

Plaque Psoriasis and SPA Therapy

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Plaque psoriasis (*psoriasis vulgaris*) is the most common form of psoriasis: currently it has an incidence of 80-90%. This chronic skin condition is characterized by an acceleration of the cell proliferation kinetic in epidermis. Literature have demonstrated that the concentration of free radicals in people with psoriasis is higher than those who don't have it. Psoriasis can locate anywhere in the body, frequently affects the visible parts like hands, head, elbows and face. This disease induces important consequences on the perception of body image, social relationships and more generally on the quality of life. Treatment of the psoriasis includes topic or systemic drugs, photo therapy and SPA (Salus Per Aquam) Therapy. The importance of the SPA therapy can be observed in the treatments of dermatologic affections, even if there aren't enough studies for a scientific validation, for this reason the aim of our researches was to evaluate tolerability, effectiveness and impact of SPA therapy in the treatments of plaque psoriasis. The study was carried out on 60 patients, randomized in two groups. Each of them was treated for 12 days as follows: A group: pharmacological therapy; B group: with sulphur mineral water from Terme of Telese-Impresa A. Minieri SpA (Benevento-Italy) in the form of bath. Before and after these treatments, we have valued: 1) the adverse reactions; 2) the PASI Index Score (Psoriasis Area Severity Index); 3) the pruriginous symptomatology; 4) the concentration of reactive oxygen species [ROS], compounds involved in psoriatic processes by the use of d-ROMs test (Diacron International srl- Grosseto, Italy); 5) photographic relief for a clinical follow-up; 6) impact of the SPA treatment considered on the quality of life using Dermatology Life Quality Index (DLQI). Statistical analysis of the data was performed by determining the mean \pm SD. The results were compared with the Student 't' test. A p value ≤ 0.05 was considered significant. The results of our investigation demonstrated that SPA therapy, as well as topic pharmacological treatment, induced a significant ($p < 0.05$) reduction of the pruriginous symptomatology and of the PASI-index with improvement of quality of life as shown by DLQI. Data from this investigation seem to indicate that SPA therapy seems to give satisfactory results by acting on the different components of the psoriatic disease such as cell proliferation, inflammation and immune reactions with improvement of the quality of life.