

Comprehensive Management of **PSORIASIS**

For Patients & Practitioners

This book is dedicated to



To My Beloved Grandfather

Dr. (Late) Namburi Hanumantha Rao

This book is presented by:
Center for Non Medicinal Wellness Devices

First Edition – March 2007

Published by:

Center for Non Medicinal Wellness Devices,
16-3-32/C, Kowtha Street,
Purnanandampet,
VIJAYAWADA – 520003.

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Price: Rs.50-00

Printed by:

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Section 1

Aim

The aim of this book is to educate Psoriatics about Psoriasis and various treatments available. It is also aimed to illustrate the general view of the principles of various systems of medicine for Students and Practitioners. This book contains views of various branches of Medicine and Therapies on Psoriasis.

The general public can also be benefited by following some of the information in their life style.

Foreword on Psoriasis

In this world of joy and pain, high and low the duality of nature shows its presence in every moment in our lives. We on the other hand in most circumstance either ignore it or don't understand it. The balancing act of Nature in no way can be commented and in most situations we misrepresent it and misunderstand it.

Psoriasis is no less than this balancing act.

If it is invaded, we need to understand it first then treat it. Get known of the facts logically than scientifically at first hand. Understand ourselves about our life style than showing ourselves to a Doctor at first. A family Physicians advice should never be ignored. These advices should be at par with Nature Naturally than opting straight going Hi-tech as there is always an alternative.

If your body exhibits the symptoms of Psoriasis try to get them out of your body than pushing them again into your body and pretend you are clean.

Try to understand that Psoriasis is not a disease but the condition of your skin which reflects your health from inside., however it will surely give dangerous results if not taken proper care in due time.

Keep your mind fit if you get it. In most cases Psoriasis invades persons with good charm, intelligent, hard working and to smart people. Hence treat this as it to be a testing time of your body and take proper natural care by adopting newer life style methods than pounding your body with chemicals.

It shall be a controversial point at this time, if some one says that if psoriasis comes, then it had saved a major filter in your body but soon this myth will be resolved. May be you have to thank it and take proper care.

Keep thinking positive.

Best Wishes

Satya Seshu Kumar Kadimisetty

Center for Non Medicinal Wellness Devices (CeNoMeD Therapy)

Preface

This book is written by a non-medical person. This book does not provide a medical advice, nor provides an alternative for your ongoing treatment of any system. Please treat this as a general view on different system of medicine / therapies with reference to CeNoMeD Therapy. The information so provided is intended for education and information purposes only. This information is not intended to be used to diagnose, prescribe or replace your ongoing medical care. The Medicare described herein is not intended to treat, cure, diagnose, mitigate or prevent any disease or ailments. However this therapy can be used as an adjuvant to the regular course of therapy, after the consultation of your family doctor. It is neither intended nor implied to be a substitute for professional medical advice. **CALL YOUR HEALTHCARE PROVIDER IMMEDIATELY IF YOU THINK YOU MAY HAVE A MEDICAL EMERGENCY. *Always seek the advice of your physician or other qualified health provider prior to starting any new treatment regarding a medical condition or change in diet pattern.***

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Acknowledgements

I am gratefully indebted to my God Father (Grand father) Dr. (Late) Namburi Hanumantha Rao, who inculcated the practice of writing in me. Only with his selfless pure blessings I have contributed any of the so far published articles.

Though this book contains my practical experiences and interpretation of various subjects in a simple manner, a great extent goes to my people who really devoted their knowledge and time to give a better shape for my ideas.

I extend my sincere thanks to my relatives, family friends and class mates who made this feat possible.

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2. Dr. P. Radha Krishna Murthy MBBS FCGP DNB FIAMS, Author – Heart in Fours, Consultant, Sri Venkateswara Nursing Home, Suryaraopeta, Vijayawada.
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13. Dr. Vemula Bhanu Prakash, BAMS, Editor, SFPAA, Paralysis Clinic, Nellore.
14. Dr. M. Paramkusa Rao, Principal, Dept of Dravyaguna, Sri Venkateswara Ayurvedic College, Tirupathy.

Finally I thank my wife Smt. K. Madhavi and my in-laws Smt. & Sri Prof S. Surya Rao Vijayalaxmi who encouraged me at every step in writing this book.

K.S.S. Kumar

What is Psoriasis?

It is considered a genetic disease and is an autoimmune disorder. Scaling of the skin occurs when cells in the outer layer of the skin reproduce faster (in a few days) than normal (28 to 30 days) and pile up on the skin's surface. Psoriatic lesions are just the symptoms of some problem in our system.

Psoriasis is a persistent skin disease that got its name from the Greek word for "itch." The skin becomes inflamed, producing red, thickened areas with silvery scales; most often on the scalp, elbows, knees and lower back. It probably has an immunologic basis, which results in the epidermis [surface layer of skin] growing too quickly. Normal epidermis takes 28 days to grow. In psoriasis the epidermis takes 4 days to grow (sometimes even less) and because it's growing so quickly, it does not mature properly and therefore the skin becomes flaky, scaly, red, [and] itchy. It's a non-contagious disease of the skin

Although the disease occurs in all age groups, in all areas of body, equally in men and women, it primarily affects adults. People with psoriasis may suffer discomfort, including pain, burning sensation and itching, restricted motion in their joints and the worse being the emotional distress and mental agony.

It is a general observation that people in cold countries are more affected by Psoriasis than people in hot countries, for the reason, people in hot countries shed more sweat.

In some cases, psoriasis is so mild that people don't know they have it. Contrary to this, severe psoriasis may cover large areas of the body.

Psoriasis does not pass from one person to another by touch. It is more likely to occur in people whose family members have it, probably a genetic factor

It is a general saying that only strong people will be affected with Psoriasis, strong either by mind or body. Once affected by it, they would become weak.

Psoriasis is a challenge for the medical community. Psoriasis is one of the most maltreated diseases from olden days, which continues now with the search of a good remedy.

What Causes Psoriasis?

The cause is unknown. However, recent discoveries point to an abnormality in the functioning of key white cells in the blood stream triggering inflammation in the skin. Because of the inflammation, the skin sheds too rapidly, every three to four days.

It is found that sometimes Psoriasis is caused by incapacity of the human system to maintain the level of Element Tin (Stannum) in blood. In other words, it can be said that it is caused by malfunctioning of tin-metabolism of human body. Genetic predisposition and food habits seem to be the cause of this malfunctioning.

Even sudden stoppage of anti-cancer drugs, cortisones, and high anti-biotics could be the cause.

