



Niramay[®]
āyurvedic hospital
Re-Search for AYURVEDA

Managing **Psoriasis** Effectively

Niramay Ayurvedic Approach

UNDERSTANDING PSORIASIS: More Than Just a Skin Condition

Psoriasis is a chronic inflammatory skin condition that affects millions of people worldwide. It is characterized by the rapid buildup of skin cells, which leads to thick, red, scaly patches on the skin that may cause itching, irritation, or discomfort.

Modern medicine defines psoriasis as an autoimmune condition in which the immune system mistakenly attacks healthy skin cells, causing excessive skin cell production and inflammation.

Ayurveda looks beyond the surface of the skin. According to Ayurvedic principles, psoriasis reflects internal imbalance involving digestion, immunity, and toxins in the body.

When these imbalances persist, they may manifest through the skin in the form of chronic conditions like psoriasis.

Types of Psoriasis



Plaque Psoriasis

The most common form, characterized by raised red patches covered with silvery scales.



Guttate Psoriasis

Small, drop-shaped lesions that often appear after infections.



Inverse Psoriasis

Occurs in skin folds such as the armpits, groin, or under the breasts.



Pustular Psoriasis

A less common type that produces white pustules surrounded by red skin.



Erythrodermic Psoriasis

A rare but severe form involving widespread redness and scaling.

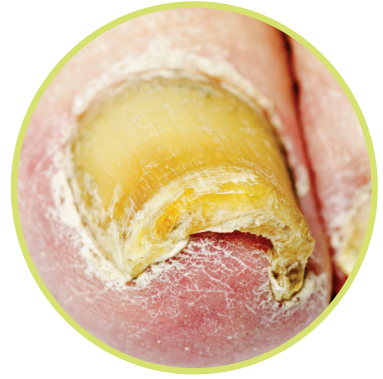
Common Warning Signs & Symptoms



Red patches of skin covered with silvery scales



Dry, cracked skin that may bleed



Thickened or ridged nails



Persistent itching or burning sensation



Joint pain or stiffness in some patients (psoriatic arthritis)

Why Psoriasis Should Not Be Ignored

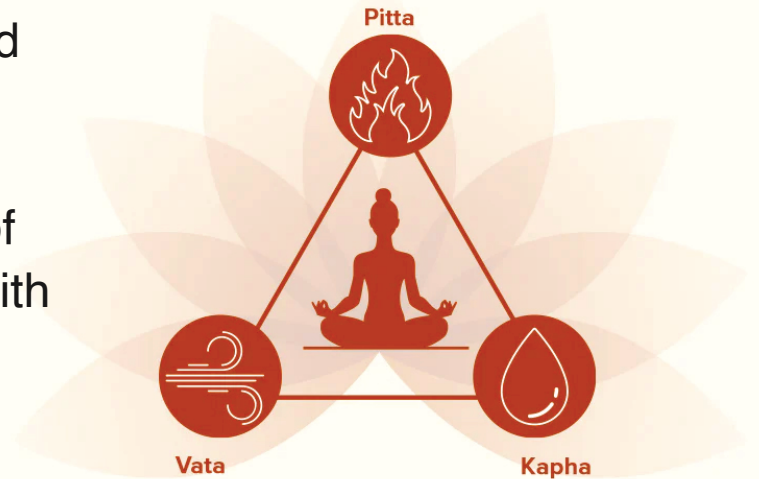
Although psoriasis primarily affects the skin, it may also be associated with other health concerns such as:

- **Psoriatic arthritis**
- **Metabolic disorders**
- **Increased cardiovascular risk**
- **Emotional stress and reduced quality of life**



The Ayurvedic Understanding of Psoriasis (Kitibha / Ekakushtha)

In Ayurveda, psoriasis is described under skin disorders such as Kitibha Kushtha or Ekakushtha, conditions caused by imbalance of **Vata and Kapha doshas** along with involvement of **Pitta**.



Ayurvedic Causes

Weak digestion & toxin accumulation (Ama)

Excess consumption of incompatible foods

Heavy, oily, or processed foods

Stress and disturbed lifestyle patterns

Poor gut health & metabolic imbalance

Ayurvedic View

When digestion weakens and toxins accumulate in the body, they circulate through the bloodstream and affect the skin tissues. This results in inflammation, dryness, scaling, and discoloration.

