

Review Article

Scope of Homoeopathic Management in Common Skin Diseases

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Abstract To look attractive our skin must look healthy because the best foundation you can wear is healthy, glowing skin. Skin is the first line of defence in our body against the external environment. Homoeopathy has wide range of scope for the treatment of skin diseases. The homoeopathy believes in holistic concept of disease i.e., not only the part is diseased but a person as a whole. When the vitality is disturbed by any inimical dynamic morbid agent, it makes its appearance by morbid sign and symptoms. They assume all parts of organism are connected together to form an invisible whole in sensations and functions. Homoeopathy does not recognize diseases with their names but every disease as a whole new individual personality. The scope of homoeopathy in the cure of skin diseases based on its constitutional and individualizing concept.

Keywords *Skin Diseases; Homoeopathy; Individualization; Constitution; Vital Force*

Introduction

The skin or the integument is the external organ that protects against mechanical trauma [1]. Skin is the most exposed organ of the body. The skin infections can occur on different areas of the body such as face, hands, elbows, back, scalp, trunk and on the other parts of the body. Skin diseases that affect integumentary system comprises the skin and their appendages includes skin, hair, nails and related muscle and glands. Disease affecting the human skin is common and is important because the absence of normal skin function, as well as sometimes being life-threatening, can severely impair quality of life [2]. The condition is hilarious when people with skin disease may suffer the effects of stigma. In homoeopathy, the study of skin diseases are very important because skin is one of the most important site of action of our medicines. Holistic approach of homoeopathy includes person as a whole is diseased not just a single part of the body. Homoeopathy believes that skin diseases could not make its appearance without the consent of the rest of the body, also believes that our mind, body, and spirit are connected altogether.

Methods of Skin Disease Classification [3]

International classification of disease (ICD-10)-WHO Version for ; 2019. It included the skin diseases in chapter number XII.

Chapter XII

Title - Diseases of the skin and subcutaneous tissue (L00-L99) This chapter contains the following blocks:

- L00-L08- Infections of the skin and subcutaneous tissue
- L10-L14- Bullous disorders
- L20-L30 -Dermatitis and eczema
- L40-L45 -Papulosquamous disorders
- L50-L54 -Urticaria and erythema
- L55-L59 -Radiation-related disorders of the skin and subcutaneous tissue
- L60-L75 -Disorders of skin appendages
- L80-L99 -Other disorders of the skin and subcutaneous tissue.

Asterisk categories for this chapter are provided as follows:

- L14* Bullous disorders in diseases classified elsewhere
- L45* Papulosquamous disorders in diseases classified elsewhere
- L54* Erythema in diseases classified elsewhere
- L62* Nail disorders in diseases classified elsewhere L86*
- Keratoderma in diseases classified elsewhere
- L99* Other disorders of skin and subcutaneous tissue in diseases classified elsewhere diseases with their lesions

Modern Concept

The skin plays various functions to protect our body.

| |
|---|
| Functions of the human skin [4] |
| Protection : Physical, chemical, infection |
| Physiological : homoeostasis of electrolytes, water and protein |
| Thermoregulation |
| Sensation: specialised nerve endings |
| Lubrication and waterproofing : sebum |
| Immunological : Langerhan’s cells, lymphocytes, macrophages |
| Vitamin D synthesis |
| Body odour : apocrine gland |
| Psychological : cosmetic |

