**OBJECTIVE** - The objective of this study was to review and explore the currently herbal remedies used and the historically used herbal remedies in the treatment of psoriasis. Today, psoriasis vulgaris is recognized as the most prevalent autoimmune disease caused by inappropriate activation of the cellular immune system. Psoriasis has a significant impact not only the patient health but also on a patient’s quality of life -sometimes profoundly altering their everyday life.

**INTRODUCTION** - Psoriasis is a non-infectious, chronic inflammatory disease of the skin, characterized by well-defined erythematous plaques with silvery scale, with a predilection for the extensor surfaces and scalp, and a chronic fluctuating course. Psoriasis is a chronic autoimmune skin disorder. Psoriasis manifests as itchy and sore plaques on the skin, mostly located on the knees, elbows, scalp, palms or soles. Psoriasis can occur anywhere on the body, but most commonly on the elbows, knees, soles, palms and scalp and may also affect the toenails, fingernails and soft tissues of the genitals. The most common pattern seen in patients is *Heat in the Blood.*

The goal of the treatment is to find out the specific imbalance (the root) that causes psoriasis and treat it completely. Aloe vera bigel is very effective in soothing down the skin irritation associated with psoriasis flares. Also, it lessens the thickness of psoriasis plaques. Lotions and bigels made from Aloe vera have become very popular in the market and used as ayurvedic medicines and cosmetics. The aim of present study was to prepare herbal bigel formulation containing extract of *Aloe Barbadensis* Miller on psoriasis.

**MATERIALS AND METHODS**

**MATERIAL** - *Aloe Vera* Extract obtained from Ayurveda Research Center, Jaipur, Rajasthan. Carbopol 940 (1% w/v), *Aloe Barbadensis* Miller Extract. The bigel is prepared by peeling the outer portion of skin and pericarp. Carbopol 934NF, HPMC k15, PVP36000 purchased from Loba Chemie, Mumbai.

**METHODS** - Depending upon the distribution of both phases (organogel and hydrogel) within bigels, these systems can be classified into three types:

1. Organogel-in-hydrogel type
2. Hydrogel-in-organogel type
3. Bi-continuous/matrix-in-matrix type

**METHOD OF PREPARATION**

- Preparation of aqueous phase (hydrogel)
- Preparation of oleaginous phase (oleogel)
- Preparation of bigel

Bigels are uniform semisolid dispersion systems in which two bigel phases are mixed together by applying a high shear rate and appear as a single bigel when seen visually. Bigels are prepared by combining hydrogel and oleogel at high shear rate, retaining the characteristic properties of both the components. The homogenous mixture forms a smooth gel by applying a definite shear speed and temperature. The mixture either forms a gel or shows phase separation on cooling to room temperature. The formation of a stable bigel is dependent on the composition of both the phases. The gel formation is checked by tube inversion test. The major advantages of the bigel are its improved stability as compared to the emulsions (water-in-oil and oil-in-water), creams, emulgel and hydrogels, which makes it a potent carrier for pharmaceutical or cosmetic applications.

**HOW TO USE**

- Apply aloe vera bigel on your body areas effective by psoriasis after bathing. It is non sticky in nature and readily absorbed by the skin.
- Drink 10 ml of aloe vera juice twice a day. Preferably in the morning before breakfast and in night after dinner.

**RESULTS** - The prepared gels were evaluated for physical tests. It was inferred from results that bigel formulations were good in appearance and homogeneity. Herbal remedies for treatment of psoriasis disease to overcome the adverse effects, antagonistic effect and bioavailability of drug. Prepared bigels were found physically stable at room temperature (25°C) for three months and at least three months at 45 °C.

**CONCLUSION** - Psoriasis is undoubtedly distressing, affected individuals are typically otherwise healthy and thus well suited to thoughtful outpatient care. All formulations showed great inhibition of psoriasis vulgaris. Thus, bigels with aloe vera are a promising dosage form for psoriasis. The bigel of Aloe vera contains about 75 nutrients and to be proved a good remedy.