Therefore, **treatment focuses on detoxification, strengthening digestion, balancing doshas, and supporting skin health.**

The Niramay Ayurvedic Supportive Care Approach

At Niramay Ayurvedic Hospital, psoriasis management focuses on addressing the root imbalance rather than only treating skin symptoms.

The approach involves improving digestion, eliminating toxins, balancing doshas, and supporting skin regeneration.

Proprietary Ayurvedic Medicines



**AYURSUN-DAA-
HERBAL-SYRUP-
200ML-A**



**AYURSUN-DAA-
HERBAL-TABLET-
60-B**



**AYURSUN-DAA-
HERBAL-TABLET-
150-C**



**AYURSUN-
SALIN OIL-100ML-
SKIN DISEASE-B**



**AYURSUN-SALIN-
SYRUP-200ML-
SKIN DISEASE-B**



**AYURSUN-
SALIN-TABLET-
150-A**



**AYURSUN-SALIN-
HERBAL-OIL-
100ML-A**



**AYURSUN-SALIN-
HERBAL-TABLET-
60-A**



**AYURSUN
NIMBAMRUTABDADI
KASHAY**



**AYURSUN
KHADIRADI
KASHAY**



**PRATIK-
ALLERSUN-TABLET-
150-A**



**PRATIK-
DERMOSUN-
CAPSULE-100-A**

Our Healing Process

1. Nadi Pariksha (Pulse Diagnosis)

A detailed Ayurvedic assessment is conducted to evaluate:

- **Dosha imbalance**
- **Digestive strength (Agni)**
- **Toxin accumulation (Ama)**
- **Skin tissue health**

This evaluation helps create a personalized treatment plan.

2. Personalized Ayurvedic Medicines

Herbal formulations are prescribed to:

- **Improve digestion and metabolism**
- **Reduce toxin accumulation**
- **Support skin healing**
- **Improve immune balance**
- **Reduce inflammation and itching**

Medicines are customized based on the patient's constitution and severity of the condition.

3. Panchakarma Therapies for Psoriasis



Basti (Medicated enema)

(Strengthens digestion & metabolism)



Shirodhara

(Stress reduction & hormonal balance)



Snehana - Swedana

(oil massage - medicated steam)

Helps loosen toxins, Opens skin channels
and prepares body for detox



Vamana

(Therapeutic Emesis)

-Indicated when Kapha dominance is present.
- Eliminates toxins from upper GI tract



Virechana

(Purgation Therapy)

-Removes excess Pitta + toxins
-Improves skin inflammation, redness, burning



Raktamokshana

(Bloodletting)

purifies vitiated blood and
Very effective in chronic skin diseases

4. Ayurvedic Diet for Skin Health



What to Eat



Grains:

Barley, wheat, green gram, millets
(bajra, jowar, ragi)



Vegetables:

Bitter gourd (karela), ridge gourd (turai),
lauki, methi, spinach



Fruits:

Amla, guava, papaya,
pomegranate, jamun



Spices:

Turmeric, fenugreek, cumin,
cinnamon, black pepper



Proteins:

Moong dal, sprouts, paneer
(in moderation)



Fats:

Cow's ghee (small amounts),
mustard oil, sesame oil



Avoid These

- White rice, maida, bread
- Potatoes, sweet potato, yam
- Alcohol & smoking
- Sugar, sweets, bakery foods
- Cold drinks, packaged juices
- Excess dairy, curd, fried foods

Lifestyle Practices for Better Skin Health

- 🌿 Maintain regular sleep patterns
- 🌿 Manage stress through meditation & breathing exercises
- 🌿 Practice yoga or light physical activity
- 🌿 Avoid smoking and alcohol
- 🌿 Follow a consistent daily routine

Supportive Home Care Measures

- 🌿 Application of medicated oils recommended by the physician
- 🌿 Consumption of amla for skin health and immunity
- 🌿 Use of herbal decoctions to support digestion

Why Choose Niramay Ayurvedic Hospital?

- ★ Holistic patient-centered care
- ★ Individualized Ayurvedic treatment plans
- ★ Expertise in chronic skin conditions
- ★ Integration of classical Ayurvedic principles with modern diagnostics
- ★ Focus on long-term skin health and wellness



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