

# Home remedies for psoriasis

EUBOS UREA INTENSIVE CARE

## Treatments For Psoriasis At Home: Do They Work?

Each case of psoriasis is unique, so there is no single method for effective treatment of the disease. When discussing treatment options with your doctor or dermatologist, there are home remedies that may be helpful to you.

Here are eight treatments at home that have shown promising results in relieving the symptoms of psoriasis.

### 1. Salt baths.

A warm (not hot) bath can soothe the skin, especially for people with psoriasis. You can try adding Epsom salt, mineral oil, colloidal oatmeal or olive oil to the water to help reduce itching and irritation. Bathing, especially with Dead Sea salts in water, has shown a positive effect in the treatment of psoriasis. The Dead Sea is rich in minerals and is much saltier than the ocean.

In one small-scale clinical trial, participants who bathed in a Dead Sea salt bath or a bath with regular salt for 20 weeks for 20 weeks significantly reduced the symptoms of psoriasis. For those who bathed in Dead Sea salt baths, the symptoms were further reduced compared to people who took regular salt baths.

### 2. Creams with aloe.

Aloe vera creams made from aloe vera plant extracts can be applied to the skin to reduce redness, flaking, itching and inflammation. Results from clinical trials testing aloe vera creams for psoriasis have shown mixed results.

A study of commercial aloe vera gel found no benefit of aloe vera gel. On the other hand, a study with topical aloe vera extract (0.5%) in humans with psoriasis showed that aloe vera cream was significantly better at clearing psoriatic plaques than placebo cream. More research is needed. According to the Mayo Clinic, aloe vera cream may need to be taken several times a day, for a month, or longer to see any improvement. The National Psoriasis Foundation does not recommend the use of aloe vera in the form of oral tablets.

### 3. Omega-3 fatty acids.

Omega-3 fatty acids are known to help reduce inflammation in the body. This can be helpful for psoriasis symptoms. Inflammation causes itchy, red areas. Omega-3 can be found in a variety of foods, including: flaxseed oil, nuts, seeds, soybeans, and fatty fish. Fish oil is also available as a dietary supplement. Studies on the relationship between omega-3 fatty acid supplements and psoriasis are mixed. Of the 15 studies evaluating the effects of fish oil on the treatment of psoriasis, 12 showed benefits of psoriasis and 3 did not show any benefits. More than half of the people in 1989 showed a moderate to excellent improvement in psoriasis symptoms. These people followed a low-fat diet supplemented with fish oil for four months. In a recent survey of 1,206 people with psoriasis, about 45 percent of those who included omega-3 fatty acids in their diet noticed an improvement in skin condition. However, if you decide to take fish oil supplements, read

the label carefully. If you take more than 3 grams a day, your blood may dilute. This is especially important if you are taking blood thinners such as warfarin (Coumadin).

#### **4. Turmeric.**

No major clinical studies have been performed on the use of turmeric in the treatment of psoriasis. However, the results of smaller studies using topical turmeric gel are gratifying. A reliable source in 34 people with mild to moderate psoriasis found that turmeric gel, applied twice daily for nine weeks, helped improve the size, redness, thickness, and scale of their psoriasis lesions. Another recent double-blind, placebo-controlled clinical trial, Trusted Source, found that oral turmeric extract in combination with visible light therapy may be beneficial for people with psoriasis. However, in another study, a reliable source found that taking turmeric capsules orally was not effective in people with moderate to severe psoriasis.

#### **5. Oregon grapes.**

Oregon grapes or Mahonia aquifolium is an antimicrobial herb in the barberry family. Studies have shown that a cream containing an extract of these herbs may help treat psoriasis. In one open-label clinical trial, a total of 433 people with psoriasis were treated with Mahonia aquifolium ointment. After 12 weeks, psoriasis symptoms improved or disappeared in more than 80 percent of the study participants. The extract has also been shown to be safe and well tolerated. Another double-blind, placebo-controlled study of 200 participants showed similar results.

#### **6. Maintaining a healthy weight.**

Obesity not only increases a person's risk of psoriasis, but is also associated with more severe symptoms. If you are overweight or obese, research shows that losing weight can help improve the symptoms of psoriasis. Losing a few pounds may also be more effective in treating psoriasis. Simple ways to lose weight: Eat more wholesome foods such as fruits and vegetables, eat lean meats and other healthy proteins, and eat foods that are less sugary.

#### **7. Using a humidifier.**

Try using a humidifier to keep the air in your home from drying out. Moisturizers increase humidity in the air to prevent dryness, which can irritate already sensitive skin. The Mayo Clinic recommends maintaining a humidity level of 30 to 50 percent at home.

#### **8. Stress-relieving activities.**

Stress is a known cause of exacerbation of psoriasis. Finding ways to reduce and manage stress can prevent psoriasis or reduce the severity of its symptoms.

Although no research has been done to determine if stress reduction has a direct effect on psoriasis symptoms, **it has been shown that it reduces stress in general: meditation, yoga, deep breathing exercises, aromatherapy, and so on.**

**The point**

Home remedies do not replace your doctor's instructions for treating psoriasis. However, treatments such as fish oil supplements, Oregon grapes, and Dead Sea salt baths are also effective in treating the symptoms of psoriasis. However, there are not enough large, well-controlled clinical trials to show that these measures are suitable for absolutely everyone.

The results of studies in a relatively small number of people should be viewed with caution and skepticism. What works for one person may not be right for you.

Stop using any treatment that causes irritation, pain, or worsening of symptoms. Always tell your doctor before starting a new psoriasis treatment or treatment at home.

Prepared according to Healthline material