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# **Psoriasis vulgaris**

## **Approaches to healing with Natural Therapies**

**by Burkhard Voges, Naturopath**



The common German name for psoriasis means “scaly lichen“, from the characteristic way, in which it manifests on the skin: greater or smaller sharply demarcated red patches, covered with silvery-white scales. The most frequently affected areas of the skin are those affected by motor activity, such as elbows, knees and sacrum, plus the hairy scalp. Fortunately, the face seldom shows any symptoms. In extreme cases the whole body is affected. In the later stages of the disease there may also be very painful involvement of the joints.

The cause of the disease is assumed to be genetic.

It has been observed that exposure to sunlight, and a generally warm climate, have a beneficial effect on this condition. The same is often true of pregnancy. It is possible that this amelioration is due to the happy expectancy or to hormonal changes.

On the other hand, as with many other complaints, it is also true that an aggravation may be triggered by emotional stress, cold weather, increased alcohol consumption, obesity and supervening infections.

Patients sensibly seek treatment with Natural Therapies in order to discontinue or avoid the frequently prescribed cortisone with its many side-effects.

First and foremost, treatment with Natural Medicine means “opening up“, being open to perception of connections between natural functions and natural rhythms, as well as fluctuations in everything involved in the process. This form of treatment embraces not only the treatment of

the affected organ but also the whole person and his environment.

Thus, it would be wrong only to treat the skin in the case of a skin disease such as psoriasis. What is crucial is to identify the true cause of a disease!

However, this point is often rapidly passed over, so as to avoid confronting uncomfortable issues. Understandably, both therapists and patients wish to notch up a success as quickly as possible. Going into matters at greater depth means spending time, which is poorly paid, and mental effort, which costs energy. From the patient’s point of view, it suddenly means ‘taking an active part’. It is not like being at the hairdresser’s, where you can sit back and relax, waiting to see the end result; here one is being challenged to join the therapist in digging up things from one’s life which have gone wrong in the long-term. It is important that the patient tries to grasp both the purpose and the symbolism of his organic sickness.

The skin, for instance, represents a boundary organ. From the body’s point of view it is the last bastion against the external world, which sadly sometimes appears very cruel and unjust.

If the skin thus takes on the role of a protective or isolating layer, there is a danger that it then surrenders its positive function as an organ of contact, consequently acting in a way which is emotionally constrictive. This problem is illustrated by well-known idioms, such as ‘he nearly jumped out of his skin’ or ‘a leopard can’t change its spots’ [*lit. ‘he can’t get out of his skin’*].

Therefore, the patient should be asked right at the outset what significance his skin has for him, what his relationship is to it, whether he is kind to it or tends to neglect it, whether he suffers frequent injuries, etc. Then, his environment should be taken into account, here again bearing in mind his close personal and social contacts.

If the person in question is asked, for example, whether they are “thin-skinned“ or “thick-skinned“, or whether they regard themselves as “tough“, then sometimes doors can open up quite quickly and smoothly, doors, which might never even have come to mind in the course of a more conventional casetaking. It can sometimes be most enlightening to look at the original sense of a word.

In the case of the disease known as psoriasis this means: having made a differential diagnosis with other skin diseases - with a clear differentiation from the various forms and stages of eczema - we investigate the causes, as suggested above, going right back to the point where it all began.

Generally, it is appropriate to begin looking for origins in the emotional and nervous areas.

The nervous system is of critical importance in every cure - it permeates the body like a sturdy tree. When the nervous system is relaxed, the organs are better able to accept the remedies and distribute them to all parts of the body.

For this reason, the nervous system needs to be treated, calmed down and strengthened.



From a symbolic point of view, in psoriasis, an intensified partitioning-off takes place, creating a sort of armour plating against the outside world. The increased formation of scales involves a loss of protein, meaning that the body sacrifices itself to some extent in the interests of "fortifying its frontiers".

Patients should attempt to protect themselves in other ways, which do not place such extreme demands on the body. Maybe the ability to protect oneself verbally could be developed further. Otherwise one's own view of the outside world can be modified in such a way that a more objective evaluation and view of situations renders self-defence superfluous.

In older children and adults, as well as the symbolism, teeth should also be taken into consideration.

Teeth containing infective foci, and so-called 'dead' teeth may involve interference fields, thus sharing responsibility for the patient's suffering.

However, we may count ourselves lucky if we manage to find a competent dentist who consequently works holistically and according to the principles of Natural Medicine. Unfortunately, spot checks revealed that even some dentists who are oriented towards Natural Medicine will still - if required - perform root canal treatments, plus all the other work required, thus creating a dead tooth.

Furthermore, it is important to give attention to the matter of "proper" nutrition.

