



Tips for healthy and glowing Skin

- Drink 6 to 8 glasses of water per day to keep your Skin moist
- Regular exercise to maintain Skin elasticity. Running, jogging and yoga will give your body the necessary blood circulation, and also accelerate the cleansing process of your entire body
- Protect Skin from UV rays
- Apply moisturizer after warm face wash to restore the oil keep Skin hydrated
- Get good sleep. Try to sleep at least 8 hours every night. If you don't get enough shut eye, your skin gets tired just like you - it sags and you get bags
- Wash your face daily mostly before going to bed
- Don't smoke. Smoking makes your skin look older and contributes to wrinkles
- Eat a healthy diet. Eat fresh fruits, greens, sufficient protein and vitamins. A diet rich in vitamin C and low in fats and sugar promotes radiant skin. Consider a low-sugar diet, which can keep insulin levels down, allowing cells to maintain a healthy balance
- Avoid spicy and fermented foods, salty, fried food, junk food, chinese etc
- Manage stress. Take out time for yourself, and try to avoid stress as much as possible. Have you ever noticed that when you are stressed, you tend to break out more? This is because stress causes your body to produce cortisol and other hormones, making the skin more oily. Practice stress management techniques like breathing exercises, yoga and meditation. The more you meditate, the more you radiate



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SKIN

is the mirror
of your image



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SKIN & HOMOEOPATHY

Look to your health; and if you have it, praise God and value it next to conscience; for health is a second blessing that we mortals are capable of, a blessing money can't buy.

- Izaak Walton

Keeping your body healthy is an expression of gratitude to the whole cosmos - the trees, the clouds, everything

- Thich Nhat Hanh

The skin is the largest organ of the body, with a total area of about 20 square feet. The skin protects us from microbes and the elements, helps regulate body temperature, and permits the sensations of touch, heat, and cold.

Skin has three layers:

- The epidermis, the outermost layer of skin, provides a waterproof barrier and creates our skin tone
- The dermis, beneath the epidermis, contains tough connective tissue, hair follicles, and sweat glands
- The deeper subcutaneous tissue (hypodermis) is made of fat and connective tissue
- The skin's color is created by special cells called melanocytes, which produce the pigment melanin. Melanocytes are located in the epidermis

What's more, skin problems are common: surveys suggest that 20-30 per cent of us have a skin problem which deserves medical attention, but that most of us do not see doctors about them, preferring to treat them ourselves. Skin problems are among the commonest reasons for which people, especially children, seek Homoeopathic treatment.

Health is not valued till sickness comes - Dr. Thomas Fuller

There are over 2,000 different skin conditions. Skin problems not only affect the appearance but also affect your self-confidence and quality of life. Skin is the longest and the most exposed organ of our body, and tends to fall prey to medical conditions. It is also the mirror of your internal health; an apparently small skin problem is usually indicative of a deeper more serious systemic problem. For example, excessive dryness of the skin may suggest a thyroid imbalance. Frequent non-healing boils point to diabetes, and a scaly skin could mean an autoimmune disorder. Many skin problems are psychosomatic and result from stress and anxiety. There is a strong connect between the way you feel and the way your skin looks.

India, inadequate exposure to sunlight results from indoor lifestyle in urban areas and wearing head coverings. Besides, our darker skin contains more melanin pigment, which reduces the skin's ability to make vitamin D. In addition, air pollution contributes by reducing the amount of solar UV-B rays that reach the earth's surface, apart from deterring people from being outdoors. An Indian study confirmed that inhabitants of polluted areas are at a higher risk of deficiency.

How much sunlight is needed to make adequate Vitamin D?

Light-skinned individuals require 20 minutes of exposure to direct sunlight three to four times a week in order to enable the skin to make adequate vitamin D whereas those with darker skin (more melanin pigment) require 30 - 40 minutes exposure three to four times a week. It is recommended to expose 18% of the body, that is arms without long sleeves and face without sunscreen. The ideal exposure time is between 11:00 am and 2:00 pm.

However, in order to make vitamin D from sunlight, wellfunctioning liver and kidneys are essential. If the function of these organs is compromised, as happens with ageing, additional vitamin D supplements may be needed under a doctor's supervision.

Signs of Deficiency of Vitamin D

- Muscle weakness • Malformation of bones • Osteomalacia (Weakness of the bones) • Osteoporosis (Thinning of the bones) • Rickets • Insomnia
- Cognitive impairment • Myopia (Nearsightedness)

Causes of Deficiency of Vitamin D

- Metabolic abnormalities with absorption or metabolism of Vitamin D
- Sedentary indoor lifestyle • Regular use of sunblock • Low stomach acid
- Vitamin D is a fat-soluble nutrient which means liver or gallbladder dysfunction may contribute to a deficiency

Vitamin D benefits

- Enhances immune system • Required for the absorption of calcium
- Needed for healthy thyroid function • Helps to prevent depression & anxiety • Needed for healthy thyroid function • Helps to prevent depression & anxiety • Essential for neuromuscular function



in small, fluid-filled blisters. There are a number of different forms of eczema.



The commonest form is **atopic dermatitis**, an inborn condition which usually starts before the age of two, and may continue to flare up throughout adolescence and adulthood. "Atopy" means an inherited tendency to allergies, including eczema, asthma and hay fever. It runs in families and is getting commoner for reasons that are not entirely clear.

