

From Dry Skin to Glowing Skin

Abstract: Dry skin is one of the commonest skin ailments during winter season. The weather effect in winter season is responsible to cause dry skin. Some patient complaints of cracks and fissures in winter season in different parts of the body commonly around the heel and palms and that too is due to excessive dryness of skin. These patients can successfully be treated with Homoeopathic medicines thus preventing its recurrence every winter.



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INTRODUCTION:

Dry skin is most common on surrounding areas of mouth, under eyes, and cheeks; in the lower legs, arms, flanks (sides of the abdomen), and thighs etc; but can develop anywhere in the body. The skin loses moisture and may crack and peel, or become irritated and inflamed. The symptoms most often associated with dry skin include scaling, itching and cracks in the skin. Dry skin has a low level of sebum and can be prone to sensitivity. The skin has a parched look caused by its inability to retain moisture. Skin appears lusterless, loose shine or brightness. Redness of the skin also indicates dry and rough skin. Dryness is exacerbated by wind, extremes of temperature and air-conditioning, all of which cause the skin to flake, chap and feel tight. There is no softness of the skin and it looks dull, especially on the cheeks and around the eyes. There may be tiny expression lines on these spots and at the corners of the mouth. Dry skins are mostly affected by sun, hard water and wind. The skin loses its softness, dries up and after every wash the skin gets unusually rough and hard. Chapping and cracking are signs of extremely dry, dehydrated skin. The dry skin usually feels "tight" and uncomfortable after washing unless some type of moisturizer or skin cream is applied. We have considerable number of Homoeopathic medicines to treat these patients. Along with Homoeopathic medicines it requires special home care for speedy recovery.

CAUSES OF DRY SKIN:

- Dry skin develops more often in the winter when cold air outside and heated air inside cause low humidity.
- Dry skin occurs commonly in elderly people and dryness of the skin is because of cold air in the winter season.
- Bathing too frequently, especially with harsh soaps, may contribute to dry skin. Frequently cleaning hands, washing face using hot water and chemical-based soaps also causes dry skin.
- Nutritional deficiencies, especially deficiencies of vitamin A and the B vitamins, can also contribute to dry skin.
- Excess bathing or water usage is the main cause of dry skin as all protective natural oil gets destroyed.
- Water deficiency also causes dry skin or dehydration of the skin.
- Eczema may cause dry skin. Conditions such as dermatitis, eczema, psoriasis or seborrhoea can flare up in winter and develop dryness of skin.
- Environmental factors such as exposure to sun, wind, cold, chemicals or cosmetics or excessive bathing with harsh soaps. Harmful detergents, soaps, ointments, drugs, powder and perfumes can aggravate dry skin.
- Dry skin could be due to a genetic condition.

How to take Care of Dry Skin?

Eliminating or minimizing the causes of dry skin

brings back the natural glow of the skin. Dry skins are generally caused by lack of balanced diet, environmental changes, pollution and change of the season. Dry skin needs plenty of thorough but gentle cleansing, regular stimulation with massage and generous quantities of oil and moisture. It also needs extra careful protection. Washing dry skin with soap and water not only removes grime but also the natural oils protecting the skin. A moisturizer increases the water content of the outer layers of the skin and gives it a soft, moist look.

- Drink plenty of water as water keeps the skin clear and removes dry skin naturally.
- Follow a bath or a shower with a mild application of baby oil. Don't use a washcloth-a rough texture can irritate.
- Do yogic exercises and aerobics regularly as it keeps the skin clean and soft.
- Massage the face at least twice a week using rose water and glycerin. This will remove dry skin and will tone the skin.
- Massage the face using almond oil 1-2 times a week this will prevent dryness of the skin.
- Protect your skin from harsh sun rays, air pollution as it lets the skin to lose its moisture and beauty oils.
- Keep a good balance between fun and work. By managing stress level you can minimize dry skin. Good entertainment or recreations have positive effect on skin.
- Moistening with water, then applying a thin film of air-excluding moisturizer restores the suppleness of the dry skin.

Things To Be Avoided:

- Avoid fried foods, animal fats, and heat-processed vegetable oils. Heating oils leads to the production of free radicals, which have a destructive effect on the skin.
- Avoid alcohol and caffeine. These substances have a diuretic effect, causing the body and skin cells to lose fluids and essential minerals.
- Avoid applying makeup on dry skins as it makes the skin rough and dry and the skin looks lifeless. Use non-detergent, neutral-pH

products to cleanse the skin.

