

# 4<sup>TH</sup> WORLD CHINESE MEDICINE, YOGA & MENTAL HEALTH CONGRESS

September 17-18, 2018 | San Diego, USA

## **An open clinical trial of psoriasis with Siddha (Herbal) medicine and Yoga Therapy**

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**P**soriasis (Kalanjagapadai) is a chronic skin disease that can have substantial psychological and social impact on a patient's life, similar to the effects of other chronic diseases such as depression, myocardial infarction, hypertension, etc. Psoriasis represents a significant public health challenge, affecting approximately 125 million people globally. In an open clinical trial, 40 psoriasis patients of both genders underwent Siddha treatments, 20 patients in IPD and 20 in OPD. The level and stages of infection varied among the patients that were part of the trial. Out of the 20 IPD patients who took ThippiliyathiChooranam (an herbal formulation of piper longum, Piper nigrum, zingiberofficinale and other ingredients). externally applied ValuzhuvaiThylam (contains celastropaniculatus, Foeniculum vulgare, cyperusrotundus amongst others), 10 patients underwent yoga treatments, in addition to the same internal medicine treatment as other patients. It was found that yoga treatments, along with Siddha medicine, were much more effective in the treatment of psoriasis. Both stress and clinical symptoms were reduced to a much greater extent after yoga therapy. The results were observed by PASI score. Among the 40 cases treated, 57.5% cases had shown Good improvement, 22.5% of cases had shown Moderate Improvement and 20% had shown Poor improvement. Out of the patients who underwent yoga therapy along with the medication, it was found that 85% responded well.

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