

# Home remedies for psoriasis

## 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. Discuss treatment options with your doctor or dermatologist. There are home remedies that can benefit 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, 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 clinical study, participants who bathed in a Dead Sea salt bath or a bath with regular salt for 20 minutes a day for three weeks had a marked improvement in their symptoms of psoriasis. For those who bathed in Dead Sea salt baths, the symptoms were further reduced compared to people who used regular salt baths.

### **2. Aloe vera creams.**

Aloe vera creams made from aloe 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 double-blind, placebo-controlled study of commercial aloe vera gel found no benefit of aloe vera gel compared with placebo. On the other hand, a study with topical aloe vera extract (0.5%) in people with psoriasis showed that aloe vera cream was significantly better at clearing psoriatic plaques than placebo cream. Of course, 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 various inflammations in the body. It can be helpful in reducing the symptoms of psoriasis. Inflammation causes itchy, red areas. Omega-3 can be found in a variety of foods: flaxseed oil, nuts, seeds, soy, 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 fish oil for the treatment of psoriasis, 12 showed benefits of psoriasis and 3 did not show any benefits. More than half of 1989 people in the study showed moderate to excellent improvement in psoriasis symptoms. They 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 their skin. 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, administered twice daily for nine weeks, helped improve the size, redness, thickness, and scale of the lesions caused by their psoriasis. 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 like fruits and vegetables, eat lean meats and other healthy proteins, eat less sugary foods.

#### **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 in the room of 30 to 50 percent.

#### **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 these activities have a direct effect on the symptoms of psoriasis, they have been shown to reduce stress in general: meditation, yoga, deep breathing exercises, aromatherapy, and so on.

#### **The essence:**

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

The results of studies involving only a small number of people should be treated with caution and

skepticism. What works for one person may not work for you.

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

Prepared according to Healthline material

Psoriazė, psoriaze, žvyneline, psoriazės, žvynelinė liga, žvynelinė simptomai, nagų psoriazė, nagų žvyneline, galvos žvyneline, žvynelinės pradžia, žvyneline vaizdai, žvyneline ant rankų