



## Psoriasis is also a Herd function

“**P**soriasis is common, affecting between 1 and 2 per cent of the population in the USA and Europe. It is very persistent, though temporary remissions are common, both with and without treatment.” To these broad generalisations in the Oxford Companion to Medical Studies, Wingate adds some more and a reassuring note: “But no lasting cure has yet been found, and the luckiest patients (apart from those whose Psoriasis vanished of its own accord) are those who can come to terms with it as an idiosyncrasy that is unlikely to endanger them and cannot possibly harm anyone else”. To belong to a human herd is to be gifted, at random, with Psoriasis.

The term is doubly derived from Greek from Psorian meaning to have the itch and Psen meaning to rub (as if with sand). It is by itself, decent, in skipping the human form and by restricting itself to the extensor surfaces of the limbs, elbows, knees, back and scalp. When it manages to occur all over, it is called Psoriasis Universalis. When affecting the flexor surfaces it is called flexural Psoriasis or inverse Psoriasis. When combined with arthritis, it is named Psoriasis arthropathica. Other appellations which make the impotent medical man feel important are psoriasis annularis, annulata, buccalis, circinata, discoidea, figurata, follicularis, guttata, guttate, gyrata, inveterata, lingual, ostracea, palmaris it pustular, pustular, rupioides (like the Indian rupee), and volar. Just as a thorn by any other name pricks as deep, so the diagnosis of Psoriasis embellished by any other label remains as self determining, inscrutable and habitant.

Let us now understand why and how Psoriasis is yet another normal herd function. By being common, universal and affecting steadily to one-two per cent of a population, Psoriasis elevates itself to the status of such common disorders as cancer, Schizophrenia, diabetes,

clubfoot or a coronary, each of which must occur in a herd in a random probabilistic fashion. A **Probabilistic Disorder or order** is characterized by medical man being certain about its incidence at the herd level. Geneticists profess to be knowledgeable about such **NORMAL** phenomena by consigning them to polygenic or multifactoral inheritance which is a genetic way of saying “I really don’t know”. To Homoeopaths who might be worried or agitated over the **NORMAL-CY** of Psoriasis, let peace come to them from the realisation that Psoriasis is a manifestation of a normal cellular activity (See below) and shall be a part of the human phenotype like the human nose or the finger prints.

Leblond and Moorhead in Canada, worked on the proliferative properties of the human cell population to classify them into

- a. Renewing or ceaselessly multiplying
- b. Expanding — Multiplying only on demand, and
- c. Perennial — that never multiply once embryogenesis is over.

Human skin (and mucosa) thrives on being what is, by ceaselessly throwing out cells, at a rate faster than any Cancer cell, a fact that explains the beating the Skin, Mucosa or bone marrow or takes when bone therapy is given against Cancer.

In non-Psoriatic skin or in Psoriatic Skin, that is, in its natural remission, the proliferating cells from the deeper layers of the skin, are allowed to migrate to the superficial layers by the balanced shedding of the superficial layers in such a way that the skin thickness and number of cells per unit volume of epidermis remains constant. “In Psoriatic skin the whole process is accelerated, new cells are formed more quickly than dead cells are being shed, and the living undercoat of the skin becomes too thick..... The primary defect may be in the capillary blood vessels of the skin which are abnormally tortuous and dilated in predisposed people whether or not Psoriasis is developed.” (Wingate, Penguin Medical encyclopedia).

It is a valid generalization that much of normal embryogenesis has been understood or inferred from the abnormalities that make their appearance albeit quite infrequently. The abnormal as it were amplifies



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the normal, that being subtle defies our understanding and appreciation. Psoriasis comes now and again to remind us of the ceaseless dynamism of supercancerously proliferating cell populations that maintain an inner harmony and balance that make for the beauty of the skin of Madhuri Dixit. A beautiful unblemished

skin is a Psoriasis — prone area in which Psoriasis has chosen not to occur, the burden of exhibiting it being taken over by another individual whose skin, in essence, is no less beautiful than that of the acclaimed beauty queen.

## Naturopathy for Psoriasis

**A** man of forty came to me for naturopathic treatment. He had big shiny blood red patches on legs, forearms and near collar bones. Both his feet had severe lesions, hence he would never wear chappals fearing exposure. He had terrible itching with sleeplessness. Earlier he had consumed a lot of corticosteroids with side-effects like hairfall and headaches without encouraging results. His general health was otherwise alright. He was working as an executive in a company and found the disease embarrassing.

### Treatment:

Initially the patient was kept fasting twice a week and only liquid diet of citrus fruits along with honey was given. After ten days he was kept on total fasting for the next seven days. During those days he was given only a glassful of lime juice, water and one teaspoonful of honey once in a day. He was also advised to take

two litres of plain water. During fasting he was given plain warm water enema and neem water enema on alternate days followed by sitz bath and full body pack. He was advised a sun bath early in morning and late evenings for about ten minutes. The skin contains a fatty substance 7-dehydro-cholesterol and ultraviolet light from the sun converts it into vitamin-D which is also helpful as a part of treatment. From the seventh day of fasting the shiny patches on body became dull with change in colour. His itching had reduced considerably with good sleep. After tenth day he was given 50 ml wheat grass juice first thing in the morning for five days and liquid diet of lime juice sapota crush and black raisins in the remaining part of the day. The weight loss was only two kilos during first week and one kilo in the second week. The weight could be recouped in the next fortnight. He was advised to take only vegetarian diet for a minimum period of three months. After which he could switch over to his regular diet without extremes.

During the last five years he visited my clinic only on two occasions when he had some heavy, oily and spicy food which caused mild aggravation. He remains in good state of health and wears his chappals without any embarrassment.



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*I count life as just a stuff to try the soul's strength on.*

*R. B. ...*