

Causes, Symptoms and Treatments of Psoriasis

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DESCRIPTION

Psoriasis is a chronic autoimmune skin disorder that affects millions of people worldwide. Characterized by red, itchy, and scaly patches on the skin, psoriasis not only causes physical discomfort but also takes a toll on an individual's emotional well-being. In this article, we will delve into the intricacies of psoriasis, exploring its causes, symptoms, available treatments, and the ongoing efforts to improve the lives of those affected by this complex condition.

Psoriasis is a multifactorial disease that arises from a combination of genetic, immune, and environmental factors. While the exact cause remains elusive, it is believed to involve an abnormal immune response that triggers the rapid production of skin cells. Unlike normal skin, where cells take weeks to mature and shed, in psoriasis, this process occurs within days, leading to the accumulation of thickened, scaly patches.

Types and symptoms

Psoriasis can manifest in various forms, with the most common being plaque psoriasis. Plaque psoriasis appears as raised, red patches covered with silvery-white scales. These patches typically occur on the scalp, elbows, knees, and lower back. Other types include guttate psoriasis, pustular psoriasis, inverse psoriasis, and erythrodermic psoriasis, each presenting with distinct characteristics and locations on the body.

In addition to the physical symptoms, psoriasis can have a profound impact on an individual's quality of life. The visible nature of the condition often leads to self-consciousness, social stigma, and emotional distress. Many individuals with psoriasis experience feelings of embarrassment, anxiety, and depression, emphasizing the need for holistic care that addresses both the physical and psychological aspects of the condition.

Available treatments

While there is currently no cure for psoriasis, several treatment options are available to manage symptoms and improve the quality of life for those living with the condition. Treatment approaches are tailored to the severity of the disease and the individual's specific needs.

Topical treatments, such as corticosteroids, vitamin D analogs,

and retinoids, are commonly prescribed for mild to moderate psoriasis. These medications help reduce inflammation, control skin cell turnover, and alleviate itching and scaling.

For more severe cases, phototherapy and systemic medications may be recommended. Phototherapy involves exposing the affected skin to Ultraviolet (UV) light, either in controlled medical settings or through carefully monitored home-based devices. Systemic medications, including oral or injectable drugs, target the immune system to modulate the underlying immune response associated with psoriasis.

In recent years, the emergence of biologic drugs has revolutionized the treatment of moderate to severe psoriasis. These medications, administered by injection or intravenous infusion, specifically target molecules and cells involved in the immune response, providing targeted and effective relief.

Advancing research and patient support

Ongoing research efforts aim to deepen our understanding of psoriasis and improve treatment outcomes. Scientists are exploring the genetic and environmental factors that contribute to the development of psoriasis, unraveling intricate immune pathways involved in the disease process. These insights hold the potential for the development of more targeted therapies in the future.

Moreover, patient support groups and advocacy organizations play a crucial role in raising awareness, providing resources, and fostering a supportive community for individuals living with psoriasis. These platforms empower patients, encourage self-care, and advocate for improved access to treatments and comprehensive care.

CONCLUSION

Psoriasis is a complex autoimmune skin disorder that poses significant challenges for individuals affected by it. While there is no cure, a range of treatment options exist to manage symptoms and improve quality of life. Through ongoing research, advancements in treatment modalities, and increased support for patients, we are making strides in unraveling the mysteries of psoriasis and offering hope for a brighter future for those living with this condition.

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