


## Psoriasis

- ❖ *Alternative names*
  - *Plaque psoriasis*
- ❖ *Definition*
  - *Psoriasis is a common skin inflammation characterised by frequent episodes of redness, itching, and thick, dry,*

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## Incidence

- ❖ *Psoriasis is a very common condition. It can appear suddenly. The disorder may affect people of any age*

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## Causes & Risk factors

- ❖ *Psoriasis seems to be an inherited disorder, probably related to an inflammatory response in which the immune system accidentally targets the body's own cells.*
- ❖ *Psoriasis may be aggravated by injury or irritation. It may be severe in immuno-suppressed people or those who have other autoimmune disorders*
- ❖ *Medications, viral or bacterial infections, excessive alcohol consumption, lack of sunlight, sunburn, stress, and frequent friction on the skin are also associated with psoriasis flare-ups.*

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## Symptoms

- ❖ *Skin patches*
  - *Dry or red*
  - *Usually covered with silvery scales*
  - *Raised patches of skin*
  - *Accompanied by red borders*
  - *May crack and become painful*
  - *Usually discrete, demarcated patches*
  - *Usually located on the elbows, knees, trunk, scalp, hands or nails*
  - *Joint pain*

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## Signs and tests

- ❖ *The diagnosis is usually based on the appearance of the skin.*
- ❖ *A skin biopsy, or scraping and culture of skin patches, may be needed to rule out other disorders.*
- ❖ *An x-ray may be used to check for psoriatic arthritis if joint pain is present and persistent.*

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## Western Treatment

- ❖ *Treatment is focused on control of the symptoms and prevention of secondary infections. It varies with the extent and severity of the disorder. Severe or resistant cases may require intensive treatment.*
- ❖ *Medical Treatment includes analgesics, sedation, intravenous fluids, and antibiotics.*
- ❖ *Sever cases may require hospitalisation*

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## Prognosis (Expectations)

- ❖ *Psoriasis is a chronic, lifelong condition that requires constant treatment.*
- ❖ *Complications*
  - *that result from the treatment itself*
  - *Secondary skin infections which spread to internal organs*

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## Psoriasis and TCM

- ❖ *Similar descriptions of psoriasis can be found in some traditional Chinese medicine classics, which term the disease “white sore” (bai bi), “loose skin tinea” (song pi xuan) and “dry tinea” (gang xuan).*
- ❖ *The course of psoriasis is inconsistent. It follows an irregular chronic course marked by remissions and exacerbations of unpredictable onset and duration. Two of the chief features of psoriasis are its tendency to recur and persist.*

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## Aetiology

- *due to invasion of pathogenic Wind which incubates in the yin and blood, or accumulation and stagnation of Qi and blood caused by emotional upset. These transform into heat*
- *impairment of the Liver and Kidneys*
- *disharmony between the Penetrating (Chong) and Conception (Ren)*
- *between the yin and the blood or between the yin and yang in the Zang Fu*

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## Fire rising at the Qi and Blood levels combined with Wind

- ❖ *Main clinical manifestations*
  - *Erythema and scales appear continuously, expanding and spreading. The lesions are flushed. The scales are easily shed. Generalised symptoms may include: aversion to heat, restlessness, thirst, a bitter taste in the mouth, sore throat, slight fever.*
  - *Tongue:*
  - *Pulse:*

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## Fire rising at the Qi and Blood levels combined with Wind

- ❖ *Treatment principle:*
  - *Cool the Blood and Expel Wind*
- ❖ *Prescription of Points:*
  - *DU-14, UB-13, LI-04, LI-11, Sp-10, Sp-06, GB-20,*

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## Blood-Heat and Blood-Stasis

- ❖ *Main clinical manifestations*
  - *The skin lesions are less severe and the swelling is not as pronounced. The course of the disease is slow. Psoriasis lesions of this type are usually purple red macules that are moist and covered by a thick layer of tightly adhering scales.*
  - *Tongue:*
  - *Pulse:*

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## Blood-Heat and Blood-Stasis

- ❖ *Treatment principle:*
  - *Remove pathogenic heat from the blood, regulate the circulation of Qi*
- ❖ *Prescription of Points:*
  - *DU-14, UB-13, LI-04, LI-11, Sp-10, Sp-06, Ren-06,*

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## Fire Heat and Blood Stasis

- ❖ *Clinical manifestations*
  - *The lesions are hyperpigmented and covered by dark, and adherent scales. Long-standing lesions may overlap, causing the skin to take on a map-like appearance. In some cases, the joints do not function properly.*
- *Tongue:*
- *Pulse:*

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## Fire Heat and Blood Stasis

- ❖ *Treatment principle:*
  - *Clear heat and promote diuresis, remove blood stasis and resolve toxins*
- ❖ *Prescription of Points:*
  - *DU-14, UB-13, LI-04, LI-11, Sp-10, Sp-06, Li-07,*

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## External Treatment

- ❖ *Oil of Cade and Juniper Tar*
- ❖ *Mix into Aqueous cream*
- ❖ *Rub on smoothly and evenly*

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