

Management of Psoriasis with Naturopathy and Yoga

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Psoriasis is a skin condition that causes red, flaky, crusty patches of skin covered with silvery scales. These patches normally appear on your elbows, knees, scalp and lower back, but can appear anywhere on your body. Most people are only affected with small patches. In some cases, the patches can be itchy or sore. Psoriasis is a long-lasting (chronic) disease that usually involves periods when you have no symptoms or mild symptoms, followed by periods when symptoms are more severe. Statistics and Prevalence

- 125 million people worldwide – 2% to 3% of the total population – have psoriasis, according to the World Psoriasis Day.
- Psoriasis prevalence in African Americans is 1.3%
- Psoriasis is the most prevalent autoimmune disease in the United States.
- Psoriasis affects around 2% of people in the UK.
- Men and women develop psoriasis at equal rates.

Psoriasis occurs when skin cells are replaced more quickly than usual. It's not known exactly why this happens, but research suggests it's caused by a problem with the immune system.

Although there are several different types of psoriasis, all are considered autoimmune disorders, meaning they develop when the body's immune system turns on itself and attacks


healthy tissue in this case, skin in much the same way it would a real threat, such as bacteria or a virus. Researchers don't understand psoriasis completely, but it is believed to be a genetically-driven disorder that can be stimulated or exacerbated by factors such as stress, injury, illness, or weather.

Management: NATURE CURE TREATMENT, Hydrotherapy, Massage therapy, Herbal lap, Diet therapy, fasting therapy, Yoga and Relaxation technique

Speaker Biography

Jitendra Arya is an eminent naturopath with keen interest in Ancient Indian Healing Science spiritual healing, yoga meditation, Ayurveda and herbal medicine. He has done pioneering work in the field of nature cure and is considered an authority on the subject of nature cure. He took charge of the Nature cure Center at Uruli Kanchan, 160 bedded Naturopathy center in India, which was establishment by Mahatma Gandhi in 1946. He has founded various institutes to spread the message of Naturopathy and Yoga, which includes Kayakalp at Dhanani, Rajasthan, Geetai at Wagholi, Institute for Nature cure and yogic Science at Bhosari, Pune and Health Naturally at Durshet, Mumbai. He has been conferred with several awards. These include Awards of Doctorate in Science (Honoris Causa) and Doctorate in science (Medicina Alternative). He is secretary to India Nature Cure Practitioners Association, New Delhi, He was Felicitated y the UNO(United National Literacy) with the international Felicitation for Dr. Herbert Shelton International Award. He runs his own publication house with several number of books on Naturopathy and Yoga.

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