

KITCHEN REMEDIES FOR SKIN AND PSORIASIS

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1. Aloe Vera Gel (India)

Aloe vera has soothing properties that can reduce inflammation and moisturise the skin. Apply fresh aloe vera gel directly to affected areas to alleviate psoriasis symptoms.

2. Turmeric (India)

Known for its anti-inflammatory and antioxidant properties, turmeric can be consumed in warm milk or applied as a paste mixed with water or coconut oil to help reduce psoriasis flare-ups.

3. Apple Cider Vinegar (Most Western Countries)

Dilute apple cider vinegar with water and apply it to the scalp or skin to relieve itching and scaling. Its antibacterial properties help in keeping the affected areas clean.

4. Olive Oil (Mediterranean)

Extra virgin olive oil can be applied directly to psoriasis patches to moisturise and reduce scaling. It can also be added to bathwater for an all-over skin treatment.

5. Coconut Oil (Southeast Asia)

Rich in fatty acids, coconut oil can be applied to the skin to hydrate and soothe psoriasis lesions. It can also be used as a carrier oil for treatments like turmeric paste.

6. Dead Sea Salt (Middle East)

Bathing in water mixed with Dead Sea salts can help reduce the symptoms of psoriasis. The minerals in the salts have anti-inflammatory and healing properties.

7. Oatmeal (USA)

Oatmeal baths can relieve itching and inflammation. Add finely ground oatmeal to bathwater and soak for 15-20 minutes for a soothing effect on the skin.

8. Honey (Global)

Honey has antimicrobial and anti-inflammatory properties. Apply a thin layer of raw honey to the affected areas to help heal and soothe the skin.

9. Cucumber (Global)

Cucumber slices or juice can be applied to the skin to provide cooling relief and hydration. This is particularly useful for reducing itching and irritation.

10. Flaxseed Oil (Global)

Rich in omega-3 fatty acids, flaxseed oil can be consumed or applied topically to reduce inflammation and hydrate the skin. Incorporate it into your diet or use it as a gentle skin moisturiser.

11. Bowel health

Gut and Bowel health plays a crucial role in skin health. When the gut is not flushed regularly, toxins may develop and it may get dumped in the skin where it starts an inflammatory response.

These natural remedies, sourced from kitchens worldwide, can complement conventional treatments and relieve psoriasis symptoms. Always consult with a healthcare provider before starting any new therapy.