People often notice new spots 10 to 14 days after the skin is cut, scratched, rubbed, or severely sunburned. Psoriasis can also be activated by infections and by certain medicines. Flare-ups sometimes occur in the winter, as a result of dry skin and lack of sunlight.

Types of Psoriasis

There are several forms of psoriasis.

Plaque psoriasis (its scientific name is Psoriasis vulgaris). This is the most common form. In plaque psoriasis, lesions have a reddened base covered by silvery scales.

Guttate psoriasis--Small, drop-like lesions appear on the trunk, limbs and scalp. Guttate psoriasis is most often triggered by bacterial infections (for example, *Streptococcus*). Guttate psoriasis usually affects children and young adults. It often shows

up after a sore throat, with many small, red, drop-like, scaly spots appearing on the skin. It often clears up by itself in weeks or a few months.

Pustular psoriasis--Blisters of noninfectious pus appear on the skin. Attacks of pustular psoriasis may be triggered by medications, infections, emotional stress, or exposure to certain chemicals. Pustular psoriasis may affect either small or large areas of the body.

Inverse psoriasis--Large, dry, smooth, vividly red plaques occurs in the armpit, under the breast and in skin folds around the groin, buttocks and genitals. Inverse psoriasis is related to increased sensitivity to friction and sweating and may be painful or itchy with severe burning sensation.

Erythrodermic psoriasis--Widespread reddening and scaling of the skin is often accompanied by itching or pain. Erythrodermic psoriasis may be precipitated by severe sunburn, use of oral steroids (such as cortisone), or a drug-related rash.

Scalp psoriasis - At least 50 of every 100 people who have any form of psoriasis have scalp psoriasis. This form of the disease is characterized by scale-capped plaques on the surface of the skull.

Nail psoriasis - The first sign of nail psoriasis is usually pitting of the fingernails or toenails. Size, shape, and depth of the marks vary, and affected nails may thicken, yellow, or crumble. The skin around an affected nail is sometimes inflamed, and the nail may peel away from the nail bed.

Psoriatic arthritis - Up to 30% of people with psoriasis develop a complication called psoriatic arthritis and 5-10% may have some functional disability from arthritis of various joints. This type of arthritis can be slow to develop and mild or it can develop rapidly. In some people, the arthritis is worse where the near by skin is also involved. Symptoms of psoriatic arthritis include: joint discomfort, swelling, stiffness, or throbbing swelling in the toes and ankles, pain in the digits, lower back, wrists, knees, and ankles. Sometimes the arthritis improves when the condition of the patient's skin improves.

Each differs in severity, duration, location and in the shape and pattern of the scales. The most common form begins with little red bumps. Gradually these grow larger and scales form. While the top scales flake off easily and often, scales below the surface stick together. When they are removed, the tender exposed skin bleeds. These small red areas then grow, sometimes joining one to another becoming quite large.

Modern (Allopathic) Treatments Available for Psoriasis

Topical Treatment

- **Corticosteroids**—cortisones are available in different strengths and are usually applied twice a day. Short-term treatment is often effective in improving but not completely clearing psoriasis.
- **Gram Negative antibiotics:** In most cases antibiotic treatment may not give good response for various reasons but in some cases a simple gram negative antibiotic like Metrogyl can give good results.
- **Calcipotriene**--This drug is a synthetic form of vitamin D₃. (It is not the same as vitamin D supplements.)
- **Coal tar**--Coal tar may be applied directly to the skin / used in a bath solution, or used on the scalp as a shampoo.
- **Salicylic acid**--Salicylic acid is used to remove scales and is most effective when combined with topical steroids, anthralin, or coal tar.
- **Bath solutions**--People with psoriasis may find that bathing in water with oil added and then applying a moisturizer, can soothe their skin. Scales can be removed and itching reduced by soaking for 15 minutes in water containing tar solution, oiled oatmeal, Epsom salts, or Dead Sea salts.
- **Moisturizers**--When applied regularly over a long period, moisturizers have a cosmetic and soothing effect. Preparations that are thick and greasy usually work best because they hold water in the skin, reducing the scales and the itching.
- **Phototherapy: UVB phototherapy**--Some artificial sources of UVB light are similar to sunlight. Newer sources, called narrow-band UVB emit the part of the ultraviolet spectrum band that is most helpful for psoriasis.
- **PUVA**--This treatment combines oral or topical administration of a medicine called psoralen with exposure to ultraviolet PUVA light.

Systemic Treatment

For more severe forms of psoriasis, doctors sometimes prescribe medicines that are taken internally, which can be Allopathic, Ayurvedic or Homoeopathic Medicare.

Ayurvedic view on psoriasis

Ayurveda called as Indian Medicine is the system of medicine which has its origin from Vedas in the Indian philosophy. Ayurveda is the Science and Philosophy of life. Psoriasis is termed as *Ekakushtha/Kitibh* in Ayurveda. Ayurvedic medicine is based on the energetic essence of the botanicals that meets the energies of the patient. This system splits the basic energy of the universe into five elements (Panchabhutas) — Ether, Air, Fire, Water, Earth — which in turn blends into three principles or humours called Tridosha. This basic theory

of Tridosha is one in which a normal balance sustains health. (Like Ying and Yang in Chinese Medicine). The Tridosha govern biological, psychological and physiopathological functions of mind, consciousness and the body. A person's constitution is determined at conception itself. Both father and mother contribute elements to the fetus.

Qualities of Tridosha

Vata: Has the quality of movement. This subtle energy of bodily air governs biological movement. It governs breathing, blinking of the eyelids, muscular and tissue movement, heart beats, contractions and expansion, cytoplasmic and cell membrane movement. The emotions that Vata corresponds to are nervousness, fear, anxiety, pain, tremor and spasms. The seats of Vata are the large intestine, pelvic area, bones, skin, ears and thighs.

Pitta: This fire energy can be seen as body heat energy. It governs digestion, absorption, assimilation, body temperature, skin coloration and luster of the eyes as well as intelligence and understanding. Anger, hate and jealousy are the major emotions associated with Pitta.

Kapha: Made of water and earth, its quality is the cement of the body providing the material for the physical structure. Kapha gives us resistance and strength, lubricating joints, provides skin moisture and promotes wound healing. It gives us biological strength, memory retention, energy of the heart and lungs. Emotional attachments, greed and long-standing envy as well as calmness, forgiveness and love are governed by Kapha.

