

Effectiveness of a camel milk based formulation for treating psoriasis

Psoriasis – an old ailment

Psoriasis is even described in the Bible, Hippocrates too knew about the disease. The Greek physician and anatomist Galenos from Pergamon was the first to use the term psoriasis. At that time, psoriasis, leprosy and scabies could not be distinguished from each other so all sufferers were regarded the same - as lepers.

Today we know that psoriasis is an inherited systemic autoimmune disorder that affects the joints and the skin. There are numerous forms – each patient so-to-say has his form of the disease and responds uniquely to treatments.

Studies of treatments using camel milk ointment

Clinical studies of the effect of camel milk based ointments are underway in Israel for a number of years now. Dr Cohen treated 20 lightly to moderately affected patients with a camel milk based formulation twice daily in the dermatology clinic in Eilat. This resulted in a clear reduction in scaling of the skin. Patients rated their tolerance of the treatment as good (2). A further study was conducted in the Tel-Hashomer University Clinic in Israel. These patients were treated with Camélk-ointment after treatment with UVA or PUVA radiation. Patients and doctors assessments were positive.

Formulation

Camel milk is particularly highly valued compared to the milk of mares, cows, goats, and breast milk (6, 9).

The Camélk-Psoralait® formulation is not an anti-psoriasis ointment. It is a registered treatment used as a foundational therapy in Israel and the USA to good effect, for example after using Dithranol, UVA, PUVA, vitamin D derivatives.

Camélk-Psoralait® is a 40% camel milk preparation. The camel milk is not pasteurised. Though a patented process, active ingredients are preserved (immunglobuline, vitamins and minerals). According to the manufacturer, the process is patented world-wide. The preparation is registered in Israel and the USA and already on the market. It is also registered in the EU.

The basis of the formulation includes camel milk, water, urea, sulphur, glycerin, lanolin, jojoba, shea butter, vitamin E, lactic and citric acid, panthenol and parabene. The preparation is free of antibiotics and cortisone and can be used to care for dry, slightly scaling, irritated and stressed skin.

Patients and methods

The study included twenty patients, 10 men and 10 women, ranging from 6 to 72 years old. The patients were treated twice daily for four weeks with the verum on the right arm and a 5% tar-sulphur-salicylic ointment on the left arm. The patients and the doctors assessed skin reddening, dryness, scaling and tolerance.

Results

All patients reported a pleasant cooling effect. Skin reddening and dryness were clearly reduced. On an assessment scale of 1 to 10 (1 = no effect, 10 = very good effect) patients and doctors gave a score of 9. The score for the effect on scaling was 8 from patients and 6 from doctors.

The results for scaling were surprising with a similar effect to the tar-sulphur-salicylic ointment on the right arm.

Overall, our results confirm the results of the studies conducted in Eilat and Tel-Hashomer University Clinic.

Conclusion

Psoriasis patients benefit from the camel milk when it is used to reduce scaling after psoriasis attacks. The effectiveness of camel milk has been known to the Bedouin for centuries. Used orally for digestive upsets or applied externally for skin complaints, it has served the Bedouin as a traditional medicine. Camel milk is being increasingly used as an effective treatment for non-infectious moderate irritation of the skin. Through patented manufacturing processes, the anti-bacterial and anti-oxidative effect is preserved.



Fig 1

Fig 2

Fig 1. Skin condition before the treatment with the camel milk preparation.

Fig 2. Skin condition after the treatment.

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