Contact dermatitis is caused by contact with a substance to which an individual is sensitive, such as nickel, rubber or various plants. It can occur at any age. Nickel is one of the commonest skin sensitisers – it can usually be spotted by the areas it affects: earrings and jean buttons often contain nickel.

Seborrhoeic dermatitis occurs in adult and infantile forms. In babies it is often known as cradle cap because it affects the scalp, although it may also affect the nappy area. The adult form usually affects the face and scalp.

Finally **varicose eczema** occurs mostly in older people, as the name suggests it is often linked to varicose veins: the blood stagnates in the lower legs resulting in a poor supply of oxygen and nutrients. The skin becomes dark, itchy and inflamed. If left untreated the skin may break down, forming an ulcer.

Psoriasis



This too comes in several varieties, but all involve reddened areas of skin covered in large, adherent silvery scales. Psoriasis tends to run in families; it most commonly comes on in late teenage or early adult life. It can be triggered by some medicines, including antidepressant, antihypertensive & antimalarial drugs, & infections with streptococcus bacteria.

Acne

It is a condition in which the over-active oil glands and dead cells clog the pores resulting into pimples. It mostly occurs in teen age.

They mostly involve the face, neck, back and shoulders. If left untreated it may cause blemishes and scarring.

Scabies

Tiny mites that burrow into the skin cause scabies. An intensely itchy rash in the webs of fingers, wrists, elbows, and buttocks is typical of scabies

Hives (Urticaria)

Hives are itchy welts that are raised up from the normal layer of the skin. They may be caused by an allergic reaction in the body or outside factors, such as stress, illnesses, or even tight clothes. Urticaria associated with increased S. Ige levels.

Warts

The common raised bumps on the skin known as warts are actually caused by the human papillomavirus (HPV). Warts are contagious, and can appear on any part of the body. Common warts typically grow on the hands, feet, and joints, though they can appear anywhere. Usually have a hereditary origin.

Fungal nail infection

A condition in which fungus lives near, under, and around the nails, usually in the feet. The fungal buildup causes the nail's edges to crumble away, producing white-yellowish scaling and flaking on the surface of the nails.

Lupus

Lupus is a complex disorder that varies from person to person. The disease attacks the immune system, causing inflammation and pain. While lupus can affect any part of the body, symptoms on the skin include red patches or ring shapes on the skin, sunburn-like rashes on the nose and cheeks, or circular rashes that don't itch or hurt. These may be accompanied by other symptoms, such as headaches, fever, fatigue, and swollen, stiff, or painful joints.

Vitiligo (Leucoderma)

Vitiligo is the loss of pigmentation in the skin. White patches of skin are the main symptom of vitiligo, and more commonly appear in areas where the skin is exposed to sunlight. People with vitiligo often lose their hair color early as well. For some people, the symptoms are in one area, while others find that it spreads slowly over many years.

Shingles (Herpes Zoster)

Shingles, also known as herpes zoster, is a skin disease caused by the return of a chickenpox infection from latently infected nerve cells in the spinal cord or brain. It begins as a painful sensation which is often mistaken for a musculoskeletal injury or even a heart attack. It is soon followed within one or two days by a red, blistering unilateral (one-sided) rash distributed to the skin supplied by a sensory nerve (a dermatome). Post herpetic neuralgia is a common complication which can be treated with Homoeopathy.

Rosacea

Rosacea is characterized by redness and pimples over the area of face. It mainly affects the forehead, lower half of nose and chin. It mostly occurs in woman and fairer Skin people. It mainly occurs in 30 to 40 yrs of age. It may be caused due to environmental or hereditary factors.

Dry Skin

Due to use of ordinary soaps, very cold, hot or dry whether or use of any chemicals.

Pruritus

Pruritus referred to as tingling sensation of Skin resulting in excessive scratching. It may be due to Skin diseases, internal disorders or external factors. Common causes being fungal infections, athlete's foot, candidiasis, pruritus ani, chicken pox and parasitic manifestations.

5 advantages of skin treatment in homoeopathy

- Homoeopathy is a safe option for treating skin diseases as it treats it without side-effects
- It treats associated complaints such as thyroid disorder and diabetes
- It does not suppress skin diseases by using local ointments but treats from within by going to the root of the problem
- It also extends beyond the physical symptoms to address the underlying conditions of mental stress, anxiety and depression that may be seen in such patients
- It offers permanent relief for skin diseases as the medication treats the problem at the root level

Vitamin D - The Sunshine Vitamin

Although the general awareness about vitamin D is on the rise, there are many questions that come to mind

What is the link between sunshine and Vitamin D?

The skin produces 90% of the body's vitamin D needs, under ultraviolet-B radiation from sunlight. Hence, inadequate sunlight exposure or insufficient absorption of UV-B rays by the skin lead to deficiency. In

Different types of Skin Diseases

Eczema

Also known as dermatitis, eczema is among the commonest forms of skin disease, and it often responds well to Homoeopathic treatment. It affects up to 20 per cent of schoolchildren and seven to eight percent of adults. Children tend to grow out of it and the majority improve greatly by their mid-teens. It is an inflammatory condition in which patches of skin become red, inflamed and itchy. The affected areas may also be covered



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