Terms used to describe skin lesions

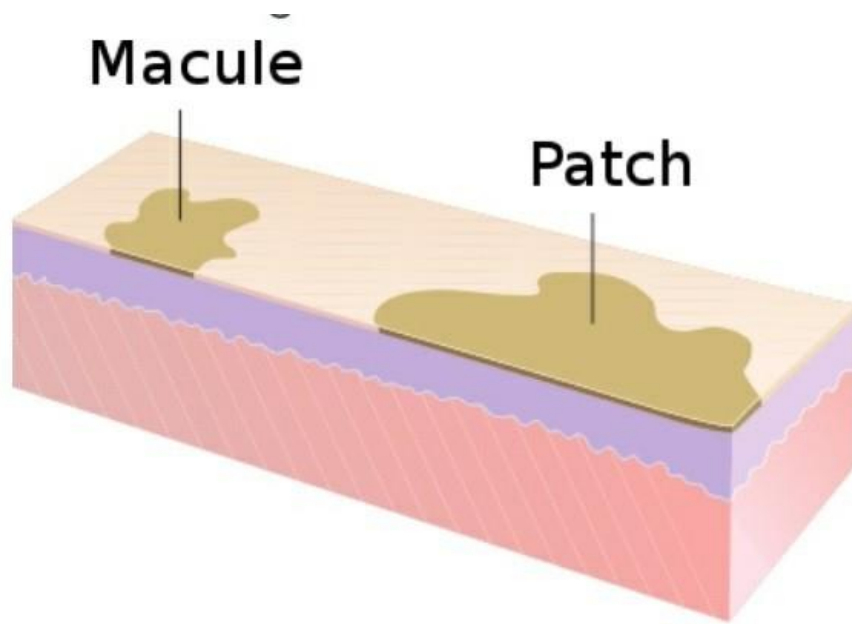
Macule: a circumscribed flat area of skin of <1 cm diameter that appears different from skin.

- i) Patch: The same as a macule but larger.
- ii) Papule: A discrete elevation of skin of <1 cm diameter.
- iii) Nodule: Similar to papule but having significant depth and usually >1 cm in diameter.
- iv) Plaque: A raised area with flat top of skin, >1 cm in diameter.
- v) Vesicle and bulla: A small (<1cm) and larger (>1cm) fluid filled blister.
- Pustule: A visible accumulation of pus in a blister.

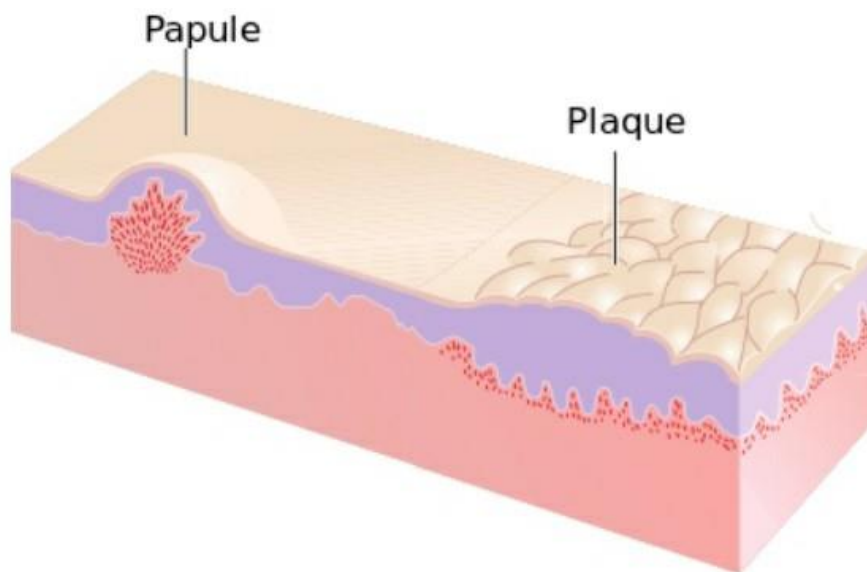
Lesions Defining Skin Diseases [5]

