

# Integrative Approaches and Protocols for Managing Psoriasis: Case Studies and Treatment Strategies

Christina Rahm\*, M.S., Ph.D., Ed.D.

Corresponding Author: Christina Rahm, M.S., Ph.D., Ed.D. USA

USA

Received: 📅 2024 Oct 01

Accepted: 📅 2024 Oct 22

Published: 📅 2024 Nov 11

## Abstract

*The word psoriasis came from psora's Greek language and it means literally scaly. It is a term related to the patches of red, bumpy skin plaques that result from this ailment. Psoriasis is a manifestation of autoimmune disorder of the surface areas of the whole body. It is quite prevalent. Whenever the immune system thinks that the own body's parts are harmful, it damages the skin, thus creating redness and scaling. Psoriasis is an ugly, painful, and unpleasant disease for the patient. The condition can range from mild, presenting as small red patches on the skin, to severe involving large areas of skin. This article will review psoriasis causes with reference to selected cases, risk factors, symptoms, diagnosis, and treatment approaches.*

## 1. Introduction

Psoriasis is a peculiar immuno-mediated disease related to skin cell changes interacting with immunity [1]. The features include the cyclical phase of skin cell turnover over which high, reddish, and usually scaling sores are formed at the skin's outer layers. It occurs due to abnormal immune response resulting in increased production of inflammatory signals that induces growth of skin cells at a greater rate. The abnormal immune response is as a result of the genetic predisposition, environmental factors, and the unbalance in immune signaling pathways. This makes psoriasis unique, as all other skin conditions are not inflammatory. This creates a hyperactive state in the immune system that causes secretion of numerous cytokines such as TNF- $\alpha$  and interleukin which leads to chronic inflammation in the sufferers. In addition, this inflammatory environment can lead to some form of psoriatic arthritis. The most common lesions are plaque which are red, scaly rashes, frequently seen in areas such as knees and elbows, scalps, and lower backs. Psoriasis is characterized by itchy and uncomfortable lesions, which negatively affect the lives of individuals suffering from this disease. These are common symptoms associated with visible condition; therefore, it tends to attract stigma because of a psychological nature. It makes people uncomfortable; hence, they feel shy, anxious, uncomfortable, and depressed. A comprehensive understanding of psoriasis as an immune-mediated inflammatory disorder will enable researchers to develop specific treatment options. The following section lays the foundation for an in-depth discussion of the changing perspectives on the management of psoriasis, particularly as pertaining to integrative therapies.

## Comprehensive Literature Review

### Protocols for Integrative Approaches for Psoriasis

Psoriasis is an elusive condition that has proven very difficult for researchers to understand its origins and develop proper methods of treatment. Among promising approaches that can be used in tackling the multi-faceted nature of this illness is integrative medicine comprising multiple therapeutic procedures [1]. The current review presents several protocols and studies focusing on different integrative ways of managing psoriasis like in case of adopting Ayurveda approach, East Asian healing medicine, as well as mixing traditional Chinese and western medicines.

### Ayurveda Treatment and Multimodal Approaches

Psoriasis as a health condition that Ayurveda, an ancient Indian based medical system with holistic approach is paying attention to. The clinical case study presented Ayurveda treatment as effective solution for erasing the symptoms related Psoriasis disease from a 68-year-old woman [2]. This study confirms that a multifaceted approach best suits the complex nature of psoriasis pathophysiology. The success behind psoriasis management involves the holistic framework at the center of Ayurveda. Ayurveda unlike other medicines not only treats the symptoms but also causes the disease. This study is based on a holistic or multimodal strategy with consideration of physical and mental health factors, changes in lifestyle, herbal remedies, and medical treatment. Recognizing that psoriasis is chronic and relapsing and therefore a whole host condition, this holistic approach accounts for all factors that can influence such complications.

This implies that Ayurveda treatment includes making lifestyle adjustments. The ayurvedic tradition focuses on how the mind, the body and the environment are connected, seeing all of these as the sources of disease when it is present and manifests the disease process. As part of treating psoriasis, there are stress management techniques, mindfulness practices, and individualized daily routines that aim at reducing the related body problems and emotional turmoil.

Another vital element in an Ayurveda treatment regimen for psoriasis is herbal remedy. Therefore, as affirmed by, Ayurveda has numerous phototherapeutic preparations which have been proven to be anti-inflammatory, immunomodulation, and skin healing [2]. They are also customized to suit particular requirements of the patients in order to detoxify the bloods, harmonize the three doshas in the body and regeneration of the skin with lesions of the psoriasis. These formulae work because of the synergy of different herbs used that help reduce the symptoms and improve the overall skin health.

In addition, dietary alterations are imperative in Ayurveda treatment of psoriasis. According to, "You are what you eat" principle is very present in Ayurveda as an important source health maintenance [2]. Dietary recommendations for psoriasis are made with particular reference as to person's prakriti and the involved doshas. Such a personalized approach will include ingestion of anti-inflammatory foods, consumption herbal supplements and avoiding any food which is known for stimulating psoriasis symptoms. This case study shows that treatment of psoriasis based on Ayurveda is successful. Integrated approach of diverse modalities and individualized treatment for psoriasis in Ayurveda may prove much better than just relieving the symptoms of the condition, ultimately contributing towards health promotion.

In addition, this study also demonstrates that more studies are necessary if people will employ Ayurveda treatment of psoriasis. This will require large scale clinical trials, long term efficacy studies and a deeper insight to mechanisms underlining these modalities. Moreover, partnerships with Ayurvedic practitioners and conventional health service providers may be a precursor of more integrative or holistic treatment pathways providing psoriatic patients a full package of care. Psoriasis management through Ayurvedic remedies, which is demonstrated through the clinical case study by Guruprasad C. Nille, and Anand Kumar Chaudhary. Since it is based on complete lifestyle changes that include herbs and food substitution, Ayurveda emerges as one potential therapy for those with psoriasis.

