

Review Article

Dandruff and Homoeopathic Management: A Review

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ABSTRACT

Dandruff is nothing but excessive scaling of dead cells of the skin of the scalp. As all are aware, body undergoes constant but gradual renewal every 24 hours. However, when it is much faster renewal of the skin, it becomes visible in the form of scales, which we call dandruff. It is a functional disorder of the sebaceous glands in the scalp. In addition to sebum, this Dandruff is linked to Malassezia, immunologic abnormalities, and activation of complement. It is commonly aggravated by changes in humidity, changes in seasons, trauma (e.g., scratching), or emotional stress. It is characterized by scanty, loose, dry, moist or greasy scales, and by crusted, pink or yellow patches of various shapes and sizes; remissions and exacerbations; and no to mild itching. There are two varieties of dandruff, one is dry type and the other one is greasy type. This article reviews different homoeopathic drugs used for the management of dandruff.

Keywords: *Homoeopathy, dandruff*



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INTRODUCTION:

Dandruff is one of the commonly encountered problems of the developed and developing countries. It is one of the most common ailments affecting the scalp. Dandruff is nothing but excessive scaling of dead cells of the skin of the scalp. As you are aware, body undergoes constant but gradual renewal every 24 hours. However, when it is much faster renewal of the skin, it becomes visible in the form of scales, which we call Dandruff. Its worldwide prevalence is estimated to be 15-20% of the population. In India its prevalence is high, and it appears to affect all social groups and occupations.

The main problem that Dandruff poses is a cosmetic one. There is no definitive treatment for the condition in the allopathic school, they depend more on the external ointments and shampoos, which contain

chemicals with their own side effects and their efficacy in curing the disease is questionable, as they only check the acute phase of the disease leading to suppression. The disorder is also a waxing and waning one making it all the more difficult to control. The effects of long term treatment are more and the cost of treatment is high.

Hence Homoeopathy views diseases in a "Holistic Way" and evolved a therapeutic plan for its treatment in the same view point. This is achieved through the similar medicines, which act in the dynamic plane. Similia Similibus Curantur (Let likes be cured by like) is the basic principle of Homoeopathy. This therapeutic law of homoeopathy derived from Nature's Law. The treatment is for the diseased individual not for the disease alone. Similimum not

only stops the progress of pathology, but even may regresses the pathology and thus bring back the individual to healthy state.

Homoeopathy offers a complete solution for the condition, taking into consideration the patient as a whole and not his disease alone. The role of Homoeopathy in such conditions is of a great magnitude as its safe, gentle and requires no external medication.

For the purpose of this study, Dandruff will be considered as a scaling condition of the scalp that ranges from a dry scalp to seborrhoeic condition.

Homeopathic medicines are unique in the respect that they can bring back the deranged vital force to normal healthy state thereby in clearing away the irritating factors in Dandruff.

CAUSES OF DANDRUFF

Dandruff results from rapid maturing (and hence shedding) of the cells every week, instead of every month.

Excessive oil (sebum) production precipitates dandruff in many people. This overactivity could result from more than one reason.

Internal Causes:

- Hormonal imbalance
- Poor health
- Emotional stress
- Allergy
- Excessive starch consumption
- Excessive fat consumption
- Improper nutrition

External Causes:

- Infection (Pityrosporum Ovale or Malassezia Globosa) (Debatable.)
- Excessive use of hair sprays, gels
- Cold weather, dry indoor heating
- Poor Hygiene

HOMOEOPATHIC DRUGS USED FOR THE MANAGEMENT OF DANDRUFF

Different homoeopathic drugs are recommended for the management of dandruff.

Homoeopathy is adept in managing symptoms of dandruff and has an exemplary

success rate. Treatment for dandruff with homoeopathy ensures not only a reduction of the symptoms, but also restores the balance of skin cells to prevent recurrent.

Homoeopathy is natural, safe and without any side-effects, and one can enjoy complete freedom from dandruff. Moreover, it also helps in removing all other associated symptoms.

Homoeopathic treatment for dandruff has more than 100 natural, side-effect free remedies in its treasury for the treatment of this condition.

They include:

Sanicula: It is very useful remedy for dandruff which is scaly and profuse. It is suitable for patients who have dread of downward motion. There is associated profuse sweat at back of head & nape of neck during sleep. Patient's thirst is less.

Mezerium: This medicine is prepared from the plant, which grows in Russia, Scandinavia and Asia, with bright red berries. Mezerium helps those cases of chronic dandruff who have thick scabs which are hard to remove, which may leave behind painful marks and possibly scars.

Badiaga: It is one of the leading remedies for Dandruff with extremely dry and sore scalp. There is sensation of enlargement and fullness. Thirst is increased.

Phosphorus: It is great remedy for Dandruff with itching of scalp. Hair falls out in large bunches. Suits well to tall, slender, narrow chested with clear skin individuals.

Kali Sulphuricum: It is an excellent remedy in Dandruff with associated baldness. Baldness in spots is treated well by this remedy. Flakes are yellow in colour. Also good for associated ringworm of scalp or beard with abundant scales. This remedy is usually effective in the later stages of dandruff where there is a lot of swelling and inflammation. The

dandruff in this condition has yellow scales and gets worse under warm conditions and during the evening. However, it is better in the cool.

Thuja occidentalis: This medicine is used for white, textured dandruff with dry hair and flakes that keep falling everywhere. In this condition, itching is very common and usually bad for the patient as well.

Natrum muriaticum: Patients who take this usually have dandruff and an oily and sleek scalp. Dry eruptions occur, particularly on the edges of the scalp. Alopecia as well as tingling and blazing of hair follicles happens.

Graphites: People use this when they experience dryness of scalp, or a sticky and itchy sensation on the scalp, which gives a foul smell. Patients who are somewhat stout with a fair complexion and are prone to skin disease and constipation, tend to take this solution as well. It builds up the skin and encourages re-growth.

Carboneum sulphuratum: Chronic skin diseases with much itching are cured by it. It is extremely useful for patients separated by abuse of liquor.

Sulphur: Dry scalp, excessive hair fall and dandruff due to continuous washing of hair are fixed by this solution. People with anxious personalities, fast motion, hot temper and sensitive skin are recommended this cure.

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