

# **C.V.S.HOMOEOPATHY CLINIC**

## **HOMOEOPATHY IN SKIN DISEASES**

Skin is the largest organ of the body. It covers the human frame and envelops it to protect the body from innumerable morbidities in the environment. No other tissue of the body is so extensive and versatile.

The integumentary system (skin) helps to protect the body helps to maintain a constant body temperature, and provides sensory information about surrounding environment.

In adults, the skin covers an area of about 2 square meters. (22 square feet) and weighs 4.5-5 Kg about 16% of the total body weight. Skin consists of several layers of cells i.e. millions of cells, including micro blood vessels nerve endings sweat glands, hair follicles, sebaceous glands etc., in order to carry out all the necessary functions of the skin.

The skin is a mirror on which nature reflects at the earliest, certain disorders taking place inside the body. The skin diseases can be considered as external manifestation of internal disorders. It is a warning to take care and behave well. It is a timely hint for us to find out the cause and treat the original focus. Instead, what we see and find today is that no sooner any eruptions appear on the skin a serious attempt is made to suppress the same (to see that skin eruption disappears from the view).

These disease conditions have developed as an expression of the inward turmoil and distress, under which the whole individual suffers. Dr. H.A. Robert says, "no greater crime can be committed against the human economy (health) than to aid abet these suppression. Suppression is the source of many functional disturbances.

According to Dr. Burnett, the generally received external treatment of skin diseases, whatever, with lotions, ointments, or creams, or whatever else, is demonstrably shallow in conception, wrong in theory, harmful in practice, and therefore is not advisable.

Let us see what are the major skin ailments which we see commonly in our society now a days.

### **ECZEMA**

ECZEMA or Allergic dermatitis is the most commonly found skin ailment. It is an allergic skin disease. Skin over reacts to certain commonly found substances like dust, pollen, smoke, paints, certain food items in the environment. Some times this allergy is inherited.

It is found in all the ages and in both males and females equally. Skin Allergy is on the rise, probably because of increasing environmental pollution.

It starts with small eruptions on any part of the body, gradually spreads, lot of itching, oozing of watery fluid or some times pus or blood, burning follows itching. Darkish discoloration of skin; thickening of skin takes place and looks ugly.

Skin eruptions disappear on applying ointments or creams temporarily only to reappear extensively on wider area and with more intensity. All the local application either relieve the

problem temporarily or suppress the skin eruption only to create more serious internal organic disorders.

Exzema is a chronic disease. With internal Homeopathic constitutional medication, allergic diseases like eczema can be cured totally. It takes around one year time for a total cure. Try to avoid situation which is not tolerated for some time.

Reveal all the present and past complaints to the physician. Cooperate with the physician in understanding your nature for real cure.

### **URTICAREA OR RASHES**

Urticaria, rashes or wheels is also a form of skin allergy where we find sudden appearance of rashes here and there with severe itching and burning or pricking sensation. Swelling and rashes i.e. reddism or pinkish hue appears wherever we scratch. Some times large swelling of face or lips in present. Rashes last from few hours to few days. Usually disappears with anti histamin tablets. Reccurs whenever we come in contact with any food item or environmental factors (Allergen) which we don't tolerate. We find urticaria in children due to worm infestation also.

Try to observe the causative factors and remove them to the extent possible. Few months of Homeopathic treatment can solve the problem.

### **PSORIASIS**

Psoriasis is a chronic invertebrate skin problem which is on the rise in our population. Causative factors and disease process is poorly understood by the medical world. It is considered to be an autoimmune disease, i.e. where our immune system starts attacking our own body tissues. It is also said to be a psychosomatic illness. Psychological factors-emotional distress, like prolonged anxiety, worry, grief, anger, tension causes physical illness, leading to psychosomatic disease. Psoriasis can start at any age, incidence is equal in both sexes. Psoriasis is characterized by dry, well circumscribed, silvery, scaling papules and plaques of various sizes. Psoriasis varies in severity from 1 to 2 lesions to a wide spread dermatosis with disabling arthritis.

Thick scaling is probably due to increased cellular proliferation in the epidermis. A family history of psoriasis is common and usually reflects genetic factors.

Its onset is usually gradual. Psoriasis usually involves the scalp, limbs, the back, and the buttocks. The lesions are sharply demarcated. Itching is not a feature of psoriasis, but some times severe itching and burning is found in some cases. It is usually diagnosed clinically, but some times skin biopsy helps in diagnosis.

All the external applications may relieve the uneasiness, dryness, but problem rebounds. Homeopathic treatment is of immense value in such chronic invertebrate problems like psoriasis. It is not only skin symptom, but all other health factors, past and family history is to be considered in prescribing. Constitutional features like desires, aversions, tolerance to food and weather condition, their personality traits, psychosocial factors etc., are to be understood for proper prescribing. Superficial symptomatic treatment will be of a limited value in Homeopathy.

For complete cure of chronic cases like psoriasis it may take 4 – 5 years duration. Fluctuation may be found in the beginning of the treatment. But it is far better form of treatment than life long suppressive treatment.

Don't apply any creams, lotions or ointment while taking Homeopathic treatment. Try to avoid unusual level of psychological stress.