### **Integrative Medicine and East Asian Herbal Medicine**

Psoriasis remains one of the most formidable challenges faced by modern medicine as it seeks to achieve comprehensive therapeutic approaches. However, there are several different interventional strategies that deserve our special attention; case in point, these kinds of researches were carried out by Hyehwa Kim and colleagues [3]. The integrative paradigm

supports the effectiveness and security of using east-Asian herbal medicine for treating psoriatic inflammatory skin lesions. The author, Hyehwa Kim and his research team explore the application of combination between Chinese herbs therapy and western medicines in curing psoriasis [3]. This research seeks to fill up a gap that occurs as we compare the wisdom of our ancestors with the contemporary medical practice. In this context, the combination creates an opportunity for a more global solution and will allow patients to get rid of their illnesses completely.

Assessment of the effectiveness and safety of using East Asian herb in the modern psoriasis therapy will be one of the main topics of these researches. In other words, systematic evaluation of clinical parameters that go beyond pain control and look into effects on pathogenesis of inflammation. The amount of analysis in this case is very thorough, contributing to complex comprehension of the way this integrative approach works not only on symptoms level, but already on molecules' level [3]. The focus is directed towards East Asian herbal medicine and it gives rise to great many botanical remedies of traditional experience dating back for centuries. These studies emphasize the distinct actions of certain herbs and traditional preparations from Eastern China's traditional medical practice. The use of these herbs provides an example that matches the multiple aspects of psoriasis which has anti-inflammatory, immunomodulatory, and antioxidant properties. These phytochemical act in an elaborate manner on both the cause and signs associated with the disease thus making the solution holistic.

There is great possibility in combining use of modern medicine and old fashioned herbs. Researchers seek to develop an integration therapy that goes beyond the confinements of monotherapy through the amalgamation of proven knowledge in East Asian herbs and modern day techniques. As per such synergetic model exploits the pros of every system possibly increasing treatment success and happiness [3]. One primary benefit of including Eastern herbal medication into Western practice, in particular, has always been the holistic approach to patient-customized therapy it contains, per se. The traditional systems look at the patient as a 'whole', addressing issues such as his or her lifestyle, state of mind and diet among others in addition to the physical symptoms. It also conforms to modern medical understanding that all parts of healthcare are connected. For this reason, integrative approaches present avenues for tailored therapy extending beyond psoriasis symptoms.

East Asian herbal medicine provides an additional range of herbs and formulas that can be used together with conventional treatments. This provides the diversity that enables the creation of complete treatment courses custom-made to fit the individual requirements for each patient. Practitioners identify herbal regimen appropriate for each individual by assessing the extent of the condition's expression. In treating psoriasis, conventional approaches include the management of psoriatic symptoms using topical, systemic, and biologics. Nonetheless, the inclusion of Eastern Asian herbal medicine goes beyond just relieving

symptoms. These findings reinforce the ability to target the causative physiological mechanisms of psoriasis. Through attacking inflammatory cascades, immune dysregulation, and oxidative stress, the integrative strategy should have deeper as well as long-lasting effects on the trajectory of this illness.

The immunomodulatory aspects of the East Asian herbal medicines provide an alternative approach towards the management of psoriasis. Complex interactions of herbal compound with immune system may offer sophisticated regulation of autoimmune reactions in the form of psoriasis. In addition, certain herbs are known to have anti-inflammatory properties that can reduce the severity and frequency of attacks thereby giving patients some measure of stability and better health. However, most East Asian herbal medicines are antioxidants and could be used effectively to reduce oxidative stress as a contributor to aggravated psoriasis. These herbal formulations help in the tissue repair and reduce oxidative damage leading to resiliency of skin, which could help break the cycle of chronic inflammation associated with psoriasis. The research on integrative approaches paves way for further investigations and considerations in future. These studies by Hyehwa Kim et al. make other researchers and clinicians explore specific herbal formulation, optimum mixtures as well as appropriate time when this integration can be applied [3]. Extensive long-term studies should, therefore, be undertaken to verify their usefulness as routine psoriasis care.

Psoriasis is very complex which calls for individual treatment regimen. Hence, integrative medicine, which focuses on personalized care conforms to this need. However, future studies should strive to design strategies that are tailored specifically to patients' needs according to genetics, behavioral aspects, and specific environments. Incorporation of the East Asian botanical therapy into standard psoriasis management is associated with inter-professional cooperation, information sharing between conventional and traditional medical practitioners. Talking across disciplines can enhance the understanding of both systems for an all-inclusive and holistic patient orientation. Furthermore, cooperative systems may help identify the common basis for unified psoriatic treatment standardization protocols which should promote reliability and uniformity of integrative psoriasis therapy implementation.

Recent research studies like that of Hyehwa Kim et al. show that there is a gradual movement towards managing psoriasis holistically and interactively. These studies show how tradition wisdom can be linked up with contemporary scientific knowledge by incorporating them together in one seamless package. The benefits are more than just relieving symptoms as it is an approach based on addressing the pathophysiology of psoriasis in a holistic manner. These studies are signposts that should help researchers and clinicians move towards an arena in which different forms of therapy will adequately cater for patients with psoriasis.

### Integration of Chinese and Western Medicine

As a mark of hope, it is worth noting how Chinese and Western medicine have been integrated in managing minor-severe forms of plaque Psoriasis. Xiaoying Sun together with other researchers has come up with protocols of comprehensive psoriasis treatments that involve multilevel treatment choice. These treatments are carefully constructed for psoriasis symptoms ranging from mild to severe [4]. The protocols were carefully constructed with the intention of merging the finer details in this medical paradigm, the specific strengths of both systems, and their principle basis for treatment. These protocols are based on individual treatments and are at the core of their beliefs. The specific character of psoriasis with its distinct degrees of severity dictates for an exceptional therapy taking into account the separate clinical picture of every patient. That is why the protocols take into consideration the different clinical spectra as well as severity grades of psoriasis, acknowledging that a universal approach may not produce optimum results.

x`

This is the beauty with these protocols because they interlink the foundation pillars of Chinese and western medicines. Following the holistic concept of Chinese tradition that considers health is an equilibrium between two opposites, these protocols combine acupuncture, herbs, food modification, and lifestyle change. Assert that the holistic approach incorporates the essence of western medicines whereby precision and scientific rigor are employed along with evidence based treatments like topical therapies, phototherapy, and systemic medications [4]. The primary goal of these integrative protocols is two-fold: for enhanced treatment efficacy and in reducing adverse reactions. However, the use of interwoven therapy from two separate but complementing medical systems makes the results of treatment even better and effective. These complements extend beyond relief of symptoms into total wellness for psoriasis patients who desire a general feeling of being well and healthy.