- Avoid coming in contact with highly alkaline soaps and detergents like washing sodas and powders which contain highly alkaline and drying ingredients.
- Do not use chemical soaps as it takes away the natural beauty oil from the face. Always use mild face wash for cleaning skin as it removes dry skins and keeps the skin fresh.
- Do not wash the face frequently. Avoid the use of tap water when cleansing dry skin and never, ever use hot water.
- Do not drink soft drinks or eat sugar, chocolate, potato chips or other junk foods.

Common sense recommendations for dry skin:

- Evening primrose oil supplements are beneficial for skin. They contain gamma-linolenic acid (GLA), an essential fatty acid reputed to strengthen skin cells and boost their moisture content.
- Get sufficient sleep as the skin's cellular repair activity is at its optimum during this resting phase.
- Exercise benefits skin as it boosts circulation and encourages blood flow. Regular exercise will nourish and cleanse the skin from within.
- To nourish and smooth the skin, mash half an avocado and mix with a few drops of fresh lemon juice and spread over the cleansed skin. Leave on for fifteen to twenty minutes, then dab off the excess with a soft tissue. Splash the skin alternately with cold and warm water.
- For a quick and easy skin pack, mash a ripe banana with a fork and spread it thickly onto the face and throat. Leave on for ten to fifteen minutes and then rinse with lukewarm water.

DIET:

Eat nutritional foods rich in minerals and proteins and vitamins. Dry skin can be recovered by making some changes in the diet like eating vitamin rich foods usually found in eggs, fish and cream nuts, rice, carrots, mushrooms,

legumes, peas, soybeans, spinach, oranges, tomatoes, sprouts, almond, cauliflower and various other green vegetables and fruits.

- Eat foods such as garlic, onions, eggs and asparagus that are high in sulphur, which helps to keep the skin smooth and youthful.
- Consume plenty of yellow and orange vegetables. These are high in beta-carotene, an antioxidant that keeps the skin glowing.
- Unrefined, cold-pressed flax seed oil used daily on salads and baked potatoes, or mixed into any dishes which do not require heating to high temperatures will make dry skin moist and supple.
- Flax seed oil contains the essential fatty acids omega-3 alpha linolenic acid and omega-6 linoleic acid. These are converted in the body into hormone, like substances called Prostaglandins, which support skin health.
- Cantaloupes, carrots and apricots are heating foods for dry skin because they are rich in the vitamins A and C, both important for a supple, smooth skin.
- Eat foods rich in pantothenic acid (vitamin B5), such as quark, raw milk, cheese, natural plain yogurt, leafy green vegetables, nutritional yeast and wheat germ. Pantothenic acid is need for the synthesis of fats and oils used by the skin.

HOMOEOPATHIC MEDICINES:

Alumina: The general condition corresponding to this drug is *dryness* of mucous membranes and skin, and *tendency to parietic muscular states*. Sluggish functions, heaviness, numbness and staggering and the characteristic constipation with lack of vital heat, or prematurely old, with debility find an excellent remedy in *Alumina*. Disposition to colds in the head and eructations in spare, dry, thin subjects. Chapped and dry tettery. Brittle nails. *Intolerable itching when getting warm in bed*. Must scratch until it bleeds; then becomes painful. Brittle skin on fingers.

Arsenic-alb: The all-prevailing debility, exhaustion and *restlessness*, with *nightly aggravation*, are most important and often alone

lead to its successful application. *Great exhaustion after the slightest exertion*. *Burning pains*. Unquenchable thirst. Burning relieved by heat. *Seaside complaints*. Itching, burning, swellings; œdema, eruption, papular, *dry, rough, scaly; worse cold* and scratching. Urticaria, with burning and restlessness. Icy coldness of body.

Ars-iod: Dry, scaly, itching. *Marked exfoliation of skin in large scales*, leaving a raw exuding surface beneath. *Ichthyosis*. *Enlarged scrofulous glands*. Debilitating night-sweats. Eczema of the beard; watery, oozing, itching; worse, washing. Acne hard, shotty, indurated base with pustule at apex.

Cantharis: Eruption with mealy scales. Dermatitis venenata with bleb formation. Secondary eczema about scrotum and genitals, following excessive perspiration. Tendency to gangrene. *Vesicular eruptions*, with burning and itching. *Burns, scalds*, with rawness and smarting, relieved by cold applications, followed by undue inflammation. *Erysipelas*, vesicular type, with great restlessness. Burning in soles of feet at night.

Cadmium-sulph: Blue, yellow, shallow, scaly, cracking. Itching; better scratching. Chloasma, yellowish stains on nose and cheeks; worse exposure to sun and wind. Chilblains. *Chilliness and coldness* even when near the fire.

Corydalis-formosa: Dry, scaly scabs on face of old people. Lymphatic glands swollen. Syphilitic affections. Ulcers of mouth and fauces. Cancer cachexia pronounced. Chronic diseases with atony. Tongue clean, broad, and full. Tissues flabby, doughy, cold.

