

Healthy Skin And Homoeopathy

Dr Shivani Lakhtakia

During this time of the year, the skin becomes dry, itchy, cracked and rough. The daily application

of moisturisers and expensive creams only help temporarily so if you're in search of a permanent solution, try homoeopathy.

Homeopathy considers skin problems as a general body imbalance and homeopathic medicines are derived from natural substances, minerals and salts. Since the skin is a very delicate organ, homoeopathic medicines treat it gently without being harsh. Also, these medicines address the root cause of the problem and treat it as a whole, not just its symptoms.

Homeopathic medicines do not aggravate skin problems or leave any scars. In most cases, oral treatment is advised and external application is avoided. However, in some cases external care is also needed when homeopathic ointments and gels are advised to patients in the day-to-day care of their skin.

Homeopathic medicines do not aggravate skin problems or leave any scars

Homeopathy does not advocate the strong application of creams available in the market these days. In fact, it is increasingly seen that patients get skin problems after applying these creams for a long period of time which leaves their skin discoloured. Therefore, it's very important to first understand the type of skin you have before applying any such cream.

In homeopathy, there are several medicines which help in making the skin smooth and healthy but they must be taken religiously and patiently for a longer period. Some of these medicines are sulphur, berberis aquifolium, petroleum, natrum muraticum, asterias rubens, kali bromatum etc.

The colour, texture and general condition of the skin reflects the general state of a person's health and therefore it needs to be nourished constantly because it is a barrier that prevents harmful substances and micro organisms from entering our body. The skin also controls the loss of life sustaining fluids like water and blood, protects body tissue from injury and regulates body temperature through perspiration. So, it is essential that we treat our skin very gently.

The Different Skin Types

◆ Normal

Evenly toned skin that is smooth and has small pores. It has a balanced water and oil content. It feels velvety and smooth to touch and needs a lot of care to maintain it.

◆ Oily

Skin looks shiny and especially the T-zone, due to the over-functioning of the sebaceous glands. This type of skin is very prone to blackheads, acne and pimples. So, the enlarged pores need to be cleaned more regularly to keep the skin clean.

◆ Dry

This skin type is patchy, fragile and fine textured as it has low amounts of moisture and sebum. It chaps and flakes even at the slightest exposure to weather changes. It is also prone to redness when exposed to chemicals, water and soap. It is often seen in winters when the humidity levels dip and can happen to anyone.

◆ Combination

This skin type needs special care and attention as the skin is oily in the T-zone with very dry cheeks.

◆ Sensitive

This skin type can be both dry and oily and can react to both internal and external body changes. It can get itchy, react severely to even expensive cosmetics and get blotchy or even flushed.



Diet And Lifestyle

- ◆ Diet and physical activity play a significant role in keeping the skin healthy.
- ◆ Include plenty of fresh fruits and vegetables in your diet.
- ◆ Drink at least 8-10 glasses of water.
- ◆ Include nuts like almonds and raisins in the diet.
- ◆ Keep skin moisturized
- ◆ Exercise regularly. Some aerobic exercises or brisk walking improves blood circulation.
- ◆ Protect the skin from the sun by applying sunscreen.
- ◆ Avoid processed foods as well as white flour and sugar.
- ◆ Reduce chocolate and sweets intake.
- ◆ Avoid all white foods including white bread, pasta and baked dishes.
- ◆ Avoid high sugar junk food and aerated drinks.
- ◆ Get proper sleep
- ◆ Avoid taking over-the-counter drugs for common ailments and use of unnecessary cosmetics.

