

# SALT THERAPY WORKS FOR PSORIASIS



# Psoriasis

## chronic skin disease

Psoriasis is a chronic skin disease where dead skin cells build up producing scales, itchy and very dry patches of skin. It is an immune system's response for stress, cold, pollution and infections. The triggered immune system's response cause dead skin cell to build up leading to scaling on the surface of skin. This later causes inflammation on the skin leading to severe itching and red patches. Psoriasis may be caused due to strong influence of gene.

Prevalence of Psoriasis.

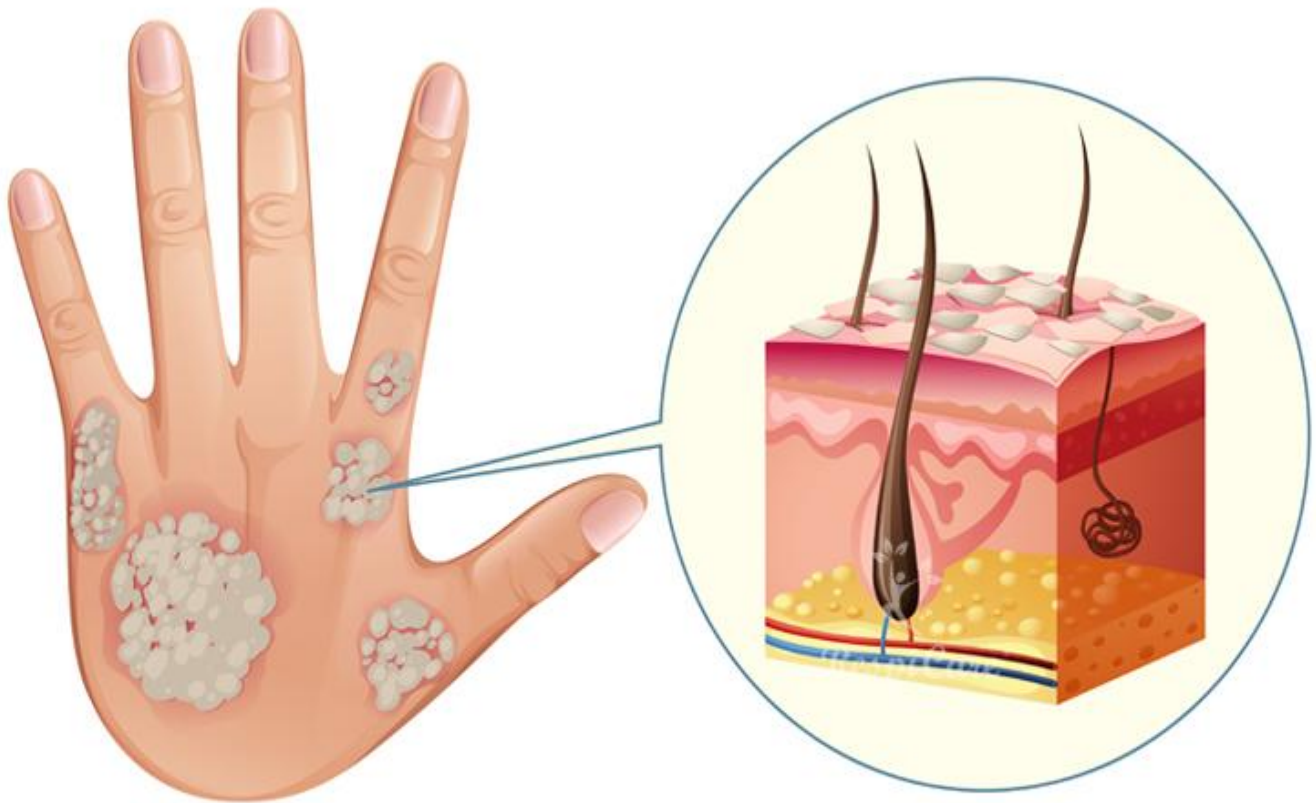
It is very common after 19 years of age. It is very rare for babies, toddlers and children. According to studies, yearly around 126 million people suffer from psoriasis.

### Types of Psoriasis

- Plaque psoriasis.
- Guttate Psoriasis.
- Inverse Psoriasis.
- Pustular Psoriasis
- Erythrodermic Psoriasis.

### Common symptoms of Psoriasis

- Red patchy skin.
- Small spots.(scaling)
- Red Dot spots.
- Itching.
- Burning sensation.
- Soreness.
- Dry skin.
- Cracked skin.
- Silvery skin.
- Raised inflammation on skin.



# How Salt Therapy works for Psoriasis

Salt naturally being an anti inflammatory agent, reduces the inflammation on the psoriatic lesion. Salt balances the PH of the skin thereby helping in regeneration of new cells.

Micro size particles of salt exfoliates the skin thereby clearing the debris of dead cells.

Salt therapy helps to improve blood circulation on the lesion, thus helping in curing the lesion. It helps in promoting the bacterial flora which helps in maintaining the PH as well as hygiene on skin. Patient has to just sit, relax and spend few hours inside the salt room.

Salt neutralizes the hypersensitivity nature of immune system by improving the action of T Lymphocytes which will help boost immune system for long term remission free period.