Anagallis: Marked action on skin, characterized by great itching and tingling everywhere. *Itching; dry, bran-like eruption*, especially *on hands and fingers*. Palms especially affected. Vesicles in groups. Ulcers and swellings on joints. Possesses power of softening flesh and destroying warts.

Bovista: Itching on getting warm. Eczema, moist; formation of thick crusts. *Urticaria on excitement*, with rheumatic lameness, palpitation and diarrhœa (*Dulc*). Pimples cover the entire

body; scurvy; herpetic eruptions. Urticaria on waking in the morning, worse from bathing.

Euphorbia: The symptoms point to its use in erysipelas. Erythema, beginning on uncovered parts, on face, and spreading over whole body; glossy, rough, œdematous, with burning and smarting. Fine bran-like desquamation following in the wake of the erythema. Eruption rough, scaly, smarting and burning; when scratched forms deep, ragged ulcers; skin where ulcerated remains red.

Graphites: Like all the carbons, this remedy is an anti-psoric of great power, but especially active in patients who are rather stout, of fair complexion, with tendency to skin affections and constipation, *fat, chilly, and costive*, with delayed menstrual history, take cold easily. Rough, hard, persistent dryness of portions of skin unaffected by eczema. Eruptions, oozing out a sticky exudation. Rawness in bends of limbs, groins, neck, behind ears. *Unhealthy skin; every little injury suppurates*. Cracks in nipples, mouth, between toes, anus. Phlegmonous erysipelas of face; burning and stinging pain.

Hydrocotyle: The skin symptoms are very important. Dry eruptions. *Great thickening of epidermoid layer and exfoliation of scales*. Curative in disorders that exhibit interstitial inflammation and cellular proliferation in any part. Has considerable reputation in *leprosy* and *lupus*, when there is no ulceration. Psoriasis *gyrate*, on trunk and extremities, palms and soles. Circular spots, with scaly edges. *Intolerable itching, especially of soles*. Profuse sweat. Syphilitic affections. *Elephantiasis (Ars)*. Lupus non-exudes.

Kali-ars: The patient tends towards malignancy, and inveterate skin diseases. He is restless, nervous and anæmic. Intolerable itching, worse undressing. *Dry, scaly, wilted*. Acne; pustules worse during menses. Chronic eczema; itching worse *from warmth*, walking, undressing. Fissures in bends of arms and knees. Numerous small nodules under skin.

Malandrinum: *Dry, scaly; itching; rhagades of*

hands and feet in cold weather and from washing. Toes feel scalded and itch terribly. Scab on upper lip, with stinging pain when torn off. Aching in forehead.

Nat-mur: Dry eruptions, especially on margin of hairy scalp and bends of joints. Greasy, oily, especially on hairy parts. Urticaria; itch and burn. Crusty eruptions in *bends of limbs, margin of scalp*, behind ears (*Caust*). Eczema; raw, red, and inflamed; worse, eating salt, at seashore. Affects hair follicles. *Greasy* skin.

Petroleum: Strumous diathesis, especially the dark type, who suffers from catarrhal conditions of the mucous membranes, gastric acidity and cutaneous eruptions. Very marked skin symptoms, acting on sweat and oil glands; Ailments are worse during the winter season. Itching at night. *Skin dry, constricted, very sensitive, rough and cracked, leathery*. Slightest scratch makes skin suppurate (*Hepar*). Rhagades; *redness, raw; cracks bleed easily worse in winter*.

Pix-liquida: Scaly eruptions. Much itching. Cracked; *itches intolerably*; bleeds on scratching. Eruptions on *back of hands*.

Selenium: Dry, scaly eruption in palms, with itching, *Itching about the ankles* and folds of skin, between fingers. Hair falls out from brows, beard and genitals. Itching about finger-joints and between fingers; in palms. *Great debility*; worse, heat. Easy exhaustion, mental and physical, in old age.

Xerophyllum: Erythema, with vesication and intense itching, stinging, and burning. Skin rough and cracked; feels like leather. Dermatitis, especially around knees. Inflammation resembling poison-oak. Inguinal glands and behind knee swollen.

CONCLUSION:

Dry skin is not exclusively a winter skin problem; it may run its course in other seasons but flares-up in winter. Eat a balanced diet that includes vegetables, fruits, grains, seeds and nuts. Eat quality protein from vegetable sources; increase intake of raw foods. The medicines described

here are very useful in our clinics. *Aloe-vera* is soothing, healing and moisturizing. It also helps to remove dead skin cells. *Calendula* and *Comfrey* have skin-softening properties. *Comfrey* also reduces redness and soothes irritated skin. Along with Homoeopathic medicines it needs home-care to get desirable outcome of treatment. Make little changes in the life style, keep a good balance between work and rest, and let the skin keeps glowing!

