

Effective Natural Ingredients for Psoriasis

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ABSTRACT

Psoriasis is a chronic inflammatory skin condition characterized by red, scaly patches, dryness, and irritation. Regular treatment like steroid cream and immune-suppressing medicine can cause side effects if used for a long time. Because of this, people are becoming more interested in natural and herbal treatment. The present study focuses on natural herbal ingredients with their properties used to prepare herbal cold cream to help relieve the symptoms of psoriasis. The natural ingredients like *Azadirachta indica*, coconut oil, sweet almond oil, castor oil are shown effective in curing the psoriasis. These ingredients are known to reduce inflammation, soothe the skin, and keep it moisturized.

Key Words: *Psoriasis care; natural ingredients; anti-inflammatory; skin hydration.*

I. INTRODUCTION

Psoriasis is an autoimmune disease that affects the skin. It occurs when the immune system mistakes the skin cells as a pathogen, and sends out faulty signals that speed up the growth cycle of skin cells. It is a chronic inflammatory and proliferative skin disorder involving the interplay of both environmental and genetic factors.

For individuals suffering from psoriasis, a chronic inflammation skin condition characterized by dry, scaly, and irritated patches-natural ingredients can offer much-needed relief. The growing preference for natural skincare solutions has led to increased interest in herbal natural ingredients, which utilize plant-based ingredients to deliver soothing, anti-inflammatory, and healing benefits without the potential side effect of synthetic chemicals. Herbal cold cream for psoriasis is formulated with these natural oils, butters, and botanical extracts such as neem, almond oil, coconut oil, castor oil. Vitamin E capsule, works by restoring the skin barrier, lock in moisture, and promote healing, making them particularly suitable for sensitive, irritated, or compromised skin. Natural herbal ingredients are known for the ability to reduce

inflammation, relieve itching, and support skin regeneration..

THE ANATOMY OF SKIN

The skin, the body's largest organ, is composed of three main layers.

Epidermis: The outermost layer made up stratified squamous epithelium. It provides a waterproof barrier and creates our skin tone.

Dermis: Located beneath the epidermis, this layer contains tough connective tissue, hair follicles, sweat gland, blood vessels, and sensory nerves.

Hypodermis: The deepest layer, composed mainly of fat and connective tissue, helps insulate the body and cushion internal organs.

TYPES OF PSORIASIS

1) **Plaque Psoriasis:** The most common type of psoriasis, plaque psoriasis causes dry, itchy raised skin patches covered with scales. There may be few or many. They usually appear on the elbows, knees, lower back and scalp. The patches vary in color, depending on skin color. The affected skin might heal with temporary changes in color, particularly on brown or black skin.

2) **Nail Psoriasis:** Psoriasis can affect fingernails and toenails, causing pitting, abnormal nail growth and discoloration. Psoriatic nails might loosen and separate from the nail bed. Severe disease may cause the nail to crumble.

3) **Guttate Psoriasis:** Guttate psoriasis primarily affect young adults and children. It's usually triggered by a bacterial infection such as strep throat. It's marked by small, drop-shaped, scaling spots on the trunk, arms or legs.

4) **Inverse Psoriasis:** Inverse psoriasis mainly affects the skin folds of the groin, buttock and breasts. It causes smooth patches of inflamed skin that worsen with friction and sweating fungal infection may trigger that type of psoriasis.

5) **Pustular Psoriasis:** Pustular psoriasis, a rare type, cause clearly defined pus-filled blisters. It can occur in widespread patches or on small areas of the palms or soles.

COMPLICATION:

If you have psoriasis, you're at greater risk of developing other condition, including:

- Psoriatic arthritis, which causes pain, stiffness, and swelling in and around the joints.
- Temporary skin color changes (post-inflammatory hypopigmentation or hyperpigmentation) where plaques have healed.
- Obesity.
- Type 2 diabetes.
- High blood pressure.
- Cardiovascular disease.

II. LITERATURE REVIEW

1) Ravindra Ganapati Gaikwad et.al (2022):

Psoriasis is an inflammatory skin condition characterised by scaling with inflammation (pain, edema, warmth, and redness) that results in regions of thick, red skin covered in silvery scalp. These spots can be itchy or painful. Systemic treatment, topical therapy, and phototherapy are all now used to treat psoriasis. These treatments have a variety of negative and perhaps fatal side effects. Patients with psoriasis are more likely to acquire other condition such as psoriasis arthritis, anxiety and depression, cancer, metabolic syndrome, cardiovascular disease, and Crohn's disease. The majority of people use herbal medicine because it is readily available, inexpensive, and effective.

2) Kamlesh Kumar Singh et.al (2014):

Psoriasis is an immune medication inflammatory disease, which is having no permanent cure. Though, there are several treatment methods to treat psoriasis, no particular medication claims a satisfactory and complete remedy. A wide range of synthetic therapeutic agents have also been reported to cause psoriasis as their adverse effect. Herbal drugs by virtual of their safe nature and easy availability may lend themselves as potential anti-psoriatic moieties.

3) Anna Herman et.al (2016):

Psoriasis is a chronic inflammatory skin disease characterized histologically by hyperproliferation and aberrant differentiation of epidermal keratinocytes. A wide range of conventional medication through to treat psoriasis is established,

from topical therapies and systemic medications through to phototherapy or combinations of those. However, most of these therapies have a limited efficacy and may cause a number of side effects, including cutaneous atrophy, organ toxicity, carcinogenicity, and broadband immunosuppression, which are restricting their long-term use. Therefore, it would be desired to use herbal product as an alternative treatment for psoriasis that causes fewer side effects.