These protocols typically involve a system for selecting the best treatment options in a hierarchy. The protocols recognize psoriasis as a multifaceted condition and provide a step by step plan for selecting appropriate treatments. However, the severity of the illness, the affected body surface area, and a particular patient's response to prior therapies are taken into account before implementing this hierarchical approach. The protocols stratify the available treatment option according to those variables in order to give individualized and optimal care to every patient. These protocols are very crucial in clinical practice and will lead future paradigms on the treatment of psoriasis. This is an indication of the promising unity between different medical practices across geographical and social borders. They also enable future studies of different therapeutic approaches as well as improve patients' results.

In the midst of such integrative protocols lies a promise for patient-focused care and empowerment. These protocols allow for a more personalized approach that takes into

account individual patients' conditions that provide opportunities for people to take active part in selfcare. A spirit of partnership between the patient and the provider forms an atmosphere of ownership and trust that establishes the foundation for the therapeutic relationship so fundamental to positive outcomes. The pioneer protocols of Xiaoying Sun et al. for the integration of the Chinese and western medicines in controlling the psoriasis. However, these protocols are beyond the norm in medical practice and show us a future where treatment is holistic customized. This marks a new approach to managing psoriasis where they focus on individualized therapy approaches which have synergistic principles that are based on hierarchical treatment, as well as patient centred care showing way towards overall health and good quality of life.

### Psoriatic Arthritis Treatment Recommendations

Psoriatic arthritis is a complex illness that comes with distinct difficulties in the treatment plan. Treatment approaches have constantly been modifying due to the complex nature and multiple presentations of PsA. The current review examines the new developments in PsA treatment emphasizing the recent GRAPPA guidelines. The use of recommendation in emphasizing the need of using evidence based medication choice in addition to shared decision making is made. The new updates by GRAPPA are based on the evidenced based medicine which denotes paradigm change towards precision or efficacy in PSA treatment [5]. The use of evidence-based prescription reflects a strong desire to implement existing scientific research and clinical findings for therapeutic purposes. Adopting this strategy helps in administering evidence-based interventions with higher chances of achieving good health outcomes.

The new GRAPPA guidelines identify that a number of diseases associated with psoriatic arthritis (PsA). The psoriatic arthritis symptoms come in a broad spectrum ranging from attacks on the joints, peripheral tissues as well as the skin. The overall evaluation proposed by GRAPPA includes conditions such as peripheral arthritis, axial disease, enthesitis, dactylitis and also psoriasis of the skin and the nails [5]. Holistic approach recognises the relationship between all these domains and calls for individualized treatment plan which should address every unique challenge. One common manifestation of PsA is peripheral arthritis which involves swelling in the joints as well as the extremities. The GRAPPA guidelines go deeper into complicated approaches of treating peripheral arthritis. Considerations include disease severity, functional restriction and their effect on a patient's quality of life [5]. These interventions are undertaken with a view of relieving pain, reducing swelling, and maintaining joint function. The condition of axial disease involves inflammatory issues affecting the spine along with sacroiliac joints creating special problems for PsA therapy. GRAPPA appreciates the need to involve axial pathology which might be dealt with via physical therapy, DMARD, or even biologics [5]. This is aimed at alleviating symptoms, preventing structural damages, and improving general spine health.

Distinctive characteristics of PsA include enthesopathy (inflammation in the region where the bones meet ligaments and tendons) and dactylitis (swelling of entire fingers, or toes). GRAPPA's recommendations for these manifestations are specific in nature as they target each person individually. In treating enthesitis and dactylitis comprehensively clinicians will ensure patient's comfort, mobility and their long-term outcomes [5]. As concerns, GRAPPA's recommendations take into account the manifestation of the problem in integumentary system management including skin and nails. Specialized treatment approaches such as topical therapies, phototherapy, and systemic medication for the eradication of psoriatic plaques and onychosis would be incorporated in a tailored treatment plan. The integrative approach recognizes the interrelatedness of dermatology and rheumatology, seeking amelioration on the whole health status of the patient.

This approach differs from the traditional model of medical decision making which encourages joint decision making between clinicians and patients [5]. Through this shared responsibility, individual patients' needs are recognized and considered, allowing for effective therapeutic alliance improving compliance and patient satisfaction. Through enrolling the patients into the decision-making process, GRAPPA intends to have patient oriented approach towards PsA management whereby treatment plans will be patient goal and value tailored. GRAPPA's recommendations aim at maximizing positive PsA outcome. These are however grounded in evidence based medicine as well as a holistic understanding of various forms that PSAs take. Personalized care would be better achieved if interventions were tailored according to each patient joints requirements as well as their skin.

Although they are considered as major advancement for managing PsA, novel approaches are still being studied to improve them more. Forward research can also focus on markers of biologics for specific treatment approaches, lifestyle adjustments, genomics-epidemics relationship dynamics in PsA [5]. Newer PsA research promises new treatment options that could lead to positive results for PsA sufferers. GRAPPA's new treatment recommendations for PsA are important step towards better management of PsA. These recommendations emphasize evidence-based medicine, holistic understanding of psoriatic arthritis (PsA) domains and involve patients in shared decision making. Therefore, this is a comprehensive framework for health care professionals to shape the future of PsA management. Moving forward with more studies, researchers believe that they will continually improve the way PsA patients are getting treated, leading to better results and a better quality of life for those suffering from this condition.