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Technology, Jai ho!

Abstract: I could not make up my mind whether technology is a boon or bane? So I sought to compartmentalize my thoughts and the result was two different write-ups, one with the thoughts which told me to go ahead and adapt to technology and the other to shun away from it, while for me the latter will never be possible. You choose what seems apt for you.

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Editor: This article had been submitted to NJH for the Technology issue. But it was missed to be put. What we do to our very own (Dr Sushma is part of the NJH team! Then we felt it suited this issue- to be inserted in and so here it is! Do write in what this lively team NJH has to say.

All these years we were yearning for the Oscars and finally A R Rehman walked away with the Golden Lady. Does getting the Oscars now only mean that our previous great music directors were any less? The answer is No. And Yes, this is a very good example of how the best of the talents in their respective fields and technology today go hand in hand. With due respect to his craft I would still credit at least half of his success to technology,

because his melody sounded more melodious because of the up-to-the-minute giant equipment and he could only reach the globe via technology. This brings me to the thought that today thanks to technology, we can actually read what our now legends in Homoeopathy have to say and contribute. It is the connectivity with them- be it in the form of books, websites, softwares, seminars, video conferencing etc which gives us the luxury to know just by reading the e-version of NJH or just by clicking on www.njh.in, what Dr VISHPALA has been thinking nowadays or how she has tackled the so called difficult case, what are the newer drugs proven by Dr SANKARAN and how his sensitivities have been! What is Dr PRAFUL VIJAYKAR'S

new predictions in Homoeopathy and what is Dr JAWAHAR SHAH'S new software all about, so on and so forth.

I always wonder and would like to share my vivid imagination with you, has anyone imagined how it would have been if Computers were available for our Masters to work with? Imagine what the outcome would have been?

Let us see in our mind's eye...Computer In and post Hahnemann's Era...

He would have google searched what next he wants to prove with the information already available on net. His website www.hahnemann.himself.online.com would have had the maximum and every possible thing proven. It would say Welcome to the world's First website dedicated to Homoeopathy.

Imagine discussing a case with the Father of Homoeopathy himself, I am sure it would have been the highlight of every ones career.

You could repertorize your cases using software created by none other than Dr KENT, DR BOENNINGHAUSEN, how wonderful their software and the filters would have been!

You could, 'Pack and Go' the cases you repertorised using the KENT'S repertory to the seminars.

Imagine getting an e-mail at your desk from none other then Dr HAHNEMANN.

Imagine on the Orkut, a Community of the Master of Homoeopathy with the members being, Dr HAHNEMANN, DR KENT, DR BOENINGHAUSEN etc and you could only join them through invitation. Then you could scrap them, see their latest photos, know where they would be holidaying, their family pics, and if you would be the lucky few to be approved by them in their friends list as well!

They would post blogs every hour and we would be fortunate to glimpse each and every cell of their brain and what they are exactly thinking.

And above all the sixth edition of Organon would

have been printed in his life time and all the controversy surrounded around it could have been avoided.

All this seems a beautiful wish to have come true! Technology, the master and you, the slave!

As Dr Asrani has rightly said in his article of technology adaptation, "We need leaders to educate the students in the area of creation, application and adaptation of technology and for all those who feel that older methods of referring to books is better, let me tell them I recommend adaptation and NOT submission – never to let a machine think for you but be at your command to help you think and perform faster".

So the dilemma whether to use the latest gadgets, the software still continues.

Today all educational institutions want the projects, thesis etc to be made on the computer, even school children are not spared. Has this taken away the charm of using pencils & paper?

I still remember my drawing, craft, and physical training classes very fondly. Today we all play games on computers (No wonder the soda blood glasses are replacing the innocent eyes), draw and paint on computers, those faulty curvaceous circles were any day much adorable then today's flawlessly drawn circles on the comp.

Just because someone has the accessibility, they are proving any thing and everything they can, there are more drugs proven then we can know of.

How much ever close you come to the remedy by repertorising online, the satisfaction one gets by going back to the MM book and reading it and confirming it, has its own advantages. Somehow in the live case taking, our brain spots and filters the best suited remedy. Many would agree that the intuitive prescribing helps 90% of the time.

Our stalwarts have created master piece in their own rights ...let's be with them please.

A woman's prayer: Dear Lord, I pray for Wisdom to understand my man; Love to forgive him and Patience for his moods. Because Lord, if I pray for strength, I'll beat him to death!