| <i>Lesions</i> | <i>Macule</i> | <i>Papule</i> | <i>Vesicle</i> | <i>Bulla</i> | <i>Pustule</i> | <i>Scales</i> |
|-----------------------|-----------------------|----------------------------|----------------------------|--------------------|------------------------------|------------------------------|
| <i>Skin disease s</i> | <i>Erythema</i> | <i>Acne</i> | <i>Eczema</i> | <i>Erysepela s</i> | <i>Acne</i> | <i>Icthyosis</i> |
| | <i>Rosacea</i> | <i>Eczema</i> | <i>Herpes</i> | <i>Leprosy</i> | <i>Ecthyma</i> | <i>Pitriasis simplex</i> |
| | <i>Lupus</i> | <i>Erythema multiforme</i> | <i>Impetigo contagiosa</i> | <i>Pemphigus</i> | <i>Eczema</i> | <i>Pitriasis versicolor</i> |
| | <i>Chlosma</i> | <i>Lichen planus</i> | <i>Erythema multiforme</i> | <i>Rupia</i> | <i>Furuncles(Borrls)</i> | <i>Psoriasis</i> |
| | <i>Xantholema</i> | <i>Lichen simplex</i> | <i>Scabies</i> | | <i>Scabies</i> | <i>Syphilis</i> |
| | <i>Syphilis</i> | <i>Lupus</i> | <i>Sudamina</i> | | <i>Syphilis</i> | <i>Triciphytosis capitis</i> |
| | <i>Purpura</i> | <i>Molluscum</i> | <i>Varicella</i> | | <i>Variola</i> | <i>Eczema</i> |
| | <i>Naevus</i> | <i>Prurigo</i> | <i>zoster</i> | | <i>Dermatitis multiforme</i> | <i>Lupus erythematos is</i> |
| | <i>Lenigo maligna</i> | <i>Rubiola</i> | | | | |
| | <i>Leucoderma</i> | <i>Scabies</i> | | | | |
| | <i>Roseola</i> | <i>Syphilis</i> | | | | |
| | | <i>Urticaria</i> | | | | |

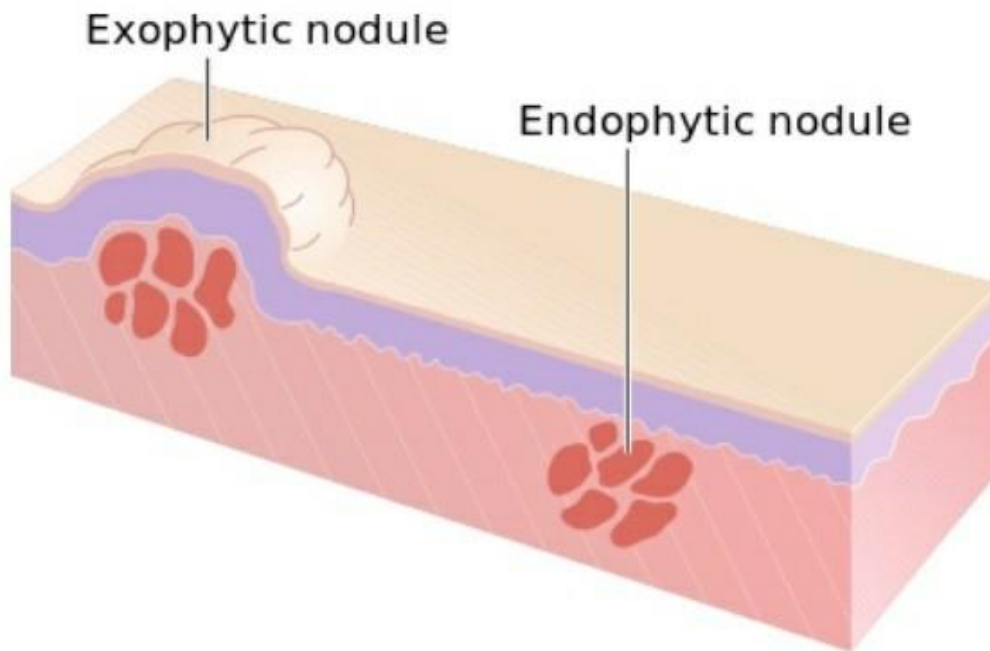
Pictures of skin lesions [6]



