

**DERMATOLOJİK
HASTALIKLARDA ALTERNATİF
VE BİTKİSEL TEDAVİ**

Prof. Dr. Ümit Türsen

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ISBN

978-605-9942-92-8

Kitap Adı

Dermatolojik Hastalıklarda Alternatif ve Bitkisel Tedavi

Yazar

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Yasin Dilmen

Sayfa ve Kapak Tasarımı

Akademisyen Dizgi Ünitesi

Yayıncı Sertifika No

25465

Baskı ve Cilt

Sonçağ Matbaacılık

Bisac Code

MED017000

DOI

10.37609/akya.246

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ÖNSÖZ

Bitkisel bazlı tedavi preparatları düzenli olarak dermatolojik tedaviye girmektedir. Bu tedaviler tedavi alternatifi olarak daha güvenli seçenek şeklinde bazı olgularda etkili olabilmektedir. Geleneksel halk tedavisi medikal hastalık modellerinden daha farklı uygulama sağlayabilmektedir. Acı kabak barsak uyarıcı olup, vitiligo tedavisinde uygulanabilmektedir. Biyoflavonoidler atkestanesi ve karabuğdaydan elde edilip, variköz ven tedavisinde uygulanabilmektedir. Devedikeni (Silymarin) ise karaciğer koruyucu amaçlı kullanılabilir. Gotu kola (*Centella asiatica*) ve saparna (*sarsaparilla*) ise inflamatuvar deri durumlarında kullanılabilir. Oregon üzüm köklerinin saf ekstraktlarının sinerjistik antibakteriyel, antiinflamatuvar ve safra uyarıcı özellikleriyle akne tedavisinde uygulanması olasıdır. Herbolojinin filozofik farklılıkları, bilimsel tıpla karşılaştırıldığında hastalık tedavisinde kullanımının yok edilmek veya güçlenmek olasılığı bulunmaktadır. Geleneksel Çin tıbbi tedavilere alternatif bir yöntem olup, oral, topikal veya injekte edilebilir uygulamaları içermektedir. Kullanılan birçok bitkisel bileşik farklı formülasyonlarda her bir bireye göre hazırlanmaktadır. Geleneksel Çin tıbbi her deri hastalığından uygulanabilmesine karşın, özellikle psoriasis ve atopik ekzemada daha sık kullanım olanağı bulunmaktadır. Batıda özellikle bu hastalıklarda uygulanabilirliği konusunda bilgi birikimi bulunmaktadır. Bu kitapta en sık kullanılan ve tezgâh üstünde anti-aging kozmetik kremler olarak bulunan genellikle bitkisel kökenli alternatif ürünler tartışılmıştır.

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