

## Review Article

### Skin Care With Homoeopathy In Winter Season

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#### ABSTRACT

The main skin problems are cracks and dry skin which appear in the beginning of winter. Another annoyance is the chilblains and winter aggravation of psoriatic complaints. Homoeopathic medicines are effective for dry skin and its associated symptoms. They are safe, no side effects and cure the condition permanently.

**Keywords:** Homoeopathy, skin, winter

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**Conflict of Interest:** None Declared!

*(Received 10 October 2018; Accepted 20 October 2018; Published 21 November 2018) ISSN: 2347-8136 ©2018 JMPI*

#### INTRODUCTION:

Winter is the season for penance, love and emotions. But it also comes with diseases or increasing the intensity of the disease which person is already having.

Dryness and snow affect both mind and body of people as it is season of shortest days and longest night. When winter touches the heart of people it touches the skin of Psoric patients too. Whether it touches the heart or skin first depends up on the Psoric nature of patients. The main skin problems are cracks and dry skin which appear in the beginning of winter. Another annoyance is the chilblains and winter aggravation of psoriatic complaints.

#### Dry skin and skin cracks:

The dry skin problems in winter are due to relative humidity which dries out our skin. The one solution is moisturizing the skin. Dry skin appear by fine lines in the skin become more visible, the skin feels rough and appears dull and flaky. In more advanced cases, fish net-like cracks resembling the fine fracture lines of cracked porcelain can occur. Dry skin occurs most commonly on the arms and legs, but can also affect the trunk of the body, often call dry skin “xerosis” or “asteatosis”.

Dry skin very commonly produces itching, which can be severe and interfere with sleep and other daily activities. Repeated rubbing and scratching can produce areas of thickened, rough skin. Dry, thickened skin can crack, especially in areas subject to chronic trauma e.g., hands and feet,

causing painful cracks in the skin (fissures). Dry skin and scratching may result in dermatitis when the skin becomes red in addition to dry and scaly. Round, scaly, itchy, red patches scattered over the legs, arms and trunk may also appear. The appearance of yellow crusts or pus in these areas indicates that a bacterial infection is developing. A deep crack on skin indicates syphilitic miasm. If it gets aggravated in winter it further indicates existence of psoric miasm.

**Sarsaparilla 30**-Sarasaparilla is best for dry skin when dry skin with wrinkles is present. Here the skin is dry to a great extent with a shrunken and shriveled appearance. The skin is hard and rough to touch. The skin also seems to be present in folds with wrinkles

**Malandrinum 200**-The nosode Malandrinum is effective for treatment of skin with cracks on hands and feet. The cracks appearing in winter season respond very well to this medicine. Malandrinum, thus, is the best remedy for all the patients who have dry, cracked skin on feet and hands. Itching may also be an accompanying feature

**Alumina 200**-Alumina is another effective remedy for dry skin where the skin is chapped and dry tottery. There is intolerable itching when getting warm in bed. The patient scratch until it bleeds, then it becomes painful. Brittle skin on fingers.

**Petroleum 200**-Petroleum is the best medicine to deal with dry skin occurring in winter. The main

symptoms for the use of this remedy are dry, rough and cracked skin. The skin feels harsh to touch. Petroleum, thus, is the ideal Homeopathic remedy for dry skin in winter season and is of great help in restoring the normal texture of skin. Petroleum also gives excellent results in persons who have cracks on hands due to extremely dry skin. The skin is sensitive and rough to touch. The cracks can be deep enough to cause even bleeding.

**Bryonia alba 30**-Bryonia alb is effective for dry and chapped lips.

### **Chilblains**

Also called as pernio. Chilblains are acral ulcers often confused with frostbite and trench foot. This occurs when the predisposed individual exposed to cold and humidity. The difficulties during chilblain are due to damage of capillary bed of skin due to exposure of cold, this produce redness, itching, blisters and inflammation. It may also come as idiopathic origin so thorough investigation is necessary.

Bach Flower Remedy Bacillus Gaertner will help in chilblains of hands in winter. Petroleum, Pulsatilla and Agaricus