Psoriasis can be considered as the vitiation of Vata and Kapha. Middle age is the period of Pitta (Pitta kala) and hence Pitta disorders are more pronounced during this period like Psoriasis:

Vata type of Psoriasis is associated with a lot of scaly formations, severe itching and very dry skin. Pitta type of Psoriasis is associated with fever, redness and burning sensation. Kapha type of Psoriasis is associated with oozing with watery discharge and itching.

The goal is to have a proper balance of the Tridosha that govern metabolism. These activities are anabolism (Kapha), catabolism (Vata) and metabolism (Pitta).

Medicinal substances of herbal, mineral, human & animal origin are represented by: 1) Rasa — taste; 2) guna — qualities; 3) virya or veerya — potency and 4) vipaka — taste arising after digestion. 5) Prabhava - effect

Ayurveda has rich resources of Herbs that act specifically on Tvacha (skin)-Rasavaha srotas like *Indrayav, Narikel, Manjishtha, Sariva, Nimba, Haridra etc.*

The ingredients in any Ayurvedic Psoriasis formula need to promote homeostasis of the skin allowing the nervous system to relax and repair. They include the following herbs, Indrajav (bitter cucumber) which is an anti-inflammatory and moisturizer for irritated skin, turmeric an antiseptic which evens pigmentation, Arjuna which energizes blood circulation and wound healing by its nourishing property and zinc which helps to soothe and quicken the healing process.

There are six pillars which support proper function of our mind and body system, they are:

1. Aachara (conduct)
2. Vichara (thought process)
3. Vyavahara (interpersonal relationships)
4. Aahara (food habits)
5. Vihaara (sleep habits)
6. Brahmacharya (celibacy)

A person who has godly conduct, positive thinking, conducive relationship, taking proper food, having good night sleep and indulging in good sex practices is less likely to be affected by Psoriasis or even any other dreadful ailments, even though he might be having a family history of Psoriasis. Even if he / she get any things there is every possibility that he / she shall be blessed by “Anayasa Marana” (Peaceful and Painless Death).

Inference: - Hence a proper treatment of Psoriasis has many permutations and combinations of the drugs, condition on the body and the psychological aspects of the patient. What ever the condition may be, the principles of Aachara, Vichara, Vyavahara, Aahara, Vihaara and Brahmacharya are not to be forgotten in real day to day practice. In my observation Ayurvedic doctors are either prescribing or giving medicines with much Tikta pradhana drugs. There is a better chance of induction of Hypoglycemia if it is continued for a long time.

Ayurveda & Astrology

Prashnamargam has classified the doshas with respect to planets "Pittam Vaata yutam karothi Dina kridvaatham Kapham Sheethaghu Pittam Bhoomi suthasthathaa Shashi Sutho Vathamcha Pittam Kapam Jeevo Vatha Kaphou sithonila kaphou vaathamcha Pittam Sanihi Ksheenendusthitha Rasinaathakathitham Poorna Kapha thoyabhe". The planets controlling the tridoshas are as follows:

The planets which are responsible to give health problems are Mars, Saturn and Venus, though Jupiter will also add to the woes to some extent. If Mars is placed in enemy's house and Saturn possesses directional strength, then Mars and Saturn will be mainly responsible to give diseases. Mars is Karaka for Pitta and Saturn for Vata and Pitta. Hence, the native will be subjected to extra Pitta and Vata. If Pitta is more, it will give rise to problems connected with acidity, fever, etc., If Vata is more and then problems connected with joint pains will be more.

Sun and Saturn: Pitta, Vata

Moon: Vata, Kapha

Mars: Pitta

Mercury: Pitta, Vata, Kapha

Jupiter and Venus: Vata, Kapha

In addition, it is to be advised to worship Lord Shiva and Lord Kaartikeya to please Saturn and Mars respectively.

There are people who say astrology as quack science, but scientifically speaking if our body has bio-electricity and if magnets influence our bio-electricity then planets do have their own effect on our body for the simple reason, that every planet has its magnetic influence. The earth's magnetic field extends to a distance of 66,000 miles from the epicenter. Above all Modern science may take some more years to prove the astrological effects and calculations as these are based on perfect mathematics just like Shri Yantra.

Inference: - Though this science has many obstacles in these modern days, if we have an optimistic approach, following these will only better the situation.

Panchakarma view on Psoriasis

Panchakarma is a 'five-fold purification therapy' aims at correcting imbalances of bodily elements such as Vaata, Pitta, Kapha and preserving their inherent equilibrium. This therapy is also part and particle in Ayurveda.

The role of Panchakarma is to see the disease is eliminated while the body is rejuvenated. But in today's practice this beautiful cleansing process is more or less administered as "Sukha Karma" (A method that gives comfort). While doing so things could happen in such a way a momentary comfort is achieved while the disease gets rejuvenated at the cost of the patient's health.

The excessively accumulated toxins in the blood are loosened by administration of medicated ghee (Snehapana) and later they are eliminated out of the body through Vamana

(Emesis) or Virechana (purgation). Some of the external procedures like Takradhara, Tailadhara are also adopted to change the texture of the skin while most of the internal medications purify the blood.

It is a very simple theory that if a person is bitten by a poisonous insect, itching and rashes appears on the entire body. Our natural body system is throwing out that poison of insect bite (like formic acid) from our body through our skin. Similarly the slow poisons produced by above mentioned deeds are also thrown out through the skin and this could take the form what we call PSORIAS. To relieve Psoriasis permanently we must consider the later mentioned triggers also along with the obvious triggers of Stress and Climate Change.

Inference: In my view Panchakarma is one beautiful science that is required in these days of fast life. Not only in treating Psoriasis, in treatment of any ailments / diseases Panchakarma needs to be adopted by the doctor & patient as per the Shastra but not for commercial comforts.

Homeopathic view of Psoriasis

In ancient Hahnemanian days, diseases were categorized into three miasms - psora, syphilis and sycosis. They called itch and functional diseases as psora; complicated, destructive and venereal diseases as syphilis; and fig wart and tumourous diseases as sycosis. Syphilis and sycosis usually arise complicating the psora initially, or at a later stage. Perhaps homeopathy only has discussed the principles of Migration and Metamorphosis of disease from one part to another part of the body.

Also there is every chance that the area / part healed with Psoriasis can get converted to a white spot / spots which looks like vitiligo / leucoderma. After some time there are chances for it to expand and they may get ruptures too with psoriatic scales.

