

# **Psoriasis Beyond the Skin : An Interdisciplinary Review of Pathophysiology and Treatment**

**Vaishnavi Vijay Jambhulkar, Payal Subhash Ghode, Sunil Baban Rathod, Kuldeep P. Waidya**

Sahakar Maharshi Kisanrao Varal Patil College of Pharmacy Nighoj, Maharashtra , India

[jambhulkarvaishnavi5@gmail.com](mailto:jambhulkarvaishnavi5@gmail.com) , [payalghode11@gmail.com](mailto:payalghode11@gmail.com) , [sunilrathod5335@gmail.com](mailto:sunilrathod5335@gmail.com)

**Abstract:** *Psoriasis is widely recognized as a chronic inflammatory skin disorder characterized by keratinocyte hyperproliferation and immune dysfunction. However, emerging evidence emphasizes its systemic nature, with effects on multiple organ systems and contributions to a variety of comorbidities. This interdisciplinary review delves into the evolving understanding of psoriasis beyond its dermatologic manifestations, focusing on its complex pathophysiological mechanisms, which include immune pathways, metabolic disturbances, and cardiovascular risk factors. We discuss the most recent advances in the diagnosis of psoriatic arthritis, metabolic syndrome, renal and hepatic involvement, and neuropsychiatric conditions associated with psoriasis. The review also assesses new and existing therapeutic approaches that try to change disease processes systemically, highlighting the significance of a multidisciplinary approach for the best possible care. The need for integrated care models to enhance patient outcomes and quality of life is highlighted by the recognition of psoriasis as a multisystem disorder.*

**Keywords:** Autoimmunity, Cytokines, Interleukin, Keratinocytes, NF- $\kappa$ B signaling pathway, Psoriasis, STAT signaling pathways, TNF