As is well-known, there are a number of differing opinions regarding what is considered "proper". I have recommended a combination of various guidelines to many chronically sick patients. Using a so-called "nutritional filter", it is possible to find the best nutritional plan for oneself on an individual basis, straightforwardly and quickly. As a general rule, when working out the diet, one should first have regard for foods that are compatible with one's blood group and also consider Hay's Diet, giving preference to those foods, which grow in the region, where one spends most of one's time. This will promote the harmony, which is so needful for comprehensive healing.

Patients who follow this plan soon feel a positive change in their digestion, and at the same time they have greater vitality.

Anyone with psoriasis should abstain from pig-meat, including sausage, as a matter of principle.

There is a well-known expression: "Death lurks in the gut." Nowadays, when choosing food, all too often the main criterion is the taste sensation, rather than the nutritional value of what the body assimilates.

Frequently, the time factor is also a consideration. Many people make demands on their bodies, which they would not make on their car. In most cases, people are more attentive to an unusual sound made by their car than they are to their own physical irregularities - however grotesque that may seem. Something needs to be done about this state of affairs!

Natural Medicine has excellent re-

medies and appropriate procedures for their use, so that they can be worked with successfully. The following isopathic remedies particularly come to mind: NOTAKEHL, FORTAKEHL, MUCOKEHL, NIGERSAN and SANKOMBI - all as drops in the 5X potency. Because of the tubercular basis of events, UTILIN "S" 6X and SANUKEHL Myc 6X drops should also be taken into account. RECARCIN works outstandingly well due to its strong affinity for skin and mucosa.

Beside the remedies from the SANUM company, there are so-called universal remedies, which should always be borne in mind in this context.

Thus, zinc brings about a clear improvement in the level of immunity, general wound-healing and the overall state in skin affections and other efflorescences.

For de-acidification, alkaline salts such as ALKALA N are appropriate, used either internally or externally. The home bath salts from Kemmenau/Bad Ems are amazingly good for detoxifying the body. After having a bath with these home bath salts, a certain non-smoker's bathroom would smell strongly of cigarettes - her partner was a heavy smoker.

The healing of the skin and the favourable influence on the whole organism is clearly supported by bathing in so-called "vitalised water". The vitalisation of the water is achieved by means of Grander technology. If a little "Grander Sulphate Water" is added to this water, then optimum hydrotherapy is assured. Parallel to this, the affected areas of skin should be



dabbed with Grander products.

Complex homeopathic preparations offer purposeful support for any treatment. I prefer the complex preparations to the single-remedy approach, because of the positive synergistic action of various substances that is to be expected. This positive synergistic action has also been seen with vitamins. This knowledge may be successfully applied by using VITAMIN B Complex SANUM N.

Schüßler's Biochemic Tissue Salts should also be mentioned. According to the original teaching, if adequate amounts of the eleven so-called "vital salts" are present in the organism, then the person is healthy.

Even if single-remedy Homeopathy is being used, with clearly prescribed potencies, in almost every case, several tissue salts are administered at the same time. A deficiency of a particular mineral can be determined with the help of Dr. Hickethier's Facial Diagnosis.

Another element that should be included in the natural treatment of psoriasis is urine therapy. So as not to place my patients' taste-buds under too great a strain, I advise them to make a dilution of their urine in a 6X potency and to take this regularly for a few weeks. A proved and tested dosage is: 7-10 drops, 3 times a day before meals.

Of course, as has already been suggested above, we need to ensure a healthy intestinal milieu. It is important for the bowels to move regularly, and that the bacterial culture in the gut is of the best possible quality.

To build up the intestinal flora in both small and large intestines, the use of FORTAKEHL is recommended. Beside this, various companies offer very effective preparations for repopulation of the intestinal flora. We often find that excessive use of antibiotics has wrought long-term devastation among the intestinal flora, the consequence of which, again, is a damaged immune system.

Finally, the functional energy of the adrenal cortex needs to be supported. Potentised organ extracts are excellent for this purpose. Once the patient is producing enough of his own cortisol again, the process of healing can proceed apace.

We should also think of prescribing carefully selected Bach Flower Remedies which help in removing so-called "negative emotional states of human nature"; this, incidentally, is a treatment, which also produces a clear effect in animals. As is well known, animals are believed not to be aware of the placebo effect.

In all cases of chronic disease, including psoriasis patients, the place where they sleep must be dowsed for geopathic stress.

In recent years, many health professionals have become aware of the damage that can accrue to health by underground streams, geopathic stress and electromagnetic radiation. We often find that patients affected by these have become resistant to treatment.

Good geobiologists and architectural biologists can make an appropriate contribution to the healing of such illnesses.

As in almost every illness, multifactorial elements come into play in psoriasis, and this requires our undivided attention and unclouded perception. However, by treating this illness purposefully and appropriately, there is a great deal that Natural Medicine can achieve. If we bear this in mind, then perhaps we can wave goodbye to the embarrassing dictum, that we never lose skin patients, because they cannot die from their skin problem, but they never recover from it.

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