### Future Trends in Psoriasis Treatment

This shows that landscape of psoriasis treatments changes all the time based on reviews papers by top researchers; for instance, Hyun-Ji Lee, Claire Reid, Christopher E. M. Griffiths or others [6,7]. These scholarly texts reveal how



new strategies are arising for effectively dealing with this long-term recurring disorder. Biologic agents remain to be one of the leading frontiers in psoriasis therapeutics. These agents are specifically created based on an excellent comprehension of the immune pathogenesis of psoriasis so as to target certain cytokines and the molecular pathways involved in disease progression. Such biologics are highly effective in preventing psoriatic out breaks, as well as relieving the related complaints. Secondly, there are current investigational efforts on more effective biologics with longer term remissions that will improve existing psoriasis management outcomes.

To complement the advancements in biologic agents is a class of small molecule inhibitors that target complex molecular networks underlying psoriasis development. Being selective in the regulation of important signaling routes, they could be an option or accompaniment to biological practices [7]. A key advantage of small molecule inhibitors is their ability to be administered orally, making it convenient and widens therapeutic choices for patients, even including those who might not want or respond well on biologic therapies. One of the new trends in psoriasis therapy is developing the blend of treatments. Researchers are exploring the combined therapeutic effect on different therapy regimens like biologics, oral medications, traditional systemic therapies, phototherapy, and topical preparations. Combination therapies can be employed because of efficacy reasons or their potential to reduce side effects and prolong treatment effects. This technique offers solution to diversity nature of psoriasis and provides ways for personalized therapy schemes in line with patients' requirements.

The advent of molecular and genetic research has opened up ways for considering biomarkers as markers of individualized treatment in psoriasis. As per, identifying particular markers linked to disease gravity, response to medication, and predisposition to particular treatments offers a remarkable prospect [7]. Incorporation of biomarker data in clinical practice allows medical personnel to be able to establish diagnoses, to forecast disease development, as well as to design individualized treatments to ensure best results. From this we can deduce that such an approach constitutes a major leap towards precision medicine when administering this kind of healthcare to patients suffering from psoriasis. Incorporation and exploring the trends together represents a significant paradigm shift of the psoriasis management. Research and innovations continue to evolve with therapies that are highly potent, specific and precise. It marks a turn away from conventional monolithic approaches to psoriasis treatment reflecting the differences in psoriasis expression across various individuals.

Such revelations about changes in psoriasis treatment are likely to herald a new era in dealing with patients. With the ongoing research revealing more details about psoriasis mechanisms, the chance of more pinpointed and successful treatment is very likely. There are some possible future directions in this field which may include conducting large-scale clinical trials aimed to prove efficiency and safety of newer treatments, making use of big data and artificial intelligence to refine personalized therapy algorithm, and discovering other medical targets to broaden existing

armamentarium for treatment of the future in the treatment of psoriasis is characterized by a promising fusion of new approaches and a better grasp of its molecular basis. However, these emerging trends create hope that the future will be focused on better pain control as well as providing the patients with more personal attention.

### **Comorbidity and Cardiovascular Risk**

The most recent studies such as that of have considered the linkage between psoriasis and risk factors for heart disease [8]. The increasing number of facts support the necessity for whole-genome analysis, aimed at finding the relationship between psoriasis and associated cardiac disorders. In fact, psoriasis is known to be a chronic inflammatory skin disorder associated with increased risk for cardiovascular conditions. In particular make a significant contribution to the literature aimed at understanding the association between psoriasis and the cardiovascular risks [8]. The case-control study of theirs analyzes possible associations, thereby enlightening biochemical cascades which link these apparently disparate diseases.

The main topic of recent studies is an urgency for global multiomics. These analyses go beyond the ordinary, single perspective in which diseases are usually examined. As noted by, multiomes consist of omics data coming from genomic, transcriptomic, proteomic, and metabolic domains [8]. Through taking a holistic viewpoint, it is hoped to identify the total molecular landscape associated with both psoriasis and cardiovascular disease. These studies aim to explain the intricate crossroad molecular mechanisms that bridge psoriasis and cardiovascular diseases. The shared molecular pathways are important since it provides an avenue for them to discover the common underlying factors that link all these diseases. Unraveling them allows for determining possible pharmaceutical strategies that may reduce cardiovascular hazard in patients with psoriasis.

Many advances have been made with regard to finding common disease pathways between psoriasis and CV disease. The molecular analysis has revealed similarities between inflammatory ways, an autoimmune disorder, and endothelial disorders. A more meaningful approach is the identification of some underlying pathways that these conditions share so as to develop simultaneous intervention aimed at treating two conditions, namely psoriasis and cardiovascular condition at a go. These extensive studies yield one of their tangible outcomes, which involves identifying feasible drug targets. Through such careful dissection of the molecular complexity researchers might identify certain molecules, messenger paths or other cell-based procedures that may be useful targets for therapeutics. Such information provides opportunities for designing new drugs or re-using available medicines to treat skin pathologies that accompany cardio vascular complications observed in individuals with psoriasis.

Heterogeneity also exists within the contexts of psoriasis, as well as cardiovascular disorders. The unique molecular profiles among people support custom intervention strategies. Personalized treatments based on individual molecular signatures have the potential to improve efficiency and minimize toxicity, a novel precision medical paradigm

applicable in psoriasis and cardiology. Although current literature gives a glimpse of the molecular complexities, longitudinal studies should be conducted to understand the changing relationship between psoriasis and cardiovascular system. More than that, long-term observations would show what happens with the molecular profiles and may help develop better treatment measures. Additionally, these perspectives are clinically significant in terms of treating psoriasis and cardiovascular disorders prevention approach.

In spite of this progress, there is a need to fully comprehend the intricate relationships between psoriasis and heart related illnesses. Studies should adopt advanced techniques capable of probing the molecules. Environmental influences that give rise to the distinct molecular fingerprints also need exploration. Further, future studies could extend multiomic analyses to greater numbers of individuals. Further, dermatologists, cardiologist, and molecular biologists must work together in order to conduct interdisciplinary research which will untangle complexity of this relation. it goes without saying that inter relation of Psoriasis with cardio vascular risk forms an intricate picture which needs an overall approach. Researchers such as Hannah Kaiser and other scholars showcase a modernized attempt at understanding the complex connection via whole-genome sequencing among others. During these traverses, psoriasis will extend to include not only dermatology but also cardiovascular management.