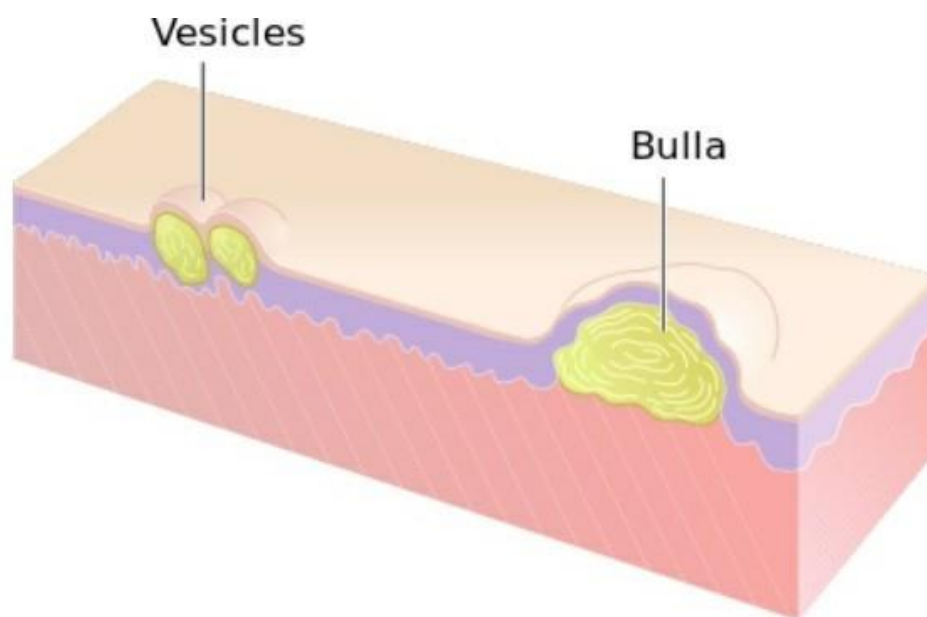
Macule and patch



Papule and plaque



Nodules



Vesicles and bulla

Homoeopathy and Skin Diseases

Homoeopathy works on the principle of "Similia Similibus Curentur " means like cures like. To cure of the skin disease, homoeopathy seeks totality of symptoms and proper individualisation. In this concept, we need Hahnemann's way of case taking on mental, physical and spiritual plane. In the healthy condition the spiritual vital force animates the human body harmoniously. When this vital force gets derange, the harmony of our body disturbed and it may lead to produce disease like condition. Hahnemann suggests the skin diseases as local maladies because these affections are

considered to be topical. The term local maladies signified those changes and ailments that appear on the external parts of the body.

Local maladies may arise due to following two reasons –

1.) External injury - It may be surgical and demand mechanical and homoeopathic dynamic aid both.

2.) Internal injury - Internal homoeopathic medicines are sufficient to overcome. Skin diseases with internal injury may be of two types –

-Acute origin – The condition arises due to some exciting and maintaining causes such as food allergens, chemicals, detergents, any kind of irritants, wearing wet clothes, living in damp regions etc.

-Chronic origin – The chronic condition arises due to fundamental causes i.e., psora, syphilis and sycosis (in case of psora, the scabious eruption, in syphilis the chancre or the bubo, and in sycosis the condylomata)

Organon of Medicine

According to Organon of medicine the local maladies are written in section 186 as Sec-186- Those so called local maladies.....solely by external lesion.....requires mechanical aid.....when violent fever.....removed by medicines given internally.....then the services of.....and his helpful Homoeopathy come into requisition.

Sec 189- and yet very.....no external malady can arise, persist or even grow worse without some internal cause.....without the consent of...rest of the health.....

Sec 190by means of internal remedies.....treatment should be judicious, sure, efficacious, and radicle.

Sec 192- ...in the investigation.....exact character of the local affection..... observable in the patient's health.....to form a complete picture of the disease.....a remedy corresponding to totality of the symptoms.....

Sec 193-.....employed only internally.....the general morbid state of the body is removed along with the local affection.....

Sec 195-In order to effect a radicle cure.....an appropriate antipsoric treatment.....directed.....in chronic local maladies.....antipsoric treatment....alone requisite.

