

“Improvement of psoriasis-associated arthritis and skin lesions by treatment with molecular hydrogen: A report of three cases” (2015)

The big question was: Could hydrogen therapy help calm psoriasis-related inflammation in the skin and joints?

First – what is psoriasis? The immune system becomes overactive and the body starts creating inflammation in the skin and joints.

What did researchers do? Researchers treated:

3 patients with long-term psoriasis and psoriatic arthritis.

Instead of only one type of hydrogen therapy, they tested:

💧 High-concentration hydrogen water

👤 3% hydrogen gas inhalation

💉 Hydrogen-rich saline infusion (IV).

They measured: ✓ skin severity ✓ joint pain and inflammation ✓ itching

✓ inflammatory markers such as IL-6, TNF- α and IL-17 (immune signals linked to psoriasis).

What happened? Skin lesions improved Researchers reported:

The psoriatic skin lesions improved significantly, and in some cases almost disappeared during treatment.

Simple English: Red, inflamed patches became calmer and less severe. Joint pain improved The arthritis side improved too.

Researchers found ✓ less joint pain ✓ reduced swelling ✓ better movement and function.

Simple version: People found it easier to move and had less discomfort in painful joints.

Itching improved – a lot

One of the strongest findings: Many patients reported a major reduction in itching.

That matters because: Itching is often one of the hardest parts of psoriasis to live with.

Inflammation markers dropped

Researchers also measured inflammatory signals in the blood.

They found reductions in: 📉 IL-6 📉 TNF- α 📉 IL-17.

These are important because: They are strongly linked to the inflammatory process behind psoriasis Hydrogen appeared to help “quiet down” some of the inflammation signals involved in psoriasis.

Why might hydrogen help psoriasis? Researchers believed hydrogen may help because:

✓ It may reduce oxidative stress. Psoriasis is linked to excess oxidative stress (free radical damage) in skin tissue. Hydrogen may help reduce some of this burden.

✓ It may help regulate inflammation. Hydrogen appeared to reduce inflammatory signals connected to psoriasis. ✓ It may support calmer immune activity

Rather than suppressing the immune system like some drugs:

Hydrogen may help support a healthier inflammatory balance.

This study suggests:

Hydrogen therapy may help support healthier skin and reduce inflammation in people with psoriasis and psoriatic arthritis

To Read The Full Study

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