Only Ayurveda and Homeopathy consider mind as an important factor in treating any disease / ailment. Fearing spread of psoriasis will do more harm to the body than the actual disease / ailment. The greatest joy for psoriasis patients is the disappearance of the rashes. The disappearance of the itch/scaly skin itself doesn't mean the disease is waning, i.e., skin rash can easily be made to disappear with steroidal external applications which will usually mask the complaint. Likewise, suppressive immune therapy with steroid drugs will also mask the complaint, but very temporarily. Allopathic way of approach is usually against causative factor or disease. In psoriasis, since the causative factor has not been identified, the treatment is aimed at temporary management with medications and external

applications. But, Homeopathy treats the symptoms of patients, rather than the disease or its effects.

Psoriasis is supposed to be a constitutional disease hence excellent results for one patient may have very little or no effect in another. It depends upon the patient's symptom and psychological strengths. Homeopathy improves the general condition of the patient to create an environment which is not favorable for the disease. In other systems, the medicine is selected to stop proliferation of epidermis or infection. But Homeopathy aims at saving/making the skin healthy so that there won't be any need of production or proliferation of skin cells. It means that, if there is a need, there will be excessive production. If there is no need, automatically, excessive exfoliation or scaling gets reduced.

Homeopathic treatment should be given at least for two winter seasons. Right treatment means improvement in the physical and mental state depending on the symptomatology

Inference: - Since there are lot more medicines and the constitution of the person has to be compatible with the medicine, there remains a little choice for a great success, but once identified this offers a good remedy.

Acupressure / Acupuncture view on Psoriasis

Acupressure originated from Acupuncture. In Latin "Acus" means "Pricking". Acupuncture is a traditional form of oriental medicine which originated in China and is being practiced by therapists all over the world now. According to traditional Chinese medicine the whole body is endowed with a number of channels or meridians, through which the vital life force or "Chi"(spelled as 'Qi') travels in a particular direction. These six sagittal meridians are said to be charged by a Yang or +ve force and Yin or -ve force. Each organ has an element of yin and yang within it. The histological structures and nutrients are yin and the functional activities are yang. Some organs are predominantly yang in their functions, such as the liver, while others are predominantly yin, such as the kidney. Even though one organ may be predominantly yin (or yang) in nature, the balance of yin and yang is maintained in the whole healthy body because the sum total of the yin and yang will be in a balance.

The disturbances / imbalance of these forces cause the disease. By needling and stimulating the prescribed points, the imbalance is corrected and a state of harmonious energy flow is established which is called as "cure" of the disease.

Acupuncture provides two effects - First it stimulates specific nerves which transmit electrical impulses via the spinal cord and brain, to the diseased area. Secondly, it

stimulates release of chemical substances from brain centers to form the body's own mechanism for pain relief.

According to traditional Chinese concepts of five elements and Zang-Fu, (like Panchabhutas theory in Ayurveda) theory, the explanation of association of organs, meridians points and the cure of disease brought about by the rolling of points appears fascinatingly scientific.

Sujok Acupuncture

Hands and feet are used for giving this treatment. The expert acupuncturist locates the tender spots corresponding to your complaint on your hand or foot with a special probe. He then inserts microscopic needle at those points. Stimulating these points brings almost immediate relief. What is magical about this advance is that instead of using a needle you can use a sesame seed or a small magnet & tape it to the point which the patient can continue to press to ensure relief. Further advancement in Sujok therapy enables a doctor to even treat energy imbalances in the channels and also mental & emotional problems successfully.

Since Psoriasis is more considered an autoimmune factor, the treatment generally is very prolonged and sometimes is difficult to treat for the reason, sometimes the meridian points of treatment are covered with Psoriasis.

An average patient suffering from a chronic disease of a few years duration requires about 2 courses of sittings (each course could consist of 20 sittings) given to achieve optimum relief in all these forms of treatment. This schedule is followed by alternate day treatment after which a twice a week treatment is given. Once the patient is symptom free, he or she is asked to have a maintenance sitting once a week for 1-2 weeks and then the therapy is stopped. In most of the cases it takes about 6 months for a better relief.

Inference: - utmost precision, knowledge and experience are necessary to effectively treat. The most considerable fact is the practitioner must have a very calm, peaceful mind and attitude. Taking these on considerations, the success rate is just like any other system but offers a new rationale in treatment.

Chakra therapy:

Chakra means *Wheel* in Sanskrit. The body has spinning energy centers that look like spinning wheels and are called, Chakras. (Termed as Plexus in Modern Science). Mention of chakras is found in the later Upanishads, including specifically the Brahma Upanishad and the Yogatattva Upanishad. These Vedic models were adapted in Tibetan Buddhism as

Vajrayana theory and in the Tantric Shakti theory of chakras. There are various other models of chakras in other traditions, notably in Chinese medicine, and also in Tibetan Buddhism. Even in Jewish Kabbalah, the different Sephiroths (like chakras) are sometimes associated with parts of the body. In Islamic Sufism - Lataif-e-Sitta (Six Subtleties) are considered as psycho spiritual "organs" or faculties of sensory and supersensory perception, activation of which makes a man complete.

The chakras are thought to vitalize the physical body and to be associated with interactions of both a physical and mental nature. They are considered loci of life energy, or prana, which is thought to flow 'amo'. In Mysticism, a Nadi (plural: Nadis) is an energy channel in which prana energy flows and may connect chakras. The word Nadi comes from the Sanskrit root and meaning "channel", "stream", or "flow". It is not accepted by mainstream science. The main nadis include Sushumna, Ida and Pingala.

Nadis are thought to carry a life force energy known as prana in Sanskrit, or Qi in Chinese-based systems. They are also said to have an extrasensory function, playing a part in empathic and instinctive responses. Nadis are sometimes viewed as extending only to the skin of the body, but are often thought to extend to the boundary of the aura.

The Ida and Pingala nadis are often seen as referring to the two hemispheres of the brain. Pingala is the extroverted, solar Nadi, and corresponds to the left hand side of the brain. Ida is the introverted, lunar Nadi, and refers to the right hand side of the brain.

The two nadis are stimulated through the practice of pranayama, which involves alternate breathing through left and right nostrils, which would alternately stimulate the left and right sides of the brain.

The seven main chakras are being aligned in an ascending column from the base of the spine to the top of the head. Each chakra is associated with a certain color, multiple specific functions, an aspect of consciousness, a classical element and other distinguishing characteristics.

