



J. Chem. Pharm. Res., 2010, 2(5): 715-718

ISSN No: 0975-7384
CODEN(USA): JCPRC5

Psoriasis is an immune system disorder identified as a skin disease: A Survey

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ABSTRACT

Psoriasis is considered a skin disease, but really it is the result of a disordered immune system. Psoriasis is come under the different lesion morphology like; papule, plaque, pustule (primary lesion) and scales (secondary lesion). This disease affects both sexes equally. It is inherited and occurs over the elbows, knees, scalp, lower back, and palms or soles of the feet. There is no 'best treatment' for psoriasis and every treatment is not suitable for every patient. Treatment can be basically divided into 3 categories - topical, phototherapy, and systemic. Topical are substances you put directly on the patches of psoriasis, such as corticosteroid creams or coal tar ointments. Phototherapy is treatment with lights. Systemic are substances that are taken into the body through shots or being swallowed. Some evidence to indicate that many psoriatic can benefit from a healthier diet and lifestyle. Sometimes, Ayurvedic supplements or home remedies application are useful for psoriasis patients. More fruits, vegetable, fruit juices etc are very valuable and bitter gourd, curd, and boiled vegetables pumpkin these are good for this disease. Attention required to improving the immune system, make healthier and clean environment. Ultraviolet radiation therapy is a frequent mode of psoriasis treatment that can be administered independently or in combination with photosensitizers.

INTRODUCTION

Psoriasis is a chronic disease, characterized by thick, red silvery, scaled patches of the skin and millions of people in the United States have psoriasis. Now a day such type of diseases is also seen in India, few cases near Jaipur. This disease affects both sexes equally, and is more common during the first fifteen to thirty years, although it may appear at any age.

Psoriasis is considered a skin disease, but really it is the result of a disordered immune system. The T-cells, a type of white blood cell, become over-stimulated. There are several ways psoriasis can start. In most sufferers, the tendency to get psoriasis is inherited. Inherited psoriasis usually starts in older childhood or as a young adult. Psoriasis flare-ups may be triggered by changes in climate, infections, stress, smoking, excess alcohol, a drug-related rash and dry skin. It most often occurs over the elbows, knees, scalp, lower back, and palms or soles of the feet. The skin may split or crack in areas that bend.

Medications may trigger a flare up weeks to months after starting them. These include non-steroidal anti-inflammatory drugs (Indocin, Advil, Feldene), oral steroids such as prednisone, or depression (lithium). Some antibacterial, antiviral, and antifungal agents are employed widely both topically and systemically. Oral antimalarial, cytotoxic, and immunosuppressive agents, antimetabolites, alkylating agents and antihistamines frequently are used for treatment of dermatological diseases. *Calcipotriene*, a vitamin D analog, is used topically for psoriasis treatment. Ultraviolet radiation treatment includes the milder UVB. UVB phototherapy uses artificial sources of UVB light that works similar to sunlight and that is useful for psoriasis treatment.

To know the recent drugs, home remedies, diets useful for the treatment of psoriasis and special precaution required for patients lifestyle.

EXPERIMENTAL SECTION

In experimental work, visited some hospital and nursing home and according to survey of various hospitals near Jaipur, there are few cases in which psoriasis can be treated with regular medication, healthy supplements and precaution. Sawai Mansingh Hospital and Medical College, oldest and highly developed with well maintained, equipped with latest medical facilities in Jaipur. There Dermatological Division few cases of psoriasis were observed and the patients are treated with number of recent drug with proper attention. According to Skin Specialist useful medicine, diet should be provided to the patients with routine precaution for the treatment of psoriasis. They are: - Topical corticosteroids (topical "steroids") - are the first treatments most people with psoriasis get. Available in greatly varying different strengths, short-term treatment is often effective. Common Corticosteroids drugs that are available e.g., Clobetasol propionate (Temovate), Betamethasone dipropionate (Diprolene) Halcinonide (Halog), Fluocinonide (Lidex), Desoximetasone (Topicort). It should not be continue for long time due to its dangerous side effect.



Photography: Patients of Psoriasis

Coal tars (Alphosyl, Cotar) - are one of the oldest and most widely used treatments. They are non-prescription, and are applied directly to the skin, used for a medicated bath, or in medicated shampoos. Anthralin (Derobin, Psorinol) - In which, the short contact anthralin treatment (SCAT) is considered. Anthralin is a very old treatment for psoriasis, but because it stains skin and clothing brown or purple it has fallen out of favour. To limit the staining an especially washable form (Micanol cream) is used for a 15 to 30-minute application, then carefully washed off with tepid water. Salicylic acid is added to other creams to remove scales, and is in some non-prescription creams. It is combined with topical steroids, anthralin or coal tar. The newest approved treatment is Cyclosporine (Neoral), which works directly on the T- cells. It is only safe to use for a time-no more than 6 to 12 months at a time. Tazorac- is a newer psoriasis gel that may be very effective. Like Dovonex (Vitamin D) it is irritating, but it has the special benefit of clearing psoriasis. Ultraviolet light inhibits the immune system cells in the skin, and stimulates production of activated vitamin D. Artificial sources of UVB light that works similar to sunlight.

PUVA is normally used when more than 05-15 % of the body's skin is affected or when rapid clearing is required. Both PUVA and UVB can be made even more effective when given with low doses of the drug Soriatane (derived from vitamin A).

Apart from the drugs, some special Ayurvedic supplements or home made oil application are useful for psoriasis patients, like; Avocado oil, cashew nut oil, Butter milk, Vitamin E. According to the Specialist, psoriasis patients diet is slight different with respect to the normal person because psoriasis is a metabolic disease. It is very much essential to take less spicy and easily digestible food to take in this disorder. More fruits, vegetable, fruit juices etc are very valuable for this. Bitter gourd, curd, boiled vegetables pumpkin these are good for this disease. All animal fats, eggs, processed canned foods are not to be taken.

In every types of skin disorder or disease precaution must be taken. During this chronic disease Specialist suggested to the patients to avoid the sharing of cloths. Keep the bowels clean and towel, clothes separate and clean. Also advice to take medicated bath or with an Ayurvedic soap which contains Neem, may help soothe the skin, remove scales and reduce itching. If it is possible try sea water bath or apply sea water on the affected place once a day is very much beneficial. Keep your skin clean. Still there is lots of research is going on and in coming days may the best drug with economical cost will be available in the hospital and retails.

RESULTS AND DISCUSSION

In Dermatological Division few cases of psoriasis was observed and the patients are treated with proper attention. According to Skin Specialist useful medicine, less spicy and easily digestible diet should be provided to the patients with routine precaution. Drugs corticosteroids, coal tars, anthralin, Calcipotriol, salicylic acid, tazorac and many brand related to these molecules are available in the Jaipur hospital and near nursing home that help the psoriasis patients for his recovery.

CONCLUSION

For all the methods of treatment and nutrient supplements provided to the psoriatic patients for his treatment and to improve the immune system and keep skin clean.

Acknowledgement

This work was supported by the Head, Faculty, Librarian, Patients and all Staff of Dermatology Division, SMS Hospital and College, Opp. C-scheme, Jaipur.

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