis?

Everyone can have psoriasis but fair-colored people suffer more than dark-skinned people.

## Home Remedies for Psoriasis:

Affected area of the skin should be treated with ointments at least 2 times a day. The salicylic acid, anthralin, and tar preparations contained in ointments will control the growth of the skin cells.

Another way to treat psoriasis is to combine 1 pint or 600 ml water honey and 1oz or 25 grams of dried camomile flowers and 1oz or 25 grams of dried burdock seed. Simmer it for 15 minutes covered and strain it to remove the solid contents. Add honey to sweeten the tea. Store it in the refrigerator. Drink 3 tablespoon for at least 4 times a day for 2 weeks.

Another home remedy is marigold lotion. It works effectively on irritated scalp. Prepare marigold heads and water. Boil the water with marigold heads for 2 minutes. Allow it to settle until it reaches the room temperature. Massage it on the scalp and wash it with ultra mild shampoo. You can also use cider vinegar or lemon juice to ensure thorough rinsing.

Rub the psoriasis with calendula oil mixed with oregano oil and olive oil. The proportion is calendula (2 drops), oregano oil (1 drop), and olive oil (1 cup).

Combine 1 tsp. of castor oil and 1 tsp. of wheat germ oil and mix it with sunflower oil of about 1 cup. Apply it on the affected area.

Use lukewarm water to wash the skin affected with psoriasis. Do not over-wash the skin. It will result to more scales and sore.

Expose yourself to sunlight regularly for at least 30 mins. It will improve the texture of the affected area of the skin. But avoid the period between 10am to 2 pm. This is the time when sunrays are strongest.

Keep your skin away from any forms of injuries as well as from cold. This will aggravate the psoriasis.

Use mineral oil mixed with 10% salicylic acid with toothbrush to scalp and remove the thick scales. Leave the skin overnight and wash it with a mixture of tar-based shampoo and 10% acid the following morning.

You can also use loofah as brush to remove scales. Do it gently. To reduce swelling and inflammation, massage it with oil.

Soak the affected area in a mixture of tar solution and water, or water with Epsom salts. Do this for 15 minutes to reduce the itching.

Eat foods rich in vitamins A, C, and E or take food supplements daily. Recommended amount is 10,000 IU for vitamin A, 2-5,000 mg. For vitamin C, and 400-1200 IU for vitamin E.

Reduce or remove dairy and red meat products from your diet. Both contain arachidonic acid. This will make your psoriasis swell and may further inflict inflammation to the affected area.

Look for good moisturizers and use it after bath or before going to sleep. This will reduce the dryness of the skin and in turn lessen the dryness of the *psoriasis*.