

PSORIASIS-AYURVEDIC MANAGEMENT

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Abstract

Psoriasis is one of the most common dermatological disorder and chronic skin disease in present days. The prevalence of the case is widely increasing due to stress improper diet habits, life style changes etc. Ayurveda includes all skin disease under kustu vyadhi prakarana. Ayurveda Acharyas has described that all kusta have tridosha involvement but the type of kusta depends on predominance of particular dosha. The causative factors, dietary restrictions, purificatory method or detoxification of the predominant dosha is very important in management of psoriasis where Ayurveda treatments are very successful.

Biography

Smitha B Nambiar, ministry of health licensed independent practitioner in UAE, since 14 years. She is the founder and medical director of Al ibtesamah Herbal Treatment Centre, Sharjah, UAE. She is one of the pioneer ayurveda doctors in UAE, successfully ensure ayurveda treatment to the wide number of nationalities in UAE. Also people from other GCC countries visit her in UAE for treatments. She completed the ayurveda study from Kerala, India, was first rank holder and gold medalist for the BAMS batch and topper of all universities of Kerala for the year.

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