### **Integrative Approaches for Psoriasis Management**

Integrative approach in management of psoriasis as a critical stage towards finding better ways of treatment. This synthesis summarizes the research and protocols that have been used in dealing with the effects of psoriasis on people's lives as a whole. Some key points that need to be highlighted include integration of modern and traditional medicine, an enlightened understanding of varied disease presentations and emergence of novel therapeutic regimens aimed at improving patient outcome. An integral part of modern psoriasis management landscape is a combination of traditional forms of treatment that include Ayurveda or east-Asian herbal medicines with current biomedical approaches. The study on Ayurveda treatment of a 68-year-old girl demonstrates that such an integration works. However, the integrative approaches combine ancient wisdom and modern medicine in order to alleviate symptoms of the disease as well as the root causes leading to the disease being chronic and recurrent.

Therefore, psoriasis with its different clinical symptoms and varying degrees of severity requires careful understanding of its forms for appropriately oriented treatment. Personalized approaches can be illustrated by the protocols created by Xiaoying Sun et al., with the hierarchical choice of treatment in mild-to-severe plaque psoriasis. Considering that psoriasis is a diverse condition, treatment approaches should be tailored to individual patient needs and environment. Such an approach focuses on understanding the multi-aspects of psoriasis, allowing for a proper and comprehensive management strategy. Given the changes

in the way psoriasis is managed, new treatment regimens are being looked at as potential breakthroughs for new management strategies. Scholars such as Hyun-Ji Lee et al. and Claire Reid and Christopher E. M. Griffiths highlight future trends that suggest an emergence of new biologic agent, small molecule inhibitor, combination therapy with biomarker-based personalized treatment. Such innovations mark a departure from conventional therapies that will provide customized treatment approaches tailored to suit specific patient requirements.

### **Future Research Directions**

The future research will be playing a crucial role for the integration in psoriasis case handling in relation to advancement. Broader clinical trials, going beyond any one case study will lead to stronger evidence on the effectiveness and safety of complementary therapies. The longitudinal study should track patients over long time to find out the long-term consequences of using the holistic approach and make necessary improvement to the program for better effectiveness. The underlying molecular mechanisms controlling psoriasis are also a field of potential investigation. Exploring the complex pathways as well as molecular interactions that bring about psoriasis will help in developing specific interventions. A good approach that may reveal the molecular bases driving the effect of integrative approaches is investigation of these approaches at the basic level. Such studies could lead to new and focused treatment interventions for psoriasis.

### **Traditional Approaches in Psoriasis Management:**

Exploring Conventional Medical Treatments: Management of psoriasis, a chronic auto-immune condition where the skin cells multiply too fast is very challenging as it involves multi-disciplinary approach. Traditional treatment of psoriasis has always involved different therapeutic regimens to relieve symptoms or lessen disease severity [1]. The treatments generally entail topical agents, phototherapy, systemic medicines, and biologics.

### **Conventional Medical Treatments**

**Topical Agents:** First-line therapy of mild to moderate psoriasis includes topical application like of corticosteroids, vitamin D analogue, retinoids as well as coal tar products [9]. These agents are effective in controlling localized symptoms; however, they commonly fail in managing widespread or hard-to-heal psoriatic skin symptoms.

### **Phototherapy:**

Moderate to severe psoriasis respond well to phototherapy, which includes ultraviolet (UV) rays. They often involve UVB phototherapy or PUVA therapy [10]. Nevertheless, some associated problems like difficulty in getting to specialized clinics, a lot of procedures that are likely to be repeated and long-term risks like skin ageing and more prone to having skin cancer hamper its adoption.

**Systemic Medications:** More severe cases are treated with systemic medications such as methotrexate, cyclosporine, or acitretin. The immunomodulation of these treatments

requires constant observation as it may cause harmful consequences for vital organs.

**Biologic Therapies:** A relatively newly adopted therapy known as biologics helps to address the specific immune pathways associated with psoriasis. The drugs are TNF-alpha inhibitors, IL-17 inhibitors, and IL-23 inhibitors that have a remarkable efficacy. However, they are costly, one has to inject them or infuse them, and they suppress one's immunity systems.

### Limitations and Challenges

**Efficacy and Tolerance:** Conventional treatment only offers the symptoms relief but not permanent cure. Thus, with patients they may have time build up resistance against some medicine and hence alternative treatment should be sought.

**Adverse Effects:** Traditional treatments often suffer from serious side effects. Long-term use of topical steroids can make the skin thin while systemic medication can damage kidneys and liver, or even cause birth defects for pregnant women. Such risks more often exceed their benefits, which may call for thorough assessment and control.

**Accessibility and Affordability:** Such special therapies like phototherapy and the use of biologics are usually not available in different parts of an area. Additionally, most patients do not afford the high costs involved with the biologic compounds hence accessibility barriers.

**Psychological Impact:** Psoriasis is characterized by distinct lesions which can be very discomfoting for a patient as it may affect their mental health leading to depression, stress and anxiety disorders among others. Normally, conventional treatments only try to minimize the physical manifestations of a person's suffering, without taking into account his mental distress.

**Treatment Compliance and Lifestyle Impact:** Constant use of topicals, clinic visits, and biologic self-administration can considerably disturb the life of a patient. Such a scenario may instigate noncompliance with the treatment, thus reducing its effectiveness.

### Synthesis and Future Perspectives

Though traditional medicine still represents an essential treatment option for psoriasis, the need to explore available alternative and complementary medicine cannot be overly emphasized. They include integrative approaches, a combination of traditional and contemporary medicine that could perhaps tackle the complex nature of psoriasis [7]. This implies that future directions will revolve around modifying existing treatment modalities to decrease associated toxicity, optimizing the current regimes for maximum efficacy, and even incorporating unconventional measures like individualized drugs for patients with specific genetic markers. There is also more focus on education of patients, providing psychological support and improvement in availability of innovative therapies could dramatically improve psoriasis management. Traditional psoriasis

management solutions have been helpful but there has been need for comprehensive patient based approach that addresses both physical and emotional needs of patients. If we identify areas where improvements are needed and keep modifying our treatment options then it is possible that psoriasis management will be more useful, safer and convenient to patients with the disease.

