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## Psoriasis: A Comprehensive Review

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### Abstract

Psoriasis is a skin disease that causes itchy or sore patches of thick, red skin with silvery scales. Patches are usually seen on the elbows, knees, scalp, back, face, palms and feet, but they can show up on other parts of the body. Pathophysiology of the disease includes mainly the activation and migration of T cells to the dermis triggering the release of cytokines (tumor necrosis factor-alpha TNF-alpha, in particular) which lead to the inflammation and the rapid production of skin cells. Various types of psoriasis have been reported which can be diagnosed by clinical findings such as skin biopsies etc. Based on the type of psoriasis, its location, extent and severity there are various treatment regimens available for psoriasis such as topical agents, phototherapy, systemic agents, and homeopathic approach which can help to control the symptoms. The paper includes a brief review on types, etiology, diagnosis, treatment of the disease.

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### Keywords

Psoriasis, Plaque psoriasis, Psoriatic arthritis, Phototherapy, Topical steroids.

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