



Miliaria – A Curable Summer Ailment

Abstract: Miliaria is also known as Prickly heat; Lichen tropicus; Sweat eczema; Miliaria rubra. It is a most common ailment of the skin during summer season. It usually attacks the stout or those too warmly clad and hence inclined to sweat freely. Although it affects people of all ages, it is especially common in children and infants due to their underdeveloped sweat glands.

Dr AMIT PANDEY BHMS (3RD)

Anushree Homoeopathic Medical College, Jabalpur, MP

C/o Dr S C Mishra, 651, Yadav Colony, Jabalpur, MP-482002. Mob:09893735331 Email- amitpandey007@rediffmail.com

It is an acute obstructive disorder of the sweat glands which is characterized by numerous pinhead-sized, reddened papules or vesicopapules, which usually start around the neck and in consequence get scattered all over the body especially the chest, abdomen, back, axilla, between thighs and around ears and face. This mild inflammatory, fine eruption is usually associated with stinging, itching and burning sensation in the affected area. The variety of Miliaria called Lichen tropicus or Prickly heat is apt to be more papular in character. The vesicles of miliaria do not rupture spontaneously, hence there is no weeping of the surface. If torn by scratching a crust is formed, which is shed in a few days.

ETIOLOGY AND PATHOLOGY

In hot weather excessive sweating is the main cause of Miliaria rash. Many other causal factors have been noted such as irritating properties of the sweat itself, over clothing, obesity, too free use of stimulating food or drinks or absorption of toxic products from intestinal disorders.

Miliaria occurs when the sweat glands get blocked in hot weather. Dead skin cells and bacteria (such as Staphylococcus epidermidis, a common bacteria that occurs on the skin) may block the sweat glands, the sweat being retained and leading to form red, itching papules. Microscopically, minute sweat-cysts may be found in the epidermis caused by obstruction of sweat glands or by epidermal inflammation due

to the irritating property of the surface sweat.

DIAGNOSIS AND PROGNOSIS

The association of miliaria with sweating during the hot weather and absence of constitutional symptoms will generally suffice to distinguish it from the eruption of other diseases. In Vesicular eczema the vesicles rupture and there is oozing and crusting, with a tendency to persist, whereas Miliaria vesicles do not rupture and the individual eruption is transitory. It may so closely resemble the exanthemata, especially scarlet fever, as to call for careful differentiation of constitutional symptoms. The duration is about a week for a single out break but during a hot spell, fresh crops are likely to prolong the attack.

TREATMENT

GENERAL- Prophylactic treatment is most important in preventing recurrence. The first essential thing is to avoid the cause if possible. Next put the patient in good general condition. Keep bathing in cool showers. Leave a baby's nappy open as often as possible. In general, avoid hot and humid weather. Wear loose cotton clothing to encourage the evaporation of sweat and prevent further skin irritation. Gently wash skin with soft gauze and lukewarm water. Prevent scratching as that aggravates.

HOMOEOPATHIC TREATMENT (curative)-

Aconite-n - If there is much inflammation of the skin and the patient is nervous. Rash-like Measles with formication and itching.

Apis-m - Indicated when the rash is profuse and the itching excessive.

Causticum - In folds of skin, between thighs, around neck, axilla, chest and groin.

Ant-c - Miliaria rash present, made worse by exercise, warmth and wine; better by rest and cool air.

Bryonia - Rash with greasy type of skin.

Jaborandi - Excessive perspiration on all parts of the body.

Juglans-r - Red pimples on face and neck, scalp

red, itches violently at night, itching and eruptions of red pustules.

Nat-m - Worse from sun heat. Desires salt.

Rhus-t - Intense itching, red swollen skin, burning, eczematous eruptions, better in warm, dry weather.

Syzygium-j - Prickly heat in upper part of the body; small red pimples itch violently.

Sulphur- Prickly heat.

Am-m, Ars, Cactus, Centaurea-tagana, Hura-braziliensis, Urtica-urens may be also studied.

Ailments of Summer solved by Homoeopathic Advisor

Dr P K MUKHERJEE BSc BMS MF.Hom

Chikitsa Sadan, D48/196 Misir Pokhra, Varanasi-221010

Ph-05422404194; M-09235502343, 09838504164.



It has been declared by our master in the beginning of the Homoeopathic era that no people on earth are found free from the miasm psora.

Changing atmosphere originates trouble for humans, among these, many diseases develop during the summer season.

Homoeopathy which is based on the theory of Similia Similibus Curantur is to root out those diseases from the heated atmosphere.

Excess of heat creates headache, burning and dehydration

Ars-a, Nat-m, Glonoine and Gelsemium - to be chosen on the basis of the symptoms.

Uneasiness in the body with acute pain, thirst and without rest, select the remedy *Aconite-n* frequently to control the case.

If the patient becomes weak due to acute diarrhoea and vomiting then use some *Arsenic-album*.

If vomiting is prominent with dehydration and acute pain in abdomen, without any confusion physician must use the medicine *Veratrum-album*.

Heat-stroke, headache which increases in the sun the remedy is *Natrum-muriaticum*

Acute palpitation, high temperature with sudden drowsiness, never forget to give a dose of *Gels* in that phase.

If dyspepsia develops due to irregular motion and acidity due to acute hunger, the remedy *Pulsatilla's* use must be made in society popular.

Beyond all these things if the doctor wants to find out some more indications please consult the Repertory and Materia Medica.