Sec 204.....three chronic miasm, internal syphilis, internal sycosis, but chiefly.....internal psorabefore the appearance oflocal symptom.....that prevented their outburst.....by internal Homoeopathic medicines suited for each of them.....[7].

Homoeopathic Approach For Skin Diseases

Skin diseases seeks various aspect considering to be cured as follows-

- 1.) History of the patient
- 2.) *General examination of the patient*
- 3.) Hahmannian case taking
- 4.) *Totality of symptoms*
- 5.) Investigation
- 6.) *Miasmatic status of the patient*
- 7.) Homoeopathic prescription
- 8.) *Management*

Management of Skin Disorder

There are several measures to keep skin healthy as follows-

- *Regular bathing is recommended once or more a day.*
- *Soaps should be avoided as they lead to excessive Dryness. Dryness is one of the major factor to produce Skin diseases.*
- *Wear neat and clean clothes to keep germs away.*
- *Avoid wearing wet clothes as it produces rashes and ringworm like skin diseases.*
- *You should take note of any kind of allergens such as Food allergens, which causes skin irritation, must be avoided.*
- *Use coconut oil or any light oil to keep skin Moisturised.*
- *Avoid detergents, chemicals or other irritants for longer period of contact.*
- *Counselling regarding sun avoidance by covering up with clothing, keeping out of the direct sunlight, and Careful use of sunscreens.*

Homoeopathy and Management

Any exciting and maintaining causes that keep the persistence of disease, must be removed in acute diseases while in chronic diseases, it demands various investigations such as physical constitution, his occupation, age of the patient, his morals and intellect, his mode of living, habits, diet, his domestic position, his social relation, sexual function must be taken into consideration.

Skin diseases do not only affect skin but take inroads in mental plane also as of the fear of stigma.

Sec 226-by means of psychical remedies, such as a display of confidence, friendly exhortations, sensible advice.....rapidly change into a healthy state of the mind....

Sec 292- Even the external surface of the body.....skin...is not unsusceptible of the powers of medicine.....but the most sensitive parts are also the most susceptible.

Skin disorder are commonly linked not only to the physical level but also to the depression, irritation, melancholy, mood swings, and fear of stigma.

Therapeutics of Skin Disorders

Homoeopathy strongly believes in curing the various skin problems and also have the potential to do it.

Here is a list of some common skin diseases and their relevant homoeopathic remedies.

1.) *Sulphur- Skin : itching, voluptuous; scratching>; “ feels good to scratch” ; scratching causes burning; < from heat of bed ; soreness in folds. Skin affections that have been treated by medicated soaps and washes ; haemorrhoids, that have been treated with ointments.*

2.) *Rhus Toxicodendron - Erysipelas, from l. to r. ; vesicular, yellow vesicles ; much swelling, inflammation ; burning, itching, stinging. Worse : from getting wet while perspiring, before the storm, wet rainy weather. Better : Warm, dry weather, wrapping up; warm or hot things.*

3.) *Hepar sulphuris calcareum* - The skin is very sensitive to touch, cannot bear even clothes to touch affected parts. Skin affections extremely sensitive to touch, the pain often causing fainting. Worse- cold air ; uncovering ; touching affected parts. Better- warmth in general ; in damp, wet weather.

4.) *Thuja occidentalis* - Skin : looks dirty ; brown or brownish-white spots here and there ; warts, large, seedy, pedunculated ; eruptions only on covered parts, burn after scratching.

5.) *Arsenicum album* - Skin : dry and scaly ; cold, blue and wrinkled ; with cold, clammy perspiration ; like parchment ; white and pasty ; black vesicles and burning pain.

6.) *Graphites* - Unhealthy skin ; every injury suppurates; old cicatrices break open again ; eruptions upon the ears, between fingers and toes and on various parts of body, from which oozes a watery, transparent, sticky fluid [8].

