

Psoriasis overcome with natural ingredients

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According to Wikipedia, psoriasis is caused by benign differentiation of epidermal cells. So far, there has not been a clear confirmation of the cause.



5 causes of disease

Genetics : About 30% of patients have family factors (father, mother, siblings or direct relatives); 70% of twins are infected. Studies show that HLA6, B13, B17, DR7 antigens involve psoriasis of skin and joints.

Bacterial infections : psoriasis in children, psoriasis may be divided into streptococcus lesions and antibiotic treatment, the disease is relieved.

Stress : Making the disease recur or suddenly getting worse.

Medications : Psoriasis appears after using some drugs: prolonged beta blockers, lithium, especially after using corticosteroids.

Existing Kobner : lesions that rise after mechanical stimuli (scratching, rubbing) or physiological stimuli (seasonal severe illness).

The main manifestation of psoriasis

1. **Skin psoriasis** : On the skin, there are clear red patches on the skin, with thick white scales above. When touching the diseased skin area, it is dry and hard. It is more difficult to determine if the lesions are only in the head due to the hair being obscured, so be aware: if you see that at the beginning, you see dandruff much and thicker than before.
2. **Nail psoriasis** : Thick nails or many small holes on the nail surface.
3. **Psoriasis in joints** : The joints are deformed, patients are difficult to move.
4. **Pustular psoriasis** : Dry and shallow pustules on the skin.
5. **Psoriasis may be red body skin.**

The disease in the dry season grows stronger, causing pain to the patient when the infected skin is touched or there is bleeding in the cracked skin. (sometimes mistaken for chapped skin, it is also common in the dry season).

The natural ingredients you can use to reduce symptoms from psoriasis

Tea tree oil



Photo source: Zeenews.

The essential oils from native tea plants derived from Australia are capable of acting as an **anti-inflammatory** agent caused by psoriasis. In addition, it is a powerful antifungal agent on athlete's foot, nail fungus, acne .

Olive oil



Photo source: Zeenews.

Olive oil is a natural remedy that strongly repels psoriasis, which reduces the symptoms of itching and redness through extreme skin moisturization. In addition, the ozone essence in the oil also helps create enzymes that regulate growth and heal skin.

Essence from pine bark



Photo source: Internet.

Using Pine essence extract of pine bark is one of the best ways of preventing the spread of psoriasis development. It also helps blood circulation, cleanses arterial plaque, prevents oxidation, aging and prevents acne.

Oatmeal



Photo source: Internet.

Oatmeal porridge is both a dish and a medicine to soothe and prevent psoriasis from spreading.

Cidar apple cider vinegar



Photo source: Internet.

Cidar apple cider vinegar is one of the traditional methods to treat psoriasis. It helps to relieve itching symptoms and also prevents psoriasis from spreading. You can do this by mixing warm water with cidar apple cider vinegar in a ratio of 2: 1 and then applying it to areas with psoriasis. Avoid applying the mixture on scratched, bleeding skin.

Huynh Dung (According to Zeenews)

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