4) Sakshi Kaneria et.al (2024):

Psoriasis is an immune-medication disease with an unclear cause marked by inflammation in various parts of the skin. It is mainly characterized by activation of T-cell (T-lymphocyte), abnormal increase in keratinocyte, local vascular changes and stimulation of the neutrophil. There are a lot of therapies used to treat psoriasis including topical, systemic and phototherapy but none of them is able to cure the disease completely, inhibiting the long-term serious side effects for human body. In comparison to these, herbal therapies play an important role for the treatment of psoriasis. This review report summarizes the recent developments showing potential of herbal therapy for treatment of psoriasis along with future prospect in the field of traditional treatment of psoriasis.

5) Omali Y. Elkhawaga et.al (2023):

Psoriasis represents an immune-mediated disease with an unclear cause that's marked by inflammation triggered by dysfunction in the immune system, which results in inflammation in various part of the skin. There could be obvious symptoms, such as elevated plaque; these plaques may appear differently depending on the type of skin. This disease can cause inflammation in the elbow, lower back, scalp, knees, or other region of the body. It can begin at any age, although it most commonly affects individuals between the ages of 50 and 60. Specific cell (such as T-Cell) have been observed to play an obvious role in the pathogenesis of psoriasis, in addition to specific immunological molecules such as TNF-, IL-12, IL-23, IL-17, and other molecules that can aid in the pathogenesis of psoriasis.

6) André Rolim Baby et.al (2022):

For instance, most studies explained the antimicrobial properties in health conditions, such as acne, dandruff and personal health care. Here, we summarized not only the most common cosmetic claims to treat acne but also mitigating other skin disorders related to inflammatory and oxidant processes in recent in vivo studies and patents to aid

researchers and industrialists to select *A. indica* derivatives as novel cosmetic ingredients.

INGREDIENTS

Sr no.	INGREDIENTS	PROPERTIES
1.	Shea Butter	Promote skin cell
2.	Coconut Oil	Texture and effectiveness
3.	Sweet Almond Oil	Nourishing
4.	Castor Oil	To reduce redness and inflammation
5.	Neem Oil	To reduce itchiness and pain
6.	Vitamin E Capsule	Antioxidant
7.	Lavender Essential Oil	To promote skin cell
8.	Rose Oil	Soothing

1)Shea Butter:

Psoriasis is a chronic autoimmune skin disorder characterized by accelerated skin cell turnover, which lead to thick, scaly plaque, redness, and intense itching. While prescription therapies play a critical role, many people look to gentle, natural emollients to support their skin between flares. shea butter can be a beneficial addition to a psoriasis treatment plan, particularly for managing dry skin and reducing inflammation. Shea butter it is moisturizing and soothing properties can help alleviates symptoms and prevent complication like skin damage.

2) Coconut Oil:

Coconut oil is commonly used as an herbal remedy for psoriasis due to its moisturizing, anti-inflammatory, and antimicrobial properties. While it won't cure psoriasis, it can help manage symptoms like dryness, itching, scaling, and inflammation when used as part of broader skincare routine.

3) Sweet Almond Oil:

Psoriasis often causes dry, scaly skin. Almond oil is rich in fatty acid which help hydrate and soften the skin, reducing flaking and itching. The oil has, mild anti-inflammatory effect that may help soothe irritated or inflamed skin associated with psoriasis. Almond oil can strengthen the skin's natural barrier, which is often compromised in psoriasis in, helping reduce sensitivity and further irritation.

4)Castor Oil:

Castor oil acts as a humectant, attracting moisture into the skin and sealing it in. its thick texture provides long-lasting hydration, making it ideal for dry patches, cracked skin or eczema-prone areas. Its high ricinoleic acid content, castor oil may help

reduce inflammation and redness, making it soothing for conditions like psoriasis.

5) Neem Oil:

Neem oil, derived from the seed of the *Azadirachta indica* tree (commonly known as the neem tree), has been used in herbal medicine for centuries. Its diverse rang of biological activities, anti-inflammatory, antimicrobial, antioxidant, and regenerative makes it particularly well-suited for inclusion in topical preparations like herbal cold cream for psoriasis care.

6) Vitamin E Capsule:

Vitamin E is a powerful antioxidant that may help reduce oxidative stress, which is linked to inflammation in psoriasis.

7) Lavender Essential Oil:

Lavender oil has anti-inflammatory properties that can help reduce redness and swelling. It may help prevent secondary skin infections caused by scratching. Its also used for fragrance.

8) Rose Oil:

Rose oil, particularly rose essential oil (extracted from rose petals), may provide gentle supportive care for psoriasis due to its anti-inflammatory, antioxidant, and skin-soothing properties. It's not a standalone treatment and should be used as part of a broader skincare plan.

9) Rosemary Essential Oil:

Rosemary essential oil can offer some benefits for psoriasis when used properly, but it must be used with caution. It's more known for stimulating circulation and hair growth (especially in scalp

psoriasis), but it also has anti-inflammatory and antimicrobial properties.

III. CONCLUSION

Natural remedies are more acceptable in the belief that they are safer with fewer side effects than the synthetic ones. So the herbal formulations with natural ingredients have growing demand in the world market. Natural ingredients like Azadiracta indica, coconut oil, sweet almond oil, castor oil are effective remedies in formulation of herbal cream for psoriasis. These natural ingredients in herbal cream can help alleviate symptoms such as dryness, scaling, and irritation without the harsh side effects often associated with synthetic treatment. As interest in natural skincare solutions continues to rise, herbal creams with these natural ingredients hold significant potential in the supportive care of psoriasis.

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