



Learn How To Get Rid of Psoriasis

Description

One thing is evident that there is no cure for psoriasis that will make everything normal. But with the help of different therapies and medicines, you can lessen the symptoms.



5 Ways How to Get Rid of Psoriasis

In many cases, with the right approach, you can get rid of the symptoms for some extended time or god. But beware, not every therapy is for everyone.

We have come up with five ways to help you ward off the psoriasis symptom from your skin. These ways have other different methods, medications, and therapies to make you feel better. The best

approach is to start natural therapies and then shift to biological. For systematic and topical treatment, it is best to consult a specialist.

The following list will help you better understand all the different therapies and approaches to make yourself free from the symptoms.

1. Natural Psoriasis Treatments

If you are consulting a doctor, never start these remedies without consultation. It would help if you remembered that every home remedy is not for all. There are high chances that a thing that worked for someone else might not work for you at all. Read the following home remedies that have been proven for easing the pain and scratching for decades.

Salt bath

Dead Sea salt in lukewarm water is the most used house remedy for psoriasis. People have been using this technique for quite a long time to stop itching and redness.

Colloidal oatmeal

The use of oatmeal for a psoriasis bath shows a significant decrease in redness and itching, but it is not evident how well it helps treat psoriasis.

Aloe Vera

Aloe Vera is a natural skin healer that helps you ward off psoriasis symptoms. The 5% aloe and cream is your recipe for the medication. Unfortunately, the power of this mixture is relatively weak, and you will have to use it a minimum of three times a day.

Apple cider vinegar

There are various uses of apple cider vinegar in a house. But when you want to use it for psoriasis, you should dilute it with water. Add half vinegar and half water to create the mixture. You must keep it away from open wounds, or it will burn your skin quite badly.

1. Systemic Biologic Treatments

Then we have the biological treatments that are almost the same as immunosuppressants but are pretty safe comparatively. Biologic therapy has two distinctive categories. The first is tumor necrosis factor (TNF) inhibitors, and the second category is IL-12 inhibitors. These are systematic biologics that are used for medium to severe psoriasis.

The use of these biologics is associated with the specific cells and immune system. These medicines affect the immune cells that are responsible for causing psoriasis in your body. Unlike immunosuppressants, you won't have to shut down your entire immune system. As a result, there are no side effects of internal organ damage or life-threatening issues.

The use of this medicine is relatively new in psoriasis therapy with no long-term research. There is a lot of work needed for the long-term effects of this medicine on the immune system and the human body. It is an expensive therapy that will help you relieve the symptoms and issues associated with psoriasis. The effects are remarkable for the present, but experts cannot tell how it will unfold in the future.

1. Systemic Treatments

This is the most severe kind of treatment that your doctor will only prescribe when the other methods have failed. The periodic retreatment is the holistic approach compared to the biological treatment method. When you go to your doctor for the psoriasis treatment with all the previous remedies failed to provide relief, this is the last resort.

When your doctor prescribes these medicines, you will have a kind of blockage on your immune system. These medicines are called **Immunosuppressants** and suppress your immune system to reduce and lessen the symptoms of psoriasis. But, unfortunately, these medicines have some severe effects on your body to slow down your immune system.

It would be best to remain highly vigilant as the infections and other medical issues could worsen because of your weak immune system. Your doctor will recommend frequent kidney and liver tests to know about the condition of your vital organs. You cannot take these medicines for some extended time as well.

A doctor cannot prescribe the systemic treatment of these immunosuppressants when you have the following:

- High triglycerides.
- Pregnancy
- Breastfeeding
- Liver issues
- Kidney issues
- Any terminal disease or illness

1. Phototherapy for Psoriasis

Pregnant or breastfeeding women or people suffering from illness cannot take the risk of any immunosuppressants. The best therapy for them is light therapy. Sunlight has been used for centuries to cure different skin-related issues and problems. When you go for this therapy, the UV source will hope to reduce the symptoms and relieve pain.

The UV rays help your body kill psoriasis cells and save you from further agony. Children and pregnant women can use this therapy without any side effects. Various doctors are administering light therapy to psoriasis patients. But you can also find some handheld devices that will let you pour some light on psoriasis by yourself.

There are various kinds and types of UV-based therapies. All of them provide different results. The best approach here will also be to consult your doctor first and then take the treatment accordingly. The most common types of UV treatments that you can find for psoriasis are:

- Narrowband UVB therapy
- Broadband UVB therapy
- Excimer Laser therapy (VTRAC)
- Psoralen + UVA (PUVA)

1. Topical Treatments for Psoriasis

Last but not least is the over-the-counter option that is considered the first aid to the psoriasis patient. When you go to the doctor for psoriasis, these medicines and creams will probably be the most common things which you might have to buy for your psoriasis.

When someone is suffering from low to mild psoriasis or the issue has just begun, these medicines are a relief in such a situation. Of course, you can buy some of the drugs by yourself to treat your symptoms. But it is your skin, and you should avoid doing experiments on it with these powerful medicines.

The skin experts and doctors suggest using moisturizers and a healthy diet for people who have psoriasis. If you are overweight, losing some kilos will provide you with some relief from the symptoms. The common medicines for psoriasis prescribed by skin experts are:

- Steroid creams
- Salicylic acid
- Calcipotriol
- Tazorac
- Coal tar ointment and shampoo
- Retinoid

Over to you

You have read about all the different therapies and treatments for psoriasis. The natural remedy is easy to manage and administer. You won't have any difficulty in doing so. But for the other therapies and medications, specialist consent is highly recommended. So first, consult any specialist and then decide to go for treatment or procedure. Remember, all the natural remedies should be kept away from open wounds for your safety.

Category

1. Lifestyle

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