

**THE CORRECT AND EFFECTIVE WAY TO TREAT PSORIASIS**

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**ANNOTATION**

This article describes in detail the correct and effective treatment of non-infectious chronic psoriasis, the etiology of which is still unknown, despite in-depth medical research. Is psoriasis contagious through this article? Is there a cure for psoriasis? You can find answers to the following questions:

**Keywords:** Etiological, non-infectious, chronic, systemic, local, instrumental, mineral, vitamins, antibodies, lecithin

**INTRODUCTION**

Psoriasis is a multifactorial skin disease that has a widespread, chronic, relapsing course, occurring in different regions, of different ages and genders. The etiology is still unknown. Scientists have found that hereditary factors are of great importance. In 40% of cases, a family history of the disease was revealed. There are various treatments for psoriasis. Treatment of psoriasis according to the following method gives good results.

- Topical treatment
- Systemic treatment
- Instrumental
- Eat right. A sufficient amount of vitamins and mineral salts in the daily diet

Topical treatment is used for all types of psoriasis. Local treatment includes:

- Moisturizing, softening creams and ointments: salicylic ointment, ichthyol
- Local glucocorticoids: sinaflan, prednisolone, beloderm, triderm
- Herbal remedies: psoriatic, frontal, colchicine ointment
- Ointment cytostatics: fluorouracil, methotrexate.

Systemic treatment is used in severe disease or when local treatment is ineffective.

- Monoclonal antibodies (infliximab)
- Cytostatics (methotrexate, fluorouracil)
- Glucocorticoids (dexamethasone)
- Antistamines (erius, zoodak)

- Hepatoprotectors (axon, corset)
- Enterosorbents (enterosgel, atoxil)

Instrumental treatment is prescribed individually.

- Irradiation of the inflamed surface with ultraviolet light
- Laser therapy
- Photochemical therapy
- Selective phototherapy
- Methods of extracorporeal blood purification (plasmaphoresis, hemodialysis)

Vitamins and minerals in the diet.

With psoriasis, it is advisable to include fish oil in the complex treatment. Omega-3 in fish oil is one of the best antioxidants that regenerate the skin and balance the immune system.

Lecithin for psoriasis. Inflammation leads to a large amount of epithelial cell death. When taken orally, lecithin-based preparations stop the inflammatory process and help the skin recover faster.

Vitamin D and calcium are our most important minerals for successful psoriasis management in psoriasis patients. Calcium and vitamin D stabilize the cell membrane and reduce the release of inflammatory mediators into the blood.

In recent years, silicon (Si) deficiency has been considered one of the main causes of psoriasis. Silicon is absorbed in the intestines and moves to damaged skin. Enhances skin regeneration and acts as a sorbent. The antigen absorbs the complexes and is excreted with the spent mass. Patients with psoriasis should definitely pay close attention to their diet. Margaret Wesdock, a nutritionist registered with Johns Hopkins Medicine, has compiled a list of foods that can and cannot be used for psoriasis.

- Symptoms of psoriasis may worsen
  - Alcohol
  - Dairy
  - Foods containing processed carbohydrates
  - Foods with saturated fats and trans fats
  - Foods high in sugar
- Can be used for psoriasis
  - Fish, lean vegetable proteins
  - Fruits and vegetables
  - Olive oil from fatty foods
  - Foods rich in vitamins

The main goal of the treatment of psoriasis is to stop the rapid growth of skin cells in psoriasis by local, systemic, instrumental treatment of the disease, the use of vitamins and minerals necessary for the disease. Complex treatment leads to the abolition of psoriasis. Treatment tactics depend on how the disease develops. It is important to consult a dermatologist before finding the right approach for a patient.

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