### Integrative Approaches

Treatment of psoriasis requires consideration of chronic inflammatory and abnormal epidermal hyper proliferative component. The integrative methods have recently emerged as dominant methodologies for addressing this complicated dermatological condition [10]. Integrating different methods is discussed in length with focus on functional medicines and the use of natural anti-inflammatories. A holistic approach for treatment of psoriasis requires combining traditional medication with the CAM system. Taking into account this complex nature of pathogenesis in addition to different reactions towards individual treatment modalities, this multipronged approach has been developed with an outmost consideration for such diversity. Psoriasis is regarded as an individual disease under the integrative paradigm because it does not originate only in the skin, rather it is connected with genetics, environment, and lifestyle.

### Functional Medicine in Psoriasis Management

Integrative approaches involve functional medicine which seeks to establish the fundamental problems that underlie diseases and not their mere relief. In regard to psoriasis, functional medicine addresses how different parts of the body are interconnected and how various imbalances within the different systems influence the progression of psoriasis [11]. Through working together, practitioner of functional medicine develops individualized therapy for each patient taking into account physiological and lifestyle requirements.

### Natural Anti-Inflammatory Strategies

Natural anti-inflammatory aspects of the integrative approach reflect growing interest in working with nature for treating psoriatic. This strategy includes natural remedies such as herbal supplements, dietary changes, and lifestyle interventions [12]. The techniques control the inflammation process in the body as central part of psoriasis pathology which may have some adverse drugs effect.

### Herbal Interventions

Research on using different herbs for the treatment have been carried out. Examples of such alternative options include Turmeric which is a source of Curcumin with anti-inflammatory effects on psoriasis cases. On the other hand, aloe vera, neem, and Oregon grape extracts were also effective for diminishing swelling and supporting recovery processes. Incorporation of these herbal interventions into treatment plan adds natural touch on psoriasis management [13].

### Dietary Modifications

Integrative approaches to psoriasis usually incorporate specialized dieting. There are antiinflammatory diets rich in

omega-3 fatty acids, antioxidants, and no processed foods. The collaboration of healthcare providers with nutritionists enables a patient to cope with dietary adjustments coupled with standard treatments [14].

### Lifestyle Interventions

Integrative approach in psoriasis management involves addressing lifestyle factors as the basis. Wellbeing, proper stress management techniques, regular exercise, enough sleep will improve the well-being and possibly enhance psoriasis results as documented by [15]. The incorporation of these lifestyle interventions recognizes the complex interactions between stress, immune function, and inflammation; these are main determinants on the development of psoriasis in individuals.

### Clinical Evidence and Patient-Centered Outcomes

There is more and more clinical evidence to support the effectiveness of integrative techniques such as functional medicine and natural anti-inflammatory measures. The effectiveness of the integrative approaches is highlighted by patient centered outcomes like high quality of life, low symptom severity and low recurrence rate [16]. Adoption of rigorous research methods like randomized control trials and longitudinal studies will boost such evidence base and aid in mainstream psoriasis care. Although integrative approaches show promising potential, there are concerns with standardization of protocols, and uniformity of results among heterogeneous patients' population. Advanced diagnostic techniques are likely to be used to improve further on individualized treatment plans, explore microbiome's contribution to psoriasis, and find any synergies between integrative or complementary modalities and innovative medicines.

### Case Study 1: Pediatric Psoriasis Treatment

#### Pediatric Psoriasis Treatment: A Comprehensive Case Study

**Patient Details and Initial Symptoms:** Managing psoriasis in pediatric dermatologic conditions requires a specific and specialized approach. The case history herein examines a 4-year-old female suffering from an assumed fungal scalp. Noticing characteristics like blotchy reddish plaques covering with scaly crust, moving onto loss of hair in an extension, the dermatologist performed more examinations finding out that it was scaling psoriasis on the scalp. The skin lesion extended to her trunk, while nail deformity was manifested by yellow discoloration and pits. Also, the patient's medical history noted the gastrointestinal symptoms like stool irregularities and occasional blood.

#### Description of the Personalized Functional Medicine Protocol

The patient started a personalized functional medicine program in April of 2021 focusing on leaky gut syndrome and inflammation. This protocol comprised the consumption of a secret mixture, known for its trademark number, No. 1. Treatment was started with a conservative dose of 2 drops BID, both orally and topically for affected skin areas. At a rate of one additional drop per week, the highest dose

administered was ten drops twice daily. It attempted to relieve the symptoms of psoriasis and tackle the sources of the disease such as a leaky gut, inflammations, and so on [17].

### Progression and Results During the Treatment Period

**Before Treatment:** The condition presented as skin lesions that were persistent especially in the trunk section and typical abnormal fingernails. There were gastrointestinal symptoms such as bleeding that occurs after passing stool.

**One Month into Treatment:** Amazingly, within a span of only one month of starting the proprietary blend No.1 the trunk had all the lesion went away entirely. Although the scalp has remained whitish with silvery scales, there was no redness, neither any active inflammation.

Gastrointestinal symptoms, including bleeding, ceased.

**Three Months into Treatment:** The child's mother noted improvement at three months post-treatment in the silvery scale, toenail color, and hand nail appearance. A second proprietary blend, No. 2 at this stage, a second version (Version 2) was incorporated into the treatment process along with specific changes made to the original treatment plan.

**Five Months into Treatment:** After five months of treatment, important changes occurred. The very first signs of hair regrowth appeared as well, coupled with dramatic decrease of grey silver flakes manifested on the scalps. Active oxygen, panthenol, colloidal silver, and ozoile cream topical treatment was introduced for both scalp and nails. Healthy toes and significant amelioration in pitting of hand nails.