Medicines of Skin Diseases in William Boericke (Only Italic Medicines)

1. Acne rosacea - Ars. br., Carbo an., Hydrot., Sul iod
2. Eczema - Aethiops., Anac., Ant. C., Ars., Berb.v., Bov., Calc. C., Canth., Carb.ac., Clem., Croc. T., Graph., Hep., Kali ars., Mang. Ac., Merc. C., Merc. S., Mez., Oleand., Petrol., Plumb., Psor., Rhus. T., Rhus. V., Sep., Sul., Sul.iod., Vinca., Voila. Tr.
3. Chloasma-liver spots, moth patches: - Arg. N, Caust., Lyc., Nat.hyposul.,
4. Erysipelas - Acon., Apis., Arn., Bella., Canth., Cinch., Croc. T., Echin., Euphorb., Graph., Lach., Rhus. T., Rhus. V., Xerophyl.
5. Herpes - Ars., Canth., Carb. Ac., Croc. T., Dulc., Graph., Kali Bich., Merc. S., Nat. M., Nit. Ac., Rhus. T., Sars., Sep.
6. Impetigo - Ant. C., Ant. T., Ars., Cic., Dulc., Kali Bich., Mez., Rhus. T., Voila tr.
7. Pemphigus - Ars., Canth., Jugl. C., Lach., Mancin., Merc. C., Ran. B., Ran. Sc., Rhus. T.
8. Pityriasis - Ars., Colch., Fluor. Ac., Graph., Kali ars., Mez., Sep., Sul., Sulphur. Ac.
9. Psoriasis - Ars., Ars. Iod., Bor., Carb. Ac., Chrysar., Graph., Kali Ars., Kali Bich., Lyc., Mang. Ac., Merc. S., Petrol., Phos., Sep., Sul., Thyrs.
10. Scabies - Croc. T., Hep., Psor., Sep., Sul [9]

A Concise Repertory Of Homoeopathic Medicines By Dr. S.R. Phatak : Medicines are given under rubrics in three grades, bold, italic, and roman occupying first, second and third grade respectively. 1st and 2nd grade remedies of skin diseases are as follows-

- 1) Eruptions, Acne : Hep, Merc
- 2) Eruption, Herpetic (ringworm) : ARS, Calc-s, Dulc, Merc, NAT-M, RHUS-T, Sep, Sul
- 3) Eruption, Impetigo : Ant-t, Aur-t, Sul.
- 4) Eruption, Itch-like, scabies: Carb-v, Caus, MERC, Sele, Sep, SUL.
- 5) Eruption, Lichen : Cic, Dul, Lyc, Sul.
- 6) Eruption, Pemphigus : Aru-t, Dul, Hep, Rhus-t.
- 7) Eruption, Psoriasis : Ars-io, Clem, Dul, Pho, Ran-b, Sep, Sul,.
- 8) Eruption, Roseola : Kali-oi.
- 9) Eruption, Rupia : Ars, Merc, Petr.
- 10) Eruption, Zoster : Ran-b, Rhus-t, Vario.
- 11) Eczema : Ars, Ars-io, BOV, Carb-v, Clem, DUL, GRAP, Hep, Kre, Lyc, Merc, Mez, Old, Petr, Pho, Rhus-t, Sul.
- 12) Chloasmae : Lyc, Sep.
- 13) Urticaria, hives, wheals : AP, Caus, Dul, Hep, RHUS-T, Urt.
- 14) Leucoderma : Sil, Sul.

- 15) Syphilis : Aur, Carb-an, Cinb, Iod, Kali-io, MERC, Nit-ac, Phyt.
 16) Ichthyosis : Ars-io. [10]

These are some list of homoeopathic medicines with their rubrics which play important role in skin diseases. But we must consider totality is symptoms in searching for nearest similimum for the best result.

Conclusion

Homoeopathy strongly believes in curing the various skin problems and also have the potential to do it. Treatment of skin diseases is possible in Homoeopathy. The deranged vital force is recovered by selected similimum Homoeopathically. Homoeopathic selection of similimum depends upon totality of the symptoms and individualization of the patient. Homoeopathy treats the patient as a whole based on the fundamental principle “Similia Similibus Curentur”. So in this modern era Homoeopathy is acceptable and valuable for treating patient.

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