

Psoriasis - An Incurable Skin Disorder

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Review Article

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ABSTRACT

Psoriasis is a chronic, irritable, and non-contagious skin disorder. It is an autoimmune disease of scaling and inflammation. In this disorder, there are red patches found on the knee, feet, arm, scalp, and palm. In some patient's nails, might also be infected in this case it is difficult to treat. It is caused by skin cells that proliferate rapidly because of faulty signals by the immune system due to which psoriasis lesions are formed.

INTRODUCTION

Psoriasis is caused because of immune system and genetics, especially because of a white blood cell i.e T cell that protects our body from infection [1-10]. These cells move from the dermis to the epidermis and secrete chemical signals which stimulates keratinocytes that proliferates. This is most common between the people of age group 15 and 35. Symptoms of psoriasis include thickening of skin, redness, and scaling [11-20]. Psoriatic arthritis, Diabetes, heart disease and depression are serious health conditions related to psoriasis. Factors responsible for psoriasis includes, bacterial infection, smoking, stress, family history of the disease, climatic changes, obesity, and use of certain drugs. [21-30]

TYPES

There are different types of psoriasis that includes:

- Psoriasis vulgaris commonly known as plaque psoriasis is the most common type. Plaques of red skin with silver scales are observed. These plaques can be itchy and painful and they might crack and bleed [31-40].
- Guttate psoriasis usually starts in young adulthood, they are in the form of small, drop-like spots, and it is the second most common type. The respiratory infection triggers it [41-50].
- Inverse psoriasis occurs mostly in the folds like under the arms, navel, knee, groin, breasts.
- Pustular psoriasis in this patches are formed that are small pus-filled yellowish blisters on the hands and on the feet's [51-60].

SYMPTOMS

In most people, there might be cycles of symptoms where for few days the condition may be worse and after few days the symptoms may become unnoticeable. Symptoms may vary from person to person but may include the following:

1. Scalp problem where patches of scales may be formed on the scalp.

2. Inflamed skin with red patches that is covered by silvery scales which might be itchy and painful. Sometimes it can even crack and starts bleeding.
3. Fingernails and toenails problem may also be developed in which small pits are formed on the top of the nails or the color of the nails gets changed to yellowish-brown.

TREATMENT

In the treatment of psoriasis primary goal is to stop the proliferation of the cells. It is not curable but with certain treatments there can be significant relief [51-60]. There are many ways in which the disease can be relieved like exposing your skin to sunlight in appropriate amount of sunlight, using prescribed creams or ointments for your skin [61-70].

The treatment is based on the severity of the disease that how mild, moderate, or severe is the disease, which depends on the part of the body, affected with the disease, and the severity depends on how much part of the body is infected by the disease [71-80]. If the infection is mild it can just be treated with soap, creams, and spray, for moderate infection such topical products might not be affected therefore ultraviolet light treatments might be required [81-90].

These topical medications include topical retinoids, corticosteroids, salicylic acid, moisturizers, vitamin D analogues or anthralin [91-100]. The psoriasis drugs are known as biologics; they are proteins which are produced by the living cells.

CONCLUSION

Around 2 percent of the US population has been diagnosed with Psoriasis. It mostly tends to occur in families with a skip in generation, however there might be a possibility where there was no case of psoriasis in the family history. It has been seen that in the last few years cases of psoriasis have been more common among the Caucasians.

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