

# Chronic Psoriasis – Causes and its Treatment (A New Hope for Permanent Cure)

Dr. S Dhawan  
Clinicpsoriasis.com

Psoriasis is a skin disease which appears in 2-4% of the population. The cause of this chronic skin disease is unknown. Research has proven that psoriasis is an auto-immune disease, and not long ago the psoriasis gene(s) were found. The disease, or the tendency to get it, is inherited. It is possible to have psoriasis without any visible symptoms. This makes research on it quite complicated.

These are the general views most of the scientific community carries on the subject of Psoriasis.

12 years back when I took psoriasis as my subject for research, I was also caught into the same dilemma as described above.

Being the firm believer of Ayurveda and its treatments methods, I took Ayurveda and its text books as the basis of my research work.

During the 10 years of my research I delicately correlated the information gathered by the scientific community on symptoms and triggers for various psoriasis ailments and symptoms and causes given in ayurvedic text books. Finally I was able to form a complete chain leading to psoriatic conditions. I developed treatment method based on this theory and treating my patients for the last three years.

This paper explains my research and treatment method developed in a very simple way

Psoriasis is an autoimmune skin disorder. Autoimmune skin diseases are those diseases where our own defense start attacking our own (host)Skin cells. There are many types of defense cells in our blood. one of them is Lymphocytes. It has two variants, T cell and B Cell. T Cells produce cytokine and B Cells produce antibody. These antibodies attack any approaching virus or bacteria as shown in figure 1.

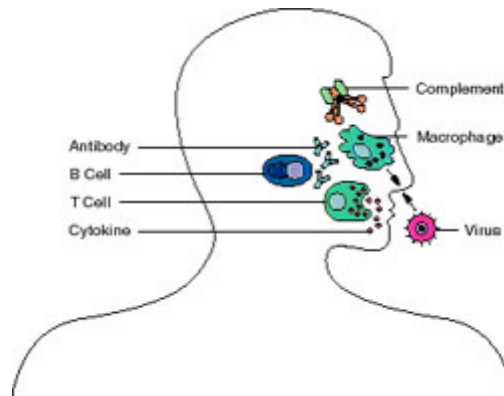


Figure 1

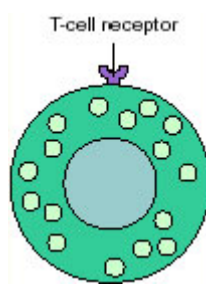


Figure 2

Figure 2 is a T cell with a receptor on its surface.

There are also present PHAGOCYTES in our blood which directly attack an approaching bacteria or virus as shown in figure 3.

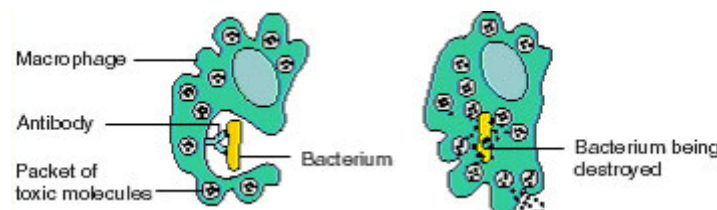


Figure 3

In auto immune diseases our skin develops antigens (Toxins) and presents itself as APC (antigen presenting cells),So our own T cell attack these skin cells .As shown in figure 4.

**Here lies the real problem in Psoriatic patients that there own skin is presenting itself like a toxin and our own defense ( T cells and Macrophages ) are attacking it . Figure 4.**

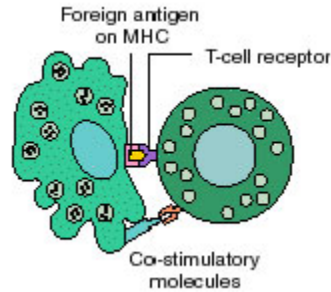


Figure 4

Here on left is skin cell which is presenting itself as a antigen and on right is T cell which is attacking the skin cell.

**Our ayurvedic treatment works on this angle. Interlukin based communication between T cell and APC (antigen presenting cell) is suppressed with the help of [Psorcure Oil](#) and [Psorcure Ointment](#). This helps in bringing down the severity and redness.**

**On the other hand Phagocytic activities as shown in figure 3. are increased with the help of Ashwagandha, Chopchini, Viavidanga, Tulsi and lingachinduram (strength of these herbs has been proven at various research studies).**

### **Ayurvedic Views on Autoimmune Disorder**

Ayurveda has described Autoimmune diseases in great details. Food is the first source of energy for body.