Muladhara chakra
 Svadhisthana chakra
 Manipura chakra
 Anahata chakra
 Vishuddha chakra
 Agna chakra
 Sahasrara chakra

Muladhara is positioned close to anus, at the perineum, and it has four petals which match the vrittis of greatest joy, natural pleasure, delight in controlling passion, and blissfulness in concentration.

In Samkhya philosophy, the concept of Muladhara is that of moola Prakriti, the metaphysical basis of material existence. Muladhara is the chakra that draws down spiritual energy and causes it to assume a physical existence. It is like the negative pole in an electrical circuit, which provides the potential for the evolution of form.

Within this chakra resides the sleeping kundalini shakti, the great spiritual potential, waiting to be aroused and brought back up to the source from which it originated, Brahman.

Muladhara is the base from which the 3 main psychic channels, nadis, Ida, pingala and sushumna, emerge. It is related to the physical processes of reproduction and excretion, and also to the various fear and guilt complexes associated with them. All a person's Samskaras (potential karma), are expressed here, in a physical form.

Hence, any treatment may need to be followed targeting Muladhara chakra.

Inference: - Treatment from / to Muladhara chakra may not be possible with most of the medical systems; it is here the magneto therapy has an advantage, where it can target a chakra for a better relief.

Magneto therapy view on Psoriasis

The remarkable feature of the power of magnets is seen in the matter of reformation, resuscitation and promotion of the growth of the cells. When the magnetic flux passes through a tissue, a secondary current is generated around the magnetic lines of force in the tissue cells which ionizes the Protoplasm and rejuvenates the tissues by activating the metabolism. Consequently a remarkable curative affect will be noticed in the human body. Every CELL in our body is an Electro- magnetic unit having a magnetic field. During healthy stage each group of cells vibrates with its own frequency, during disease the vibratory frequency is altered. Hence a true proper treatment is to help the cells to regain their natural frequency. By treating with magnets, the discrepancies of body are forced to restore to normalcy. When magnet is brought in contact with the body a weak electric current (say a certain amount of E.M.F – Electro Motive Force..) is generated in the blood (Hemoglobin) is activated and an increase in the blood flow circulating in the body occurs, with the result the iron content in blood (Hemoglobin) is activated and an increase in the circulation of blood means increase in oxygen consumption of cell hence more activity of cells occurs. An increase in quantity of iron shows an increase in secretions of juices of

various glands in the body including Endocrine's, an increase in building new cells in the body to rejuvenate and a decrease in cholesterol deposits in blood vessel as a result the high blood pressure will be normalized. Renal stones and the deposits in blood vessels are scraped, thus they become flexible again and the blood pressure is normalized.

Bio electricity view on Psoriasis

Bio-electro-magnetism (sometimes equated with **bioelectricity**) refers the electrical, magnetic or electromagnetic fields produced by living cells, tissues or organisms. Examples include the cell potential of cell membranes and the electric currents that flow in nerves and muscles, as a result of action potentials.

If the body does not possess any incidence of electromagnetic activity the present diagnostic tools like E.C.G. [electro cardio graph], E.E.G. [electro Encephalo gram] and M.R.I. [magnetic resonance image] would not serve any purpose.

Biological cells use bioelectricity to store metabolic energy, to do work or trigger internal changes and to signal one another. Bio-electro-magnetism is the electric current produced by action potentials along with the magnetic fields they generate through the phenomenon of electromagnetism.

It is learnt that the animal and human bone is a conductor of electro Motive Force (E.M.F) by virtue of cell mechanism. Under the influence of electro magnetic field the hair follicles of the head and the pineal gland act as antenna for EM waves and convert them into feeble electricity. Thalamus acts as buffer sub-thalamus acting as step-down transformer distributes the so generated electromotive force in micro-micro volts needed by the tissues and nerves.

The principle of relief involved in this therapy is of controlling the body's electricity by way of PMF's without introducing any electric currents through electrodes into the body. The conductive cell mechanism of our living system is based on the principle of self generation and transmission of micro currents through potential difference and ion-exchange (charge transfer) method. These currents are responsible for normal development and growth of cells and cells in turn transmit the electrical impulses carrying the messages to the brain through the motor and sensory nerves all through out the body. This ion exchange of cell is also responsible for normal development and growth of cells and cells in turn transmit the electrical impulses carrying the messages to the brain through the motor and sensory nerves all through the body. This ion-exchange of cells is also responsible for adoption of oxygen into the cells.

By way of generating a pulsating Field (PMF Therapy) of magnetism, around the living cell, cell mechanism helps the system to produce its own required 'Micro Potentialities'. The oxygen partial pressures are also considerably increased and this helps to re-vitalize the living tissues. The latest developments of pulsating 'Magnetic Field Electric Coils' are specially designed so that a larger portion of the system or the whole body could be subjected to the Magnetic Fields and thus curative effects would be made more affective, faster and long lasting

Inference: If we could carefully use this concept we can provide a safe and long lasting effect.

Tantra (Mantra) impact on of Psoriasis:

Mantra is the part of Indian occult science. Mantra is a set of words from Vedas that are specific to some God or Goddess. To grant Mantra for sacred desires our seers gave them a religious sanctity. Mantras are single or strung together syllables. Mantras when chanted in different combinations then forms generate certain vibrations. The world is nothing but the materialization of various vibrations. This fact has dawned upon scientists but very late. These Mantras are masses of radiant energy and according to law of conservation of energy, energy is never lost but it simply changes forms.

By concentrating our mind we should meditate without remembering our problems, desires or any other irrelevant thoughts on our mind. The Mantras can be recited a little loudly or softly, but reciting inwards silently is more valuable. It relives a person of tensions and anxieties.

The Important Mantra for physical well being is:

“OM NAMAH SHIVAYA”

This is an important Mantra that can help an individual in all spheres of life. It removes pain and miseries from Life.

Inference: - There are certain things we can see and observe, but there are more things we can't see and even think off. Mantra is one; the effect can only be felt and cannot be adjudged as a physical potion for all remedies. It's more spiritual and psychological.

Vaastu impact on Psoriasis

According to Amarakosha (an encyclopedia written by Amara, who lived thousands of years ago), Vaastu means a place fit to build a house on. Vaastu is the matter or material

form, wherein energy exists. Mayan (the mythological entity who propounded the treatise on Vaastu) in the Mayamata Vastu Shastra (the treatise itself) says that though building are called Vaastu, in fact, they are energies by virtue of their association with Vastu (articles or things). Vaastu are embodied energies. According to Vaastu, a building or premises is a living organism and can be designed in harmonic resonance with the underlying energy structure of the universe. Such a building or premises becomes a generator of coherence, attuning the occupants to the universal laws and increasing health, wealth and spiritual well being.