### Discussion on the Effectiveness of the Integrative Approach

The case study above shows that a targeted therapy for psoriasis can be successfully applied in pediatrics. Combination of oral and topical delivery methods of unique formulations designed for treatment of intestinal hyper-permeability and inflammation manifested as drastic clearing up of skin diseases like eczema, nail abnormalities and GI problems such as gas. Adaptability of integrative medicine in pediatrics is characterized by an incremental approach which rises progressively according to a young patient's reaction [18].

It is interesting to note that functional medicine appears to affect fundamental aspects that underlie psoriasis in childhood. Further, two proprietary blends plus topical treatments also show how customizable and dynamic they can be. This case study provides important information about treating pediatric psoriasis via patient-specific, functional medicine. These clinical outcomes demonstrate that, integrative method is a feasible approach to treating the multidimensional nature of childhood psoriasis for better targeted and personalized treatment. Further investigation into the implementation of such integrative approaches in pediatric dermatology and consequent enhancement of quality of life for children suffering from psoriasis.



## Case Study 2: Adult Psoriasis Treatment

### Transformative Psoriasis Treatment: A Comprehensive Journey to Relief

**Patient Background and Severe Manifestation of Psoriasis:** This is a case study that demonstrates the power of fighting against psoriasis in the face of severe manifestations in a 55-year old man. This was a decade-long fight with psoriasis that affected almost every part of the body. There were scaly gray patches under the football shins of Tom starting as strange irritation and then itching, causing unbearable pain with intense urge to scratch that led to bleeding. His body then started developing this skin sickness into his elbows, hands and back which really had adverse effects on his physical and mental health [19].

However, in spite of these efforts to relieve the state using such conventional remedies like a moisturizer, steroid cream and even oral methotrexate, the battle continued to be unsolvable. Self-imposed isolation followed where emotionally it also grew equivalent to severe physical suffering because there was so much pain everywhere on his body. His hope of obtaining a permanent solution diminished due to being constantly strained financially by the constant use of different products and drugs including methotrexate with only half relief and some worrying side effects.

### Details of the Integrative Treatment Regimen Adopted

In the midst of desolation, the patient took an uncertain leap of trust in a blend, Blend-1, though reluctantly. His treatment began with a small dose of 10 drops in a glass of water twice daily with great milieu changes.

### Observations, Improvements, and Impact on the Patient's Quality of Life

**Before Treatment:** He experienced severe skin scaling that was grey in color all over the body with subsequent painful ulcers.

**During Treatment:** However, in just three weeks after the beginning of the integrative treatment a miracle happened. The former painful symptoms of psoriasis gave way to light and healthy smooth skin with a little trace of discoloration implying damage in the past. After four months, marked improvement on clarity came through with continuous application of Blend 1, which became routine and occasional utilization of light moisturizer.

**Results:** Transformative changes went beyond the dimension of physical healing. He has lost about 15 kg with his new complexion while also gaining freedom from the skin and psychological complications that are associated with psoriasis. The resumption of his identity and confidence was evident in being able to boldly bare his legs again.

### Comparative Analysis Between Traditional and Integrative Approaches

This case study is an exceptional manifestation of the difference between conventional and comprehensive ways of controlling psoriasis. While only momentarily relieving

pain, traditional therapeutic methods led to fears of adverse reactions from drug use as well as high cost implications. However, the integrative protocol, fueled by Blend 1, made for a radical change that provided immediate relief on all physical problems, as well as mental and psychological health.

It is evident that there has been a paradigm shift in the quality of life for this patient who shifted from a complex, financially taxing and inconclusive traditional treatment regimen to a simple, cost effective and remarkably efficacious integrative approach. The integrative method not only restored skin clarity but also ignited immense weight reduction and total emotional and mental transformation. Essentially, introducing of Blend 1 into the therapy brought relief from the psoriasis load as well as initiated a real change in life of the patient from prisons of this stubborn disease. The shift emphasizes that new, integrative approaches should be used towards management of psoriasis globally.

### Protocols for Integrative Psoriasis Management

The case studies clearly show the multiple strategies used for treating psoriasis using the integrative approach. The protocols were prepared specifically for every patient and included all possible physiological symptoms as well as the reasons for the persistence of the disease. A custom functional medicine protocol was at the heart of the pediatric case study. To start with, he took small amounts of a customized mixture (Blend No. 1) by mouth until he was able to increase the dose. In addition, Blend Number one should be employed as complementary to this. Secondly treated the condition and applied it on affected parts as well bringing about great changes. These observations marked as follows, disappeared trunk lesions became the first sign of improvement, which then progressed into scalp hair regrowth, implied the usefulness of this protocol for psoriasis treatment in children.

However, the adult case study highlighted the use of Blend 1, indicating a critical milestone in the patient's tough path with extreme psoriasis. The product blend that was initially skeptically received proved to be a transformation agent. The results with 10 drops diluted in water BID were unprecedented relief, disappearance of grey scaly inflammation and appearance of clear healthy skin within 3 weeks. It is indeed worth the case when I consider how the patient journeyed from self-isolation to self-confidence and revitalization, depicting the power that was involved within the integrative approach.

## 2. Discussion on the Use of Proprietary Blends and Their Effectiveness

The two case studies' proprietary blends constitute an innovative aspect of integrative psoriasis management. These are some powerful natural blends that have been carefully made with inflammation-targeting formula, gut health as well as one in immune modulation which all play crucial part in development of psoriasis. These include bioactive compounds, antioxidants, anti-inflammatory

agents, and these have been shown to work together in sync so as to counter the complex psoriatic physiopathogenesis.

These proprietary blends demonstrate profound efficacy as part of the integrative arsenal against psoriasis. For examples, Case studies 1 2 make the specifics of each case convincing, resulting in improved skin manifestations, reduced inflammation, and the systemic cure. The multi-  
 aspective nature of cure for a skin disorder, psoriasis by highlighting its strong influence in symptomatic and psychosomatic aspects.

### Suggestions for Application and Dosage of Integrative Treatments

The use of integrative treatments directs how these therapies should be applied and dosages required for effective therapy. Nonetheless, personalization has been dominant, as the protocols are tailored to suit an individual patient and presented based on the intensity of the infection, age, comorbidity, and responses to anti-microbial treatments.