According to Ayurveda, nature has provided us a great system.

Every food we eat takes a long journey to get converted into immunity. This journey to immunity got 8 stages

1. In the digestion process, food gets converted into Rasa Dhatu.
2. From rasa dhatu develops RAKATA(Blood).
3. From rakta develops MASA(muscles).
4. From masa develops MEDA(fat).
5. From meda develops ASTHI(Bones).
6. From asthi develops MAJJA(Bone marrow).
7. From majja develops SHUKRA(semen).
8. From Semen develops the OAJ (Immunity)

Ayurvedic texts has mentioned that it takes 90 days for food to get converted into Shukra (Semen), and another 60 days from Shukra to Oaj (Immunity).

Where any of the above stages are not functioning properly or food as input is contaminated or contains opposite properties or is not digested properly in the first place, it produces all kind of problems in the body. For example instead of producing Rasa Dhatu during digestion process, the system will produces Ama Rasa (toxins or macro globules) . With this every other stage also gets

contaminated. For example next stage produces Ama Rakta then Ama Masa, Ama Meda, Ama Asthi, Ama Majja, Ama Shukra and finally Ama Oaj.

**Improper digestion leads to ama majja (defective bone marrow ). Bone marrow is the production center for T cells. (Can you see the chain and main cause for psoriasis?).**

Finally Ama Oaj is produced which is an indication of immunodeficiency. To cure any psoriatic patient permanently it is important to control all the stages of food journey so that all the 7 Dhatus from food (rakat,masa,meda,asthi,majja,shukra and oaj ) are produced in their purest form. By curing Ama majja (defective bone marrow) we are treating the patients at immunity levels. By producing pure OAJ, we are making patients immune to psoriasis triggers.

**It is interesting to note here that Ayurveda does not stress upon what you eat as some of the diet controllers look for, instead Ayurvedic text books emphasize on when and how you take your food.**

This also explains the modern views where scientific community believes that there is no proven link between diet and its effect on psoriatic conditions but still some patients experience remarkable improvements in their psoriatic conditions with the control of some of the diets and then the same diet control does not produce any effect on other patients and yet the same diet control does not produce any significant effect on same patient after some time. How can we explain this anomaly.

It is because in diet control we are always focused on what to take in our diet and what not to take. Whereas it is the combination of opposite properties of foods which are the cause. When some patients break these combinations unknowingly through diet control exercise they experience improvement in their conditions but when they develop opposite properties in some other combination form their condition deteriorate and diet control fails.

A very visible example is taking fish and milk together which creates flare ups for psoriatic patients and if you are taking milk after 6 hours of taking fish, there will be no aggravation to your psoriatic conditions.

Thus by controlling how and when of your food habits you can control your psoriatic conditions.

**Our special Dietary Guideline which we provide to every psoriatic patient under our treatment is based upon above Ayurvedic View and help every psoriatic patients in their early cure.**

### **Treatment Method**

We can divide our treatment method primarily into 3 major segments

- Working on Hyperkeratosis (fast cell division) – External Treatment
- Working on APC(Antigen Presenting cells ) – Internal Treatment
- Working on Stress – major trigger

1. Working on Hyperkeratosis (fast cell division) – External Treatment

- It is the beauty of Treatment Method we developed that it reduces the itching from the day one. Our clinical expertise and research in collaboration with different institutions has helped us to refine the strength of [Psorcure Oil](#) and [Psorcure Ointment](#).

The main problem with psoriatic patients is that the rate of epithelialization (Skin formation) becomes faster and scales start appearing. Superficially it is important to regulate this cell division to bring down scaling.

In Vitro, studies of [Psorcure Ointment](#) on cultured keratinocyte cells was carried out using fast growing SKV14 cell line. Psorcure ointment significantly block the mitosis (division of cells) especially in early anaphase of cell division.

This was reconfirmed by using ONION ROOT TIP ESSAY . Psorcure ointment retards the cell division.

After [Psorcure Ointment](#) application 60% to 65% reduction was observed in cell division.

Effect of [Psorcure Ointment](#) was also observed in pig models. Hyperkeratosis was induced in flank region using mutagen-Ethidium Bromide . it was observed that there was 65 % improvement in skin. Which increases to 90% retardation in cell division when the area was exposed to sun light during the treatment.

Further Cytokine ELISA was done using the sample to study the co- stimulatory molecule Profile in psoriatic patients.