This is the reason that a new term is being used to relate to Vaastu and allied sciences. Today, it is being called Energy Architecture. It is the highly evolved, comprehensive building philosophy.

Direction	Activity	Type of Enclosure
North East	Cleaning the mind	Pooja
East	Cleaning the Body	Bath Room
South-East	Power Generation for running the body	Kitchen
South	Maintenance of body	Bed room
South West	Mental Activity	Study and library
West	Fuelling	Dining room
North West	Storage of Fuel	Store Room
North	Storage of Money	Vault
Central	Interaction	Drawing Hall

The significance of all the tenets of Vaastu is the optimization of positive energy and minimizing or removal of negative energy in any structure. Once you do this, you pave the way to a healthy and happy life for people in the building,

Inference: - If we could understand and follow these guidelines with a positive attitude, we can increase our positive energies at least to balance our negative energies for better health.

General treatment - There is no known specific treatment for psoriasis. The drug most effective in one case may be totally ineffective in another i.e., no drug is capable of smart work in every case. Also, since most of oral drugs are hepato (liver) toxic, everyone concentrates on a variety of external applications like petroleum jelly, liquid paraffin, tar ointment, psoralen (photosensitive drug), salicylic acid, steroid ointment, etc., to care for skin dryness and infection. UV rays are also often used to control psoriasis. In a good number of cases, a moisturizer itself will help. But in cases of a progressive disease, internal drugs may be needed. The rebound of complaints is often noticed in stoppage of

external applications or internal drugs. Psychological support must be given explaining the possibility of living better with psoriasis with hope.

Recurrences and remissions are very common in the treatment of psoriasis as every tide has its ebb. Nobody can claim complete cure, since it can recur after 5-6 years or even more than that. So everyone must be prepared for a longer remission period. No system can calm all the cases, as 'No one can please everybody'.

Diet / Habitual pattern for Psoriatics

Diet cures better than a doctor as it is rightly said 'Food is your Medicine'. To overcome the tide of suffering, all and first avoid aggravating factors:

- Say 'NO' to smoking, alcohol, fast foods, sour foods & hot sun.
- DON'T scratch or peel to avoid infection.
- AVOID stress and unnecessary medicines.
- Sometimes PROTIEN rich diets are necessary.
- NEVER eat to your full capacity.
- GO with Nature in your style of living and eating food.
- USE moisturizer or like materials to avoid dryness of skin.
- Have a STEAM bath or use a vaporizer
- Application of good quality / medicated oil in the ears once WEEKLY

Persons having a tendency for this disease, by inheritance or otherwise, have a liking for foods rich in Tin because in these people, levels of Tin tend to fall below normal and the natural body response is to make up this deficiency by consuming more of Tin-rich foods. This results in excessive intake of food rich in Tin, which aggravates the condition further just like excessive intake of food rich in sugar aggravates diabetes. Thus, food habits require regulation if a patient uses less amount of salt during flare up it appears that it may slow down the aggravation of the disease.

Ayurvedic theory agrees with Modern theory of autoimmune origin, stress and effects of climatic changes on Psoriasis. But in Ayurvedic texts we also see a very detailed reasoning with regard to Triggers of Psoriasis.

Triggers of Psoriasis:

The main triggers of skin diseases according to ayurveda are,

- Using of opposite quality of foods at the same time (can also be termed as vipareeta Aahara), like using Yogurt with Milk, or Fish with Milk, or Achar (Pickle) with Milk or Honey with Ghee (Butter), these are opposite foods and if taken together, they (could) produce slow / mild poisons in our body.
- Regular intake of non-vegetarian foods could trigger Psoriasis. Since meat passes very slowly through the human digestive system, which is not designed to digest it fast. Meat takes about five days to pass out of the body; where as vegetarian food takes only one and half days to pass out. If the digestion time is larger, meat which already contains ptomaine's (responsible for rapid decomposition and putrefaction) turns toxic in the colon and wears out the intestinal tract and the resultant toxins are expelled out as Psoriasis.
- Reduced intake of water. During abnormal conditions of skin it is advised to take a little extra quantity of water, as it helps to flush out the toxins (hydrotherapy).
- Sometimes people are taking fish preparations and cheese preparations along with alcohol and can easily lead to skin diseases, because fish with milk products like cheese are contraindicated.
- Using cold drinks and cold water when in stress or after having hard physical work like morning exercise. This is just like an injury to skin and it is a proven fact that injury to skin triggers psoriasis.
- Taking heavy foods in short durations without getting earlier food properly digested. This also produces a slow poison which gets released in the blood.
- Having sex within one hour of taking meals, because one hour is minimum required time for our body to secrete the juices to digest the meal. If our attention is diverted towards sex then these juices are produced in less quantity in which case the undigested food will get converted into slow poisons.
- Normal Sleeping mode takes our body into hibernation. Any sleep session during day time in addition to night time normal sleep, may cut the time available to our system to cleanse our body. Hence Ayurveda strongly recommends avoidance of any additional day time sleep (except in very hot summer season).
- Stopping the natural Vegas (waste disposal system of our body). Stool, Urine and Semen are natural Vegas, which should not be stopped. When in constipation part of the toxins present in stool gets re absorbed in the form of mild poisons into our blood system and they come out through our skin in the form of skin diseases including Psoriasis.
- Taking heavy meals in breakfast, lunch and dinner on a single day makes it difficult to digest and produces toxins in the body.
- Excessive use of yogurt, black pepper and sea food in regular meals and lesser exposure to sun light are some of the triggers to psoriasis disease.

Complications - Psoriasis usually grows worse with suppressing steroid drugs. So never use steroid drugs for a long time, but use them only when necessary. The entire outburst may reflect inwards to involve every part of the body when suppressed. Usually, everyone knows diabetes can affect every part of the body except hair, teeth and nails. But psoriasis can affect these too. In the case of nail being affected, it may end up in loss of nails. If treatment is followed with patience, then psoriasis will remain only a skin disorder and make life with the disease better. The anxiety of the sufferer also makes his/her health deteriorate further. Anxiety, stress will make psoriasis worse. Be happy so you can live better without complications.

In neglected or maltreated cases, psoriasis can involve joints, liver, kidneys, bones, etc. Sometimes the raw skin surface, which peels off, attracts infection with scratching, leading to painful blisters. Apart from these complications, drug diseases or complications on using steroids also occur in many cases with ulcer, cirrhosis, kidney failures, neutropaenia, etc. Many patients try the drugs even without the doctor's advice. Drug cocktails can be harmful. Also, the disease grows worse with wrong drugs.