# Testimonials of patients

got relief from Psoriasis

RespiCare has treated more 4000 patients and out of which around 150 people were diagnosed with Psoriasis and successfully treated using RespiCare Salt Therapy. Please check out below what our clients say about RespiCare Salt therapy.



Here is a review by Mr Mr Sunil, who had been suffering from Psoriasis, and after finding nothing but only temporary relief from other treatment options, he was advised to take up Salt Therapy. He saw gradual improvement in his symptoms and vouches for the fact that Respicare has helped reduce his symptoms without any medications.



Here is the review from **Mr. Parameshwaram, 83 years**

He had been suffering from Eczema for over two decades, a skin disorder that can affect not only the patient's appearance but the mental side of it as well. Having tried everything from Ayurveda to native medicines including Allopathy, he opted for Salt Therapy and after his initial apprehensions towards its effectiveness, finally found significant improvement in the issue that had been bothering him for a prolonged period of time.

# What is Salt Therapy ?

Halotherapy (Halo means salt in Greek) is the method of using salt aerosols in a specially constructed salt room which mimics salt mines in Scandinavian countries where naturally-occurring salt caves are present which is saturated with dry salt particles causing healing effects people with pulmonary and dermatological discomfort. A study conducted by Polish doctor found that health of the workers in salt mines was much more enhanced compared to other people. In this study it was concluded that saline had properties which is key to eliminate toxins and impurities we come in contact with on a daily basis and improve overall health.

Halotherapy is a mode of this therapy conducted in a controlled air medium that stimulates a natural salt cave microclimate generated by a special machine called halogenerator. The salt aerosols in the salt room consists of dry predefined mixture of untreated salt and specific minerals, these microparticles of salt penetrate into deep tissues and it's anti-inflammatory, bacteriostatic, bactericidal, etc properties helps alleviate respiratory, dermatological conditions providing better quality of life naturally without medications or side-effects.



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# Home Remedies

## For Psoriasis

- 1 Applying turmeric with coconut oil will help in soothing the skin.
- 2 Honey being a natural Anti inflammatory food, helps in reducing the inflammation
- 3 Exposing the skin to sunlight helps in reducing lesions. Natural UV rays helps in repairing the cell tissue
- 4 Applying aloe vera on the skin helps in reducing redness
- 5 Apple Cider vinegar works wonder by reducing the itching and burning sensation
- 6 Certain diet like avoiding sugars, concentrating on water, eating foods with anti inflammatory property helps in psoriasis.



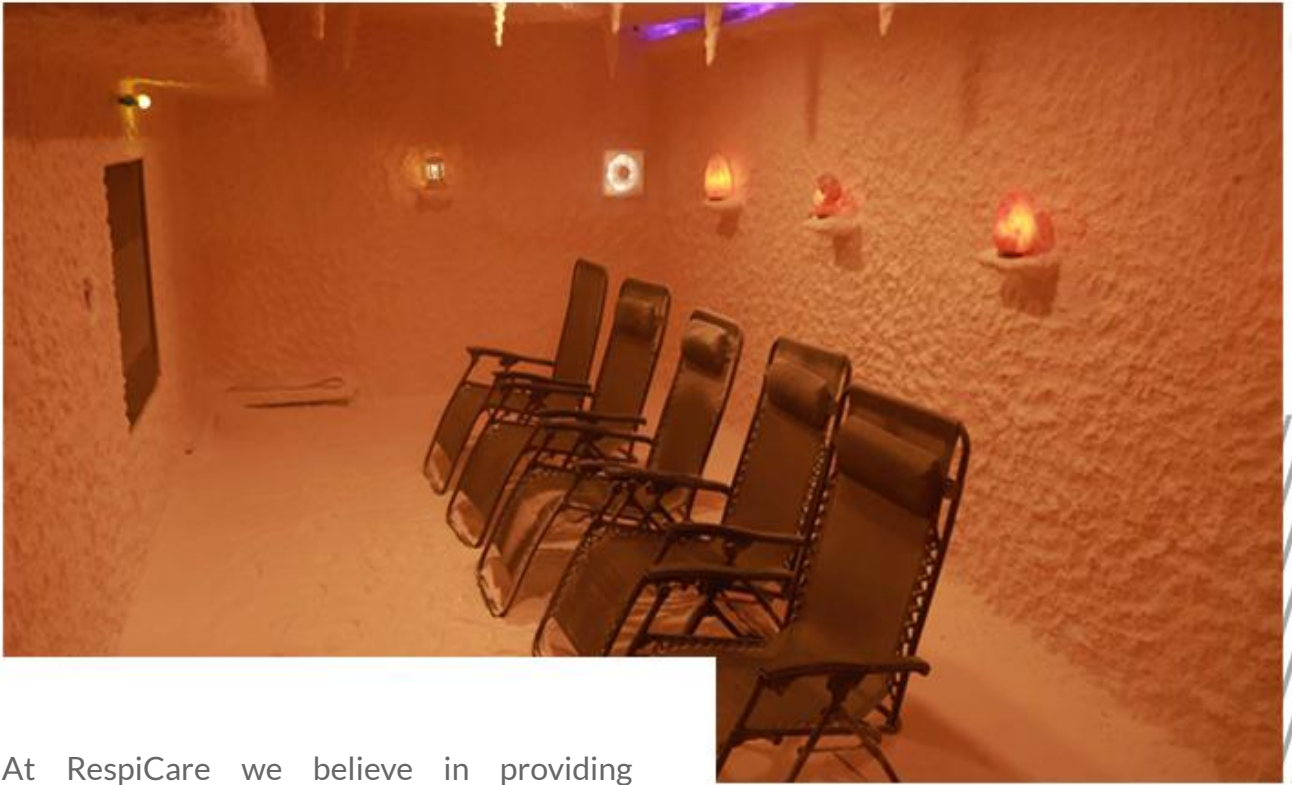
### Tips to Prevent Psoriasis Flare ups :

