



## Rajendra Sonawane

Psoriatreat Homoeopathic  
Clinics Pvt.Ltd, India

### Biography

Rajendra Sonawane, has been treating exclusively psoriasis patients for 38 years with Homeopathy & has treated 30,000+ patients from all over India and many countries of the world. He has well-kept records and possesses the world's largest photographic data of psoriasis patients, which aids in diagnosis, prognosis & developing effective & advanced treatment strategies for Psoriasis.

## Holistic Management Of Psoriasis Through Diet, Lifestyle, And Skin Care: A Supportive Therapeutic Approach

### Abstract:

**Introduction:** Psoriasis is a chronic, immune-mediated inflammatory disorder affecting 2–3% of the global population, characterized by erythematous, scaly plaques and recurrent relapses. While genetics and immune dysfunction play a central role, evidence indicates that diet, lifestyle, and skin care influence disease severity and relapse frequency.

**Aim:** To evaluate the supportive role of dietary adjustments, lifestyle modifications, and skin care in psoriasis management.

### Objective:

- Assess the impact of dietary patterns on psoriasis severity.
- Evaluate lifestyle changes, including stress management, in disease control.
- Determine benefits of skin care practices in preventing flare-ups.

**Patients and Methods:** A literature-based observational review was performed, synthesizing findings from peer-reviewed studies involving over 1,000 psoriasis patients. Variables studied included dietary changes (anti-inflammatory, plant-based, omega-3-rich diets), lifestyle modifications (weight control, exercise, stress reduction), and skin care practices (moisturizing, gentle cleansing, sun protection).

### Results:

- 50% reported symptom worsening linked to processed sugars, red meats, and dairy.
- Plant-based, antioxidant-rich, and omega-3 diets reduced severity by up to 35%.
- Obesity increased psoriasis risk by 1.5–2 times.
- Stress was a trigger in up to 80% of cases; yoga, meditation, and adequate sleep improved disease stability.
- Moisturizing and gentle cleansing reduced flare frequency and supported skin barrier function.

**Conclusion:** Diet, lifestyle, and skin care, while not curative, significantly enhance treatment outcomes, improve quality of life, and may prolong remission when integrated with medical therapy.