**IL 80 and lymphokine 41 were found to be blocked, during [Psorcure Ointment](#) application.**

**Receptor binding mechanism would have resulted in this phenomenon.**

**The effect of [Psorcure Ointment](#) on IL 40 may be the answer for its efficacy on inflammatory changes of psoriasis.**

Clinical studies on dose dependent action confirmed that [Psorcure Ointment](#) in 20% concentration is most effective formulation in controlling the cell division.

Clinical Studies were carried out to confirm the UVA effect on psoriasis effected areas of body after application of [Psorcure Ointment](#) on body. Four set of fast growing SKV14 cell lines were taken. one set was kept as control, second was given 20% concentration of [Psorcure Ointment](#)+UVA radiations ,Third was given only UVA radiation and fourth was treated only with

### Psorcure Ointment.

85% retardation in cell division was observed in Psorcure Ointment + UVA group as against 65% for psorcure ointment group and <50% for UVA only. The same results are being confirmed by all the patients under my treatment who are taking daily sunbath for 15 minutes after applying Psorcure Oil and/or Psorcure Ointment. They all experience accelerated rate of disappearance of scales from their body. Again a comparison of steroidal application and Psorcure Ointment application was carried out on Mouse tail, after inducing hyperkeratosis. A 90% reduction in cell division was observed in Psorcure Ointment group as compared to steroidal group.

#### ▪ **IMMUNOMODULATORY PROPERTY OF PSORCURE OINTMENT.**

- The phagocytes were isolated from peritoneal cavity of Balb C mice after injecting with thyoglycolate . The phagocytes were washed and fixed on flat bottom ELISA plate and were maintained in RPMI 1640.the adhered phagocytes were pre-treated with different dilutions of Psorcure Ointment for 20 minutes. Later the cells were infected with opsonized fungal cells of candida albicans. The level of Phagocytosis and phagocyte killing were calculated. Similarly psorcure ointment was administered orally to mice after injecting with sheep RBC and the level of antibody production was noted. Immunological studies has confirmed increased phogocytosis and antibody mediated immunity. Similar studies were done on Psorcure Oil also using fast growing cell lines maintained in cryo-preserved or CO2 chambers. It was confirmed that the oil application with sunlight exposure is able to control the scales with 90% success with no side effects.

#### 2. **Working on APC(Antigen Presenting cells ) – Internal Treatment**

- It has long been proved that leucoderma patients with stress have greater quantity of Toxins in skin cells specially Bcl 2 type. T cells attack Bcl2 considering them as a bacteria or toxin. Herbs like Withnia Somnifera,Emblica ribes, Smilax

chenensis (present in our special formulations [Psorcare Caps](#) and [Psorclean Tabs](#)) are rich with antioxidants and clear the skin cells from these type of toxins and This process stops skin cells getting converting into APC (antigen presenting cells) thus retard the progress of psoriasis.

### 3. Working on Stress – major trigger

- Stress is a major trigger and withnia Somnifera in extract form in our treatment protects the patient from this major trigger. Yoga has proven its efficacy for psoriatic patients while working on stress angle. We developed some special yoga exercises which are simple but very effective in controlling the stress levels and cleansing the body from toxins.

## Treatment Results

Since my new treatment method is in use for just three years, and three years is not a sufficient period as per scientific standards. I never claim that my treatment method is a Total Cure instead I call it **Near Total Cure**, as there has been no reported reappearance case from any of my patients treated with this method during the last 3 years.

A total of more than 1500 patients have been treated as detailed under

Patients fully cured	501
Patients under main treatment at various stages	1020
Patients left the treatment without completing it	6
Patients did not respond to treatment	3

The above data is based on the patients register as at the end of February 2005.

## Conclusion

We have to understand one thing that psoriasis is not a skin disease, Psoriatic lesions are just the symptoms of some problem in our system (Body). Ayurveda has mentioned many ways, which can produce poisons in intestine like opposite food and deeds which we already detailed in Causative factors of this disease.

To conclude psoriasis is the process of flushing out poisons through skins which are secreted in our body. To get permanent cure, one needs to get cleansed and purified internally. An impure blood when keep on circulating in body also causes other problems like general debility, and early aging. When impure blood gets deposited in joints it gives Psoriatic Arthritis.

**Back to Nature is the only Solution to Psoriasis Cure.**

Dr S Dhawan is available for free consulting at [www.clinicpsoriasis.com](http://www.clinicpsoriasis.com)

Get yourself registered at site and ask any question from the doctor with regard to your psoriatic conditions