- Avoid Dry, Cold Weather exposure
- Use a Humidifier at Bedroom
- Medications like Lithium etc Cause Flare-Ups should be avoided
- Avoid Scrapes, Cuts, Bumps, and Infections, use moisturizer regularly

# Respicare

## Holistic Wellness

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At RespiCare we believe in providing responsive and high quality care in a cost-effective manner. Our facility boasts of a state-of-the-art Natural, Side-effects free Halotherapy/Salt Therapy from Europe, a first of its kind in Central and South India.

At our centres after an initial orientation by our staff, you'll be consulting our experienced Doctors who are available Full time at RespiCare centres during all sessions, to make an assessment of your condition and advise the necessary number of sessions according to its severity, furthermore you will be continuously monitored and evaluated during the ongoing therapy and maximum care will be provided by the associated staff members in helping you obtain the best treatment comfortably and achieve the desired results for each patient.

Each session is personally designed and fine tuned to the requirements of that particular patient with benefits of diet counselling, selected yoga practises, guided meditation sessions and interval training to add a holistic approach to enrich your experience and faster recovery from your health condition.

Our efforts are to ensure and create an ambience to make you feel at home and avoid waiting and other hassles generally faced in health centres. And stepping in to RespiCare should be a step towards overcoming one of the deadliest enemies of health at present, Pollution. To present yourself and your loved ones the precious gift of health.

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# Our Doctors



## Dr. Tejaswini N. BAMS

She has to her credit the knowledge of NADI VAIDYA or pulse diagnosis which helps with precise diagnosis of the patient. Always open and eager to learn new things. Dr. Tejaswini is qualified Yoga teacher from prestigious S-VYASA university and done Diabetic reversal course.

With her vast 6 years experience in Ayurveda & 4 years of experience in Salt therapy, at present she in-charge of the RespiCare Indiranagar centre.



## Dr. Harshith B.M. BAMS

In the past he has worked at K.C. General Hospital's, Emergency dept. He has been associated with Red Cross Society and with the with the Indian Army and Defence Wings since 8 yrs. He aims at working on the 'Root Cause' of lungs and Skin disorder. Believes in Natural Healing and says that our body has its own Natural power to heal itself. He believes in Yoga, meditation and Swastavrutha which helps in maintaining normalcy in body. Dr. Harshith B.M. is in-charge of the RespiCare Malleswaram centre.



## Dr. Ashwini Gowda BAMS, PGDEMS

She has done her bachelor's from KLE University, She has to her credit the knowledge of Nadi Vaidya Shaastra from Sri Sri College of Ayurveda and has pursued a Post graduation Diploma in Emergency Medicine from Medvarsity - Apollo hospital, With an experience of working in Critical Care Management, She has extensively been a part of various medical camps, seminars and Medical workshops.

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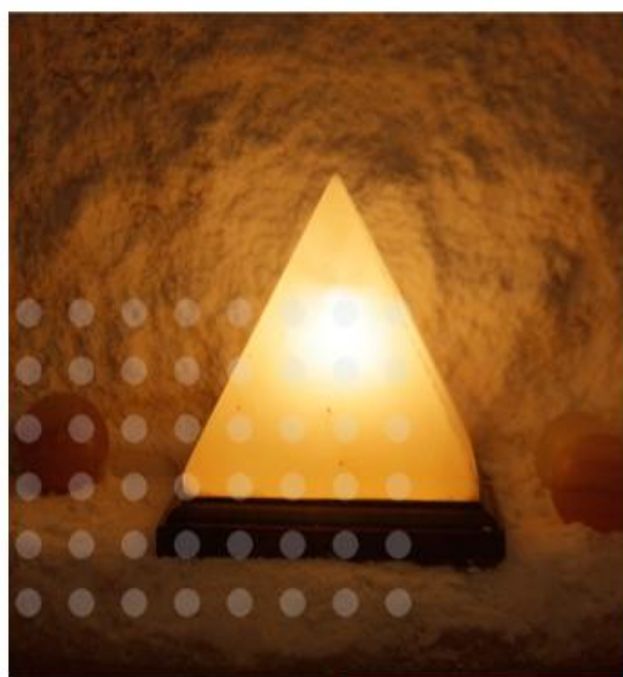
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# THANK YOU

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FEEDBACK



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