

■ Daily Routine for Psoriasis (Home-Friendly)

■ Morning

- Wake up & Hydration: A glass of warm water with lemon. Flax seeds or chia seeds soaked overnight.
- Sunlight: 10–15 mins early morning sunlight (before 9 AM).
- Breakfast: Vegetable upma / oats with veggies / moong dal cheela. Add turmeric & ginger.

■ Midday

- Bath & Skin Care: Lukewarm bath with oats in water, mild soap, pat dry, apply coconut oil or moisturizer.
- Lunch: Whole wheat roti or brown rice, green sabzi, dal/rajma/chana, salad, curd/buttermilk.

■ Evening

- Tea-time: Green tea/herbal tea with roasted chana/sprouts/walnuts.
- Stress Management: 20 mins yoga + deep breathing/meditation or music.

■ Night

- Dinner: Light & early – dal + sabzi + 1 roti OR vegetable soup + khichdi.
- Bedtime Skin Care: Apply moisturizer/coconut oil on legs & elbows, wrap lightly with cotton cloth.

■ Things to Strictly Avoid

- Red meat, processed foods, fried/junk food.
- Too much sugar (important for pre-diabetes).
- Alcohol, smoking, excess stress.
- Scratching/scabbing lesions.

■ Things that Help Long-Term

- Consistency: daily moisturizing & stress control.
- Weight control improves psoriasis + diabetes risk.
- Regular dermatologist follow-up (consider phototherapy).
- Family support & keeping her engaged/happy.

■ Extra Tip for Leg Pain

- For cracked skin: apply coconut oil + cover with cotton socks.
- If walking painful: elevate legs on a cushion for comfort.