

Psoriasis

Definition:

A chronic autoimmune skin condition that causes rapid skin cell buildup, leading to scales and inflammation.

Symptoms:

- Red, scaly patches on the skin
- Itching and burning sensation
- Cracked and dry skin

Risk Factors:

- Genetic predisposition
- Stress and infections
- Certain medications

Home Remedies:

- Moisturizing with aloe vera
- Sunlight exposure in moderation

Medical Remedies:

- Topical corticosteroids
- Phototherapy (UV light treatment)

Prevention:

- Reduce stress levels
- Avoid triggers like alcohol and smoking

Consult a Doctor if:

- Patches spread excessively

Fun Facts:

- Psoriasis is not contagious.