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## Mongolian mind-body interactive psychotherapy with psoriasis

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The etiology of psoriasis remains unclear, and no cure for psoriasis exists. It typically follows a relapsing and remitting course, exerting a negative impact on patients and leading to the risk of other co-morbidities. In Inner Mongolia, a traditional Mongolian Mind-body Interactive Psychotherapy (MMIP) is used. MMIP combined with other treatments (medication, surgery, chemotherapy, or radiotherapy) provides a better outcome compared with using these treatments individually. In some diseases, MMIP shows better results. In this study, 136 patients with psoriasis who attended Mongolian mind-body interactive psychotherapy during 2013-2014 were monitored. The treatment lasted 67 days on average (range 12-311 days). Further, 26 patients healed well (19.1%); of these, 2 also used medication. Nine patients (34.6%) had a relapse in 4 years. Twelve patients (8.8%) showed a significant improvement. During the 4-year follow-up, five patients (41.7%) had a relapse. Also, the condition of 63 patients (46.32%) improved, and 36 patients (57.1%) had a relapse. Moreover, 29 patients showed no change, and the disease symptoms aggravated in 6 patients. The results showed that fully recovered patients had a lower rate of relapse. Previous cases had 6-11 years without a relapse. However, some patients still had a relapse after a long period of treatment, but the severity of psoriasis reduced. Besides these, many patients showed reaction symptoms, such as, aggravated lesions, yawn (lasting a few minutes to a few hours), somnolence, pain in joints, diarrhea, and olfactory hallucination. These symptoms were common in patients with psoriasis. Other diseases had different reaction symptoms, and these symptoms disappeared and the patients felt better over time. This is an interesting phenomenon; however, the reason is unknown. Mongolian mind-body interactive psychotherapy is an effective stress reduction treatment for multiple diseases. In psoriasis, it showed safety, low relapse, and a significant improvement in the quality of life. Therefore, MMIP may serve as a new treatment option for patients with psoriasis.

### Recent Publications

1. World Health Organization (2016) Global report on psoriasis. World Health Organization.
2. Nagongbilige He and He A (2015) Mongolian mind-body interactive therapy. Wuhan, Hubei: Hubei Science & Technology Press 2015.
3. Takeshita Junko, et al. (2017) Psoriasis and comorbid diseases: epidemiology. Journal of the American Academy of Dermatology 76(3):377-390.

### Biography

Sarnai Arlud has a passion for the mind-body interaction. She is focused on evaluating the use of Mongolian mind-body interactive psychotherapy in insomnia and psoriasis, and also helping the group assess Mongolian mind-body interactive psychotherapy in esophagus cancer, gastric cancer, ulcerative colitis, hyperthyroidism, rheumatoid arthritis, fatty liver, depression, anxiety, hyperplasia of mammary glands, chronic fatigue syndrome, and anti-aging. In addition to this, she is working at understanding the molecular mechanism of Mongolian mind-body interactive psychotherapy in psoriasis and its possible function of symptom reaction.

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