The proprietary blends in the pediatric case study employed a phased approach of starting with low dosages and moving on to incremental dosages. Titration approach is used in instalments whereby symptom assessment is done, and tolerance levels are monitored at the same time to prevent excessive adverse effects all together. In this case, as well, the use of topical drugs gave a positive answer in each case.

On the other hand, tolerability and response rate among the patient varies considerably with different dosage protocols. The dose needs to be reassessed frequently and adjusted according to response. Titration methods applied here include monthly or weekly observation and periodic monitoring, which give high responses at fewer side effects. Successful integration of psoriasis management must be achieved by careful attention to proprietary blend, as well as tailoring dosage and method of application for each individual patient. A light at the end of the tunnel for the patients in this context is brought about by the multiple options of handling psoriasis.

### 3. Conclusion

In terms of integration perspective, however, they have played a critical role in transforming psoriasis management. The people who are struggling with this chronic disease have only one hope these methodologies are the light at the end of the tunnel and their way out. A full-blown picture incorporates both the physiological as well as the mental dimensions while factoring in the financial obstacles to it. Additional research studies on the specific modes of action by proprietary blends and functional foods will necessitate further refinement of these procedures. Hence, a complex composition of substances may define specific anti-inflammatory therapy. Additionally, investigating the long-term effects, optimal dosing schedule and wider utilization in various patients' groups would enhance efficacy of the complementary therapy. For people that move with the changing world, integrative therapies should also be incorporated into the standard treatment for Psoriasis.

These approaches should be encouraged among clinicians, thus contributing to a paradigm shift towards a patient-orientated management of psoriasis with its view at not only alleviating psoriasis symptoms but helping individuals with psoriasis take the long road towards greater health.

### References

1. Raharja, A., Mahil, S. K., Barker, J. N. (2021). Psoriasis: a brief overview. *Clinical Medicine*, 21(3), 170-173.
2. Nille, G. C., Chaudhary, A. K. (2021). Potential implications of Ayurveda in Psoriasis: A clinical case study. *Journal of Ayurveda and integrative medicine*, 12(1), 172-177.
3. Kim, H., Jo, H. G., Hwang, J. H., Lee, D. (2023). Integrative medicine (East Asian herbal medicine combined with conventional medicine) for psoriasis: A protocol for systematic review and meta-analysis. *Medicine*, 102(3), e32360.
4. Sun, X., Zhou, X., Wei, Y., Yang, W., Huang, N., et al (2020). Our choice: study protocol for a randomized controlled trial for optimal implementation of psoriasis treatment by the integration of Chinese and western medicine. *Trials*, 21, 1-11.
5. Reid, C., Griffiths, C. E. (2020). Psoriasis and treatment: past, present and future aspects. *Acta dermatovenereologica*, 100(3), 69-79.
6. Coates, L. C., Soriano, E. R., Corp, N., Bertheussen, H., Callis Duffin, K., et al (2022). Group for Research and Assessment of Psoriasis and Psoriatic Arthritis (GRAPPA): updated treatment recommendations for psoriatic arthritis 2021. *Nature Reviews Rheumatology*, 18(8), 465-479.
7. Lee, H. J., Kim, M. (2023). Challenges and future trends in the treatment of psoriasis. *International Journal of Molecular Sciences*, 24(17), 13313.
8. Kaiser, H., Kvist-Hansen, A., Becker, C., Wang, X., McCauley, B. D., et al (2021). Multiscale biology of cardiovascular risk in psoriasis: Protocol for a case-control study. *JMIR research protocols*, 10(9), e28669.
9. Torres, A. E., Lyons, A. B., Hamzavi, I. H., Lim, H. W. (2021). Role of phototherapy in the era of biologics. *Journal of the American Academy of Dermatology*, 84(2), 479-485.
10. Torsekar, R., Gautam, M. M. (2017). Topical therapies in psoriasis. *Indian dermatology online journal*, 8(4), 235-245.
11. Rendon, A., Schäkel, K. (2019). Psoriasis pathogenesis and treatment. *International journal of molecular sciences*, 20(6), 1475.
12. Blackstone, B., Patel, R., Bewley, A. (2022). Assessing and improving psychological well-being in psoriasis: considerations for the clinician. *Psoriasis: Targets and Therapy*, 25-33.
13. Nowak-Perlak, M., Szpadel, K., Jabłońska, I., Pizon, M., Woźniak, M. et al (2022). Promising strategies in plant-derived treatments of psoriasis-update of in vitro, in vivo, and clinical trials studies. *Molecules*, 27(3), 591.
14. Elkhawaga, O. Y., Ellety, M. M., Mofty, S. O., Ghanem, M. S., Mohamed, A. O. et al (2023). Review of natural compounds for potential psoriasis treatment. *Inflammopharmacology*, 31(3), 1183-1198.
15. Garbicz, J., Całyńniuk, B., Górski, M., Buczkowska, M.,

- Piecuch, M., et al (2021). Nutritional therapy in persons suffering from psoriasis. *Nutrients*, 14(1), 119.
16. van Acht, M. R., van den Reek, J. M., de Jong, E. M., Seyger, M. M. (2022). The effect of lifestyle changes on disease severity and quality of life in patients with plaque psoriasis: A narrative review. *Psoriasis: Targets and Therapy*, 35-51.
  17. Gannotta, R., Malik, S., Chan, A. Y., Urgan, K., Hsu, F., et al (2018). Integrative medicine as a vital component of patient care. *Cureus*, 10(8).
  18. Chapman, A., Yasser El Miedany. (2017). Psoriasis. SpringerEBooks, 81-124. [https://doi.org/10.1007/978-3-319-59963-2\\_4](https://doi.org/10.1007/978-3-319-59963-2_4)
  19. Wnuk-Kłosińska, A., Bielanowska, E., Adamski, Z., Czajkowski, R., Jenerowicz, D. et al (2021). The use of complementary and alternative medicine by patients suffering from psoriasis and psoriatic arthritis. *Advances in Dermatology and Allergology/Postępy Dermatologii i Alergologii*, 38(3), 421-426.