Management of Psoriasis

Psoriasis is a puzzle. Treatment that work wonders for one victim of psoriasis may have no effect or benefit for another. The management for psoriasis is a long-term treatment.

Selecting an appropriate treatment for psoriasis can be confusing, daunting and complicated. There exists a myriad of drugs, diets, steroids, pills, oils and moisturizers. These can generally be sorted into three categories;

1. Systemic; taken orally or digested (such as medicines, vitamins etc)
2. Topical; applied directly to the skin (such as wax, oil, coal tar etc)
3. Radiation; Phototherapy; ultraviolet radiation (such as PUVA treatment)

For a better management of Psoriasis generally the following items are considered;

1. Severity of the psoriasis
2. Location on the body
3. Chronicity
4. Previous and current treatments
5. General health of the patient
6. Family history or psoriasis
7. Psoriasis impact on the life style of the individual

Factors that help Psoriasis to invade / grow:

1. Since more than 80% of Psoriatics suffer from dandruff, presence of dandruff could be the early sign of Psoriasis or even triggers Psoriasis.
2. Habit of taking frozen foods and tinned foods.
3. use of lemon in any type of food and drink
4. non-vegetarian food of any kind
5. abnormal food habits (vipareeta Aahara and visha Aahara)
6. abnormal food timings
7. phlegm in lungs
8. controlling natural urges
9. incomplete evacuation of stools
10. less consumption of water
11. bad timings of sleep
12. unhygienic surroundings
13. too much stress and strain of mind and or body
14. hyperacidity / hypoacidity increases Psoriasis
15. indigestion / incomplete evacuation of stools increases Psoriasis
16. hurry, worry, curry are risk contributing factors
17. even partial kidney / liver dysfunction increases psoriasis
18. sudden stoppage of steroids
19. prolonged usage of steroids, NSAIDS
20. use of chloroquin tablets
21. even little extent of smoking, pan, ghutka, alcohol could aggravate
22. Excessive / any use of fan, air conditioners which hinders the normal sweating process. Normal sweating is considered as semi-dialysis.
23. generally psoriatics don't sweat much, this would indirectly increase Psoriasis

Personal view on Psoriasis

In pursuit / search of more relief / happiness the mankind eventually faces trouble and in most cases they even lose their identity, ideology etc which need to be understood as a stepping stone for success.

Attack of Psoriasis, doesn't mean some unpardonable sin is done and it is not the end of life. Scientifically speaking the cause could be genetic, auto immune, some food allergy related, medicine allergy related or could be a cause beyond your thinking and perception. Skin will be in the first place to protect and in the last place to be affected. So if Psoriasis has invaded, see that skin does not become a cause / way for other organs to get damaged. It is also a common thing that Psoriasis responds to almost each and every medicine or

food stuff either positively or negatively, the only thing is, before we understand its understanding (its response) we discontinue the medicine or food stuff and switch over to some other therapy or medicine. Generally it takes years for Psoriasis to come out and don't expect it to be relieved within a few days or weeks or months. Though it is disgusting, try to live with it. In my view only time is the best medicine, may be we may have to give some time for it to subside and do our part of trial to tackle effectively.

The better things to be done have been discussed. If you could think and feel that the ailment or disease you have is your wise asset, accept it with a smile, you will experience new and fruitful life in every second of your life.

Section 2

History of CeNoMeD Therapy

Center for Non Medicinal Wellness Devices, or in short CeNoMeD has phonetic pronunciation which resembles "see no medicine".

I am, K.S.S.Kumar, Director of CeNoMeD. I was directly or indirectly involved in practice of Magneto therapy for about 20 years. (I do not have any academic medical background). During this tenure, I came across various occasions, and made suitable devices for an apt matching for the ailment.

In the year 2002 I was seriously affected by Psoriasis and this became a big obstruction for continuance of my career. This embarrassing situation led me to switch over many types of medicines and treatments and therapies. But the results were short lived and in some situations the scales reappeared with more vigour. I suffered severe mental agony and physically embarrassed. I got frustrated for the simple reason, a person like me with a good medical background and experience had to face such an embarrassing situation, what would be the situation if this happens to a common or non medical man,.

This aroused interest to tackle Psoriasis, and I made my body as a specimen. I started to recollect all the things I have used in the past. Summarized each and every aspect, came to an inference that most of, the so far, known therapies & treatments are based on chemistry of the body with little approach to the aspect of mind and in most cases the compatibility is a surprise for the patient. Or to say it is his luck. But a relief from ailments should not be by choice or fortune. Though most of the medicines respond to some extent, the doctor and the patient are not totally confident to that extent they could anticipate the results.

For the experience and knowledge I gained in magneto therapy, I strongly believe that

“metabolism is an electro chemical process influenced by known and unknown stimuli” and hence treating Psoriasis should be carried on these lines than just either with medicines or with radiation or other means. I had to convince my own people to proceed in these lines as I had to try on myself. Finally after 2 years of my trails I had practically controlled it. Now I can suppress, make the scales disappear, reappear virulent the conditions / symptoms or Psoriasis. All my people got convinced about my trials. I have started practically applying to others, with a success rate that even the pessimistic patients started believing that they are becoming free from scales and thanked me.

The biggest surprise is that I treat all types of Psoriasis without medicines (oral Medicare). I use supplements of herbal or organic origin for oral use which are actually not designated for Psoriasis. but that which make the body and the general constitution more strong which makes Psoriasis unable to exist. Externally I give a Herbo mineral oil. A suitable set of tailored made magnetic devices are given to the patient. These devices are not be used for any similar patient as they give out devastating / dangerous results as these are designed as per their individual constitution.

I follow the principle of “Ashtadigbandhana” and take no chances of leaving a corner for the condition to reappear. I have adopted certain principles from Ayurveda, Bio-electricity, Chakra therapy and Panchakarma. The principal carrier is Magneto therapy. I supplement the prowess of medical astrology, Vaastu and numerology. This is the basic functional principle of the comprehensive CeNoMeD treatment).

Our treatment method is not just to clear the scales from the superficial skin. Any local application regularly will keep the skin cleared from the scales for few days or months. Our objective is to cleanse and insulate the system to get rid of Psoriasis permanently. Cleansing of impurities from the blood in circulation will also prevent other blood impurity related diseases like Psoriatic arthritis, debility and other auto immune diseases. In fact CeNoMeD therapy cleanses the entire system. This is CeNoMeD therapy.

