



WEB OF SCIENCE

THE BENEFICIAL POTENTIAL OF THE NATURAL FACTORS OF OCNA SIBIULUI RESORT IN PSORIASIS

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Abstract

Introduction. Psoriasis, a chronic inflammatory dermatosis that occurs on a frequently predisposed genetic background under the action of triggering factors, has severe psychosocial and professional implications; patients with psoriasis are frequently discriminated, isolated, and in about 50% of cases have a significant reduction of quality of life. Considering these aspects, adequate management of the disease is required to extend the remission periods, to decrease the frequency and severity of the exacerbations of psoriasis, and not least, to improve patient quality of life.

Material and methods. Rich in natural therapeutic factors: concentrated chloride sodium waters, fossil sapropelic mud (with known effects derived from the physical properties and chemical composition), sedative bioclimate that allows reducing the stress level and maintaining high mental tone, Ocna Sibiului resort is a therapeutic option for patients with psoriasis. In the current context of evidence-based medicine, given the absence of studies related to the efficiency of natural therapeutic factors in this squamous dermatosis, we aim to conduct a pilot study including a minimum number of 20 patients with psoriasis and to evaluate the impact of therapy using the natural therapeutic factors of Ocna Sibiului resort on skin lesions, joint involvement (where present) and quality of life of the patients. For evaluation, we aim to use the PASI score to assess the evolution of psoriasis, and the DLQI score for the quality of life of patients before and after spa treatment.

Results Different medical procedures, a favorable climate, physical and mental rest may have beneficial effects on skin lesions, joint involvement and not least, on the quality of life of patients.

Conclusion. Alongside drug treatment, spa and climatic factors influence the dysregulated mechanisms of the body, having beneficial effects in squamous dermatoses.