

Asian Journal of Pharmaceutical Research

Year : 2020, Volume : 10, Issue : 4

First page : (286) Last page : (292)

Print ISSN : 2231-5683. Online ISSN : 2231-5691.

Article DOI : [10.5958/2231-5691.2020.00049.0](https://doi.org/10.5958/2231-5691.2020.00049.0)

Treatment and management for patients with mild to severe psoriasis: A review

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Online published on 27 April, 2021.

Abstract

Psoriasis is one of the major chronic disease which causes inflammation to the skin and also it is found to be an auto-immune disorder which affects 3% of the population globally. It can be characterized by evaluating the sign and symptoms and level of disease severity. The chances to develop other diseases in psoriasis are more common. We are focusing on the basic fundamentals of psoriasis as well as their treatment and management. Psoriasis is diagnosed on the basis of physical examination of the body including patient history, skin biopsy, Psoriasis Area Severity Index and Surface Area measurement of our body. The level of severity from mild, moderate and severe can be identified by these tests. However, the main fact that is important to deal with the patients is the prevalence and current scenario of psoriasis. Epidemiologically there are about 125million peoples affected around the world and 10million cases in India are observed annually. Basically many effective therapies are available to manage the symptoms of psoriasis which include topical, systemic, biological, natural herbs as well as phototherapy and combination therapy. Different routes are available for the application of these drugs and they include, topical, oral, intravenous, intramuscular, subcutaneous etc. All these treatments are applied for nourishing the life of patients and with the help of this treatment protocol we can cure and manage the disease.

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Keywords

Psoriasis, Complications, Diagnosis, Treatment and management.

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