I named the entire procedure; follow up, treatment after my institute as CeNoMeD Therapy. Hence this CeNoMeD therapy is my brain child. Almost every person responds to this CeNoMeD therapy. In this therapy I have about 95% success rate in treating Psoriasis and even a large rate of success in treating knee joint pains. The CeNoMeD therapy is totally natural, safe, organic, effective and affordable. The only problem is that it takes a good lot of time to the extent of 6 months sometimes. In about 80% cases, the scales vanish in the first two to three weeks itself leaving only the scar in red colour. It will take at least 5-6 months to get to the actual shade of the skin.

I strongly believe that this could be best therapy for Psoriasis as it does not involve any

sort of inorganic formulations, chemicals and controlled radiations. The patient can take the treatment in his home with the help of his family members. Our online consultancy makes, the treatment becomes much easier.

Though a large scope of research is in the offering, the practical limitations have led me to venture to this stage only. If this CeNoMeD therapy could come to the access of all chronic psoriatics, I feel my life is fruitful and wont go waste.

Any one who wishes to know more about this can contact me directly or send a mail to cenomedtherapy@gmail.com and you will get an auto reply with all the details. Please visit our website <http://www.anmolnaturals.com/> also. You can consult us at phone: 08662571559 / 94402 30353 (0091)

Please post your comments.

Regards,

K.S.S.Kumar

About CeNoMeD therapy

The basic concept of CeNoMeD therapy is to avoid any oral medicine. At the most nutritional supplements and external oils are advised. Magneto therapy is to be undertaken only to the extent it is advised. Other things include food habits, food timings, recitation or even listening to mantras, following Vaastu principles, wearing gem stones, astrological perceptions and psychological governance and last not the least – fighting back.

CeNoMeD therapy helps to alleviate the positive energies to a substantial level by increasing the function of the natural laws and principles in / on the human body by advocating Bodily Truth, Inner consciousness and Supra Mental attachment. Some we know and some we don't know and that doesn't mean they do not exist.

Advantages of CeNoMeD therapy:

Treating locally with external applications may not give any long-lasting relief. The healing secrets are treating the condition constitutionally, internally and generally. Patience and gentleness have the greatest power of healing. An array of medicines / applications will not cure the complaint. Betterment / cure may be surely claimed if the treatment is started early or immediately after the complaint begins. Hence, when considering any general psoriasis treatment, it is important to also evaluate the following;

- *Known side effects of the treatment
- *Duration treatment has been available
- *Proven track record of the available treatment
- *Duration of treatment required
- *Impact of the treatment on daily life
- *Suitability to your situation

Stress is the main factor in triggering psoriasis, even when the condition has been alleviated, stress can cause it to return.

Keeping the above factors on hand, CeNoMeD therapy has a definite angle of success in treating Psoriasis.

1. There are no known side affects for the reason, no medicines are administered but instead side benefits are possible. This is possible with the practice of Oriental Holistic approaches.
2. Since a wide variety of approaches are handled, all most all the treatments are existing for a very very long time there have been success in all the cases, may be they are less in number, but offers promising results for the therapy to be carried on large scale.
3. Duration may not be less than like any other system. As in most cases, it takes about 6 months. But the better angle is that it can be carried at his/her home itself, with a constant interaction with the practitioner.
4. In most cases the impact is very less on daily life for the reasons (I) it can be carried at home at their convenient time (II) the administration of external oil gets absorbed and stays for a considerable time and needs a long time for another application (III) the treatment does not produce pain or uncomfortable but in most cases gives a good sleep (IV) only the herbal supplements will not be tasty / palatable as they need to be Tikta pradhana.
5. In most cases it suits everyone.

CeNoMeD therapy kit contains:

1. An Electro-magnetic field generator suitable for each individual constitution is designed and provided.
2. Two pairs of magnets as necessary depending upon requirement.
3. Three types of herbal powders for use for three months according to requirement.
4. Oil for external application as necessary depending upon condition and requirement.
5. Mantra equipment
6. Small vaporizer

7. Basic instruction manual will be provided as per individual requirement.
8. Online consultancy / chat will be enabled.

PLEASE NOTE

THE KIT IS DESIGNED FOR THE CORRESPONDING INDIVIDUAL ONLY AND NOT SUPPOSED TO BE USED BY ANY OTHER PERSON WITH SIMILAR SYMPTOMS AND COMPLICATIONS. NONE OF THE ABOVE MATERIAL HAS BEEN ENDORSED / APPROVED BY ANY VALID / LICENSING AUTHORITY OR AGENCY IN ANY PLACE. THE HERBAL POWDERS DO NOT CONTAIN ANY INORGANIC SUBSTANCE EXCEPT FOR THE PERMITTED PRESERVATIVES. OILS MAY CONTAIN SOME EXTENT OF MINERALS. HENCE USE OF THE CeNoMeD THERAPY KIT IS AT THE INDIVIDUAL RISK OF THE PERSON USING IT. NO LIABILITY FOR ANY AFTER USAGE / EFFECT IS ENTERTAINED IN ANY MANNER / WAY AT ANY PLACE AND LAW. KIT WILL BE SUPPLIED ONLY ON THE WRITTEN PRESCRIPTION / ADVICE OF A REGISTERED MEDICAL PRACTITIONER ONLY ON THEIR LETTER HEAD ALONG WITH A DULY SIGNED DECLARATION. IF THEY ARE FROM A FOREIGN LAND THEY NEED TO OBTAIN PERMISSION FOR NECESSARY IMPORT OF THE KIT FROM THEIR RESPECTIVE GOVERNMENTS OR AGENCIES. KITS ARE SUPPLIED TO PERSONS WHO DOES NOT HAVE ANY OTHER COMPLICATIONS EXCEPT PSORIASIS.

For further reading: Other articles / news on author

1. Free magneto therapy from tomorrow - Deccan Chronicle dated 29-12-1989
2. Magnetism in living beings – Indian Express dated 13-3-1990
3. Pilgrimages and energy transfer – Indian Express dated 19-6-1990
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5. Aiskanta Chikitsalo aadhunika parikaralu – Eenadu dated 7-1-1993
6. Psoriasis camp held – Indian Express dated 9-2-2007
7. <http://ezinearticles.com/?id=457059>
8. <http://www.articlesbase.com/diseases-and-conditions-articles/psoriasis-treatment-with-cenomed-therapy-105977.html>

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