### **LEUCODERMA or VITILIGO**

Leuco means white and derma means skin i.e. leucoderma means white skin. Leucoderma is a common, often heritable (family history) or acquired disorder, characterized by well circumscribed milky white skin patches, characterised by loss of pigment, melanin causes discoloration of skin, patches varying in sizes and shapes from pin head size to entire body.

Leucoderma, truly speaking is neither pain nor disability, not even contagious and never fatal, but it certainly commits psychological murder of a person. Once person gets those white patches, he gets depressed, becomes isolated socially, his self esteem and self confidence becomes low. In addition, prevailing social stigma become fuel to the fire.

There is an increasing incidence of leucoderma all over the world but more so in Asian countries like India. An incidence of as high as 8 – 10% has been reported.

Leucoderma can start at any age, incidence is equal in both sexes. It starts with small patches any where in the body. It may be stable for some time, or it may spread rapidly and entire body may become white; even hair becomes white wherever there is white patch. This happens due to destruction of pigment cells in the skin called Melanocytes. Causes of melanocyte destruction are poorly understood by the medical world. It is proposed that melanocyte destruction is taking place due to auto immune process i.e. imbalance in our immune system. It is also suspected that environmental factors like increasing use of pesticides, fertilizers, food additives, and food preservatives are contributing in the causation of Leucoderma. Psychosocial stress also may trigger the auto immune process in the Leucoderma.

Conventional medicine, off late considering leucoderma as the result of disequilibrium in psycho-neuro-immunological axis as well as psycho-neuro-endocrinal axis. They are coming nearer to holistic concept of Homeopathy theoretically, but they are handicapped at the ground level i.e. at the level of practical treatment. Usually one sided local approach of applying ointments, exposure to physical agents like sunlight, ultra violet rays, to stimulate the melanogenesis, and as a last resort, skin grafting. Skin is treated, but not the man. With this sectarian approach disappointing results and disgusting side effects are blessed to the patient.

There is a good scope in Homeopathic system of medicine to treat cases of Leucoderma. Homeopathy treats man rather than the disease.

Homeopathy considers, the genetic predisposition, as the fundamental cause of the disease. When genetic predisposition interacts with external causes like ecological, telluric, thermal, psychic, socio economic and iatrogenic, then diseases like Leucoderma are manifested.

It takes quiet lot of time for treatment of Leucoderma; since it is of destructive nature (melanocytes) and with genetic base. It is optimum to take treatment for 4- 5 years. There

are no side effects from homeopathic medicines, moreover general health of the person improves.

- ❖ It is easier and quicker to treat when the patch is quite small. Bigger the patches, more the time required for healing. So approach the physician at the earliest.
- ❖ Don't adopt any local measures like ointments, exposure to sun etc.
- ❖ Avoid Physical trauma, injuries, those may leave white patches after injury is healed.
- ❖ Avoid mental trauma like worry, anxiety, grief, shocks, tension i.e. unusual level of psychological stress. (refer CVS mental Hygiene guide lines).
- ❖ Don't hide any information regarding health. Cooperate with physician in understanding your nature.
- ❖ Avoid artificial food agents like colours, additives, chemicals, preservatives, in food items. Wash vegetables properly to avoid intoxication from pesticides and fertilizers.
- ❖ Take wholesome nutritious diet including carbohydrates, proteins, vitamins, minerals etc. No need of any food restriction in Leucoderma treatment.
- ❖ There is no relation between Leucoderma and Leprosy. Don't be carried away by comments of ignorant people.

### **DARK PATCHES :**

Darkish discoloration on face, limbs, i.e. exposed parts of the body is also common problem. This darkish discoloration of the skin takes place because of excess pigmentation i.e. melanine. Some people are excessively sensitive to sun rays. Any number of lotions and sun screens are of limited use only. Harmonal disturbances are usually associated with hyperpigmentation disorders.

Internal medication in Homeopathy for few months can reduce excess sensitivity to sun rays and cure dark patches permanently.

### **ACNE OR PIMPLES :**

Pimples or Acne is a trivial problem but causes embarrassment in youth. Few small pimples add beauty to the face, but excess of it and scarring can disfigure the face and cause psycho social problems. In fact, pimples are caused by hormonal imbalance in the body. So, Acne is to be treated with internal medication in Homeopathy. All kinds of creams, ointments, lotions will increase the problem. Wash the face frequently. Few months of proper Homeopathic treatment will solve the problem.

### **WARTS**

Warts are benign elevated spots on the skin, due to excess skin cell proliferation. They are harmless. But extensive warts on face and limbs may cause disfiguration in the society. Removal of warts surgically will only aggravate the problem. Removal of one wart leads to generation of four warts.

Warts can be easily treated within few months of internal Homeopathic treatment. Even scars cannot be seen after Homeopathic treatment.

In this way many skin diseases like Fungal infections – tenla, corns, nails & hair problem can be treated well with internal homeopathic medication safely and surely.

**Dr. C. V. Swamy,  
M.D (Homoeo),  
C.V.S. Homoeo Clinic,  
Adjacent to Kumar Theater,  
Kachiguda Railway Station  
Hyderabad – 27.  
Timings: 11AM – 8PM  
Cell: 9849280191  
Clinic: 66778326, 27**