OMICS Group
Accelerating Scientific Discovery
3rd International Conference on
Clinical & Experimental Dermatology
April 15-17, 2013, Hilton Chicago/Northbrook, USA

Psoriasis management, the ayurveda perspective

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Abstract

Psoriasis is universal in occurrence which affects about 125 million people worldwide. Psoriasis occurs when the immune system mistakes the skin cells as a pathogen, and sends out faulty signals that speed up the growth cycle of skin cells. This ayurvedic combined modality of the treatment has improved local control in many clinical situations & its most profound impact has definitely been on improving the quality of life. It is hoped that a better understanding of the clinical use of poly herbal formulation will provide a sound scientific basis for the improved care of patients with psoriasis, a study was has been done on poly herbal formulation which was a combination of few herbal drugs. It was thought to known that this formulation has better effect as compared to existing synthetic drugs. Despite recent innovations a considerable number of patients with psoriasis cannot be successfully treated by current therapies, the avail synthetic drugs have tons of drawbacks or side effects, poly herbal formulation devoid of any adverse effects. Which was the most advantageous to all the patients, this study had assess the safety and efficacy of a poly herbal formulation compared to placebo and existing drug in patients that have moderate to severe, chronic psoriasis. Ayurveda life style, diet and stress management with its detoxification treatment (panchakarma) had proved to be an innovative and promising future for the management of psoriasis.

Biography

Gaurang Joshi, is a B.A.M.S. Gold Medalist, Gujarat Ayurved University, M.D. (Alternative Medicine), International Ayurveda Consultant, Expert Ayurveda Skin Specialist,Director-Atharva Multispeciality Ayurveda Hospital,Panchakarma And Skin Care Hospital, Rajkot, President-International Psoriasis Foundation,Organizing Secretary-International Conference on Ayurved and CAM, Rajayucon 2013. He has published more than 12 papers in national and international conferences on Dermatology and Oncology research; he was invited by University of Indonesia, Department of Pharmaceuticals Sciences as a Guest Speaker in International Symposium September 2011.