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### *Asphodelus* spp.: History and current use for the treatment of psoriasis for the development and validation of an herb used for over a millennium

Western medicine has given us improved health and quality of life at the same time causing other problems with maintaining health. As we look to the past for better treatment of diseases, we find plants that are still in use by old communities for various diseases or conditions. So it is with the treatment of psoriasis. The story starts a millennium ago with the use of *Asphodelus* spp., where the juice of the bulb was squeezed on patchy itchy skin. Relief was rapid. Modern medicine substituted single agents for treating psoriasis, with some success, but we have shown and validated the use of a plant based therapy that has an advantage over these drugs. Furthermore when using plant based therapy, there are often several compounds that work in concert to affect the therapeutic outcome so that variations in individual responses to single agents can be minimized. *Asphodelus* are currently being used for treating psoriasis but has been known for at least a millennium among the Druse in the Golan. Psoriasis is a condition characterized by hyperplasia of the epidermal keratinocytes of skin causing flaky scales and crusty red patches. In vitro keratinocyte models then are a good representation for plaque psoriasis. An extract of *Asphodelus* shows potent keratinocyte inhibition. The extract has been subjected to fractionation and activity of several fractions have potent activity. Two clinical trials conducted by Pro-Z92 with a preparation of *Asphodelus* extract demonstrated efficacy that was as good as, or superior to that of corticosteroids.

### Biography

David H Kinder completed his PhD in Chemistry at the University of Illinois. Following a Postdoctoral fellowship at the Mayo Clinic in the Department of Oncology, he began a career in academia eventually rising to full rank at Ohio Northern University's College of Pharmacy. For the past 15 years, he has been studying medicinal plants of the American Southwest as well as some medicinal plants in Israel. At Ohio Northern University, he is a member of the Ethnobotany Consortium with Drs. Vicki Motz, and Lynn Young and Chris Bowers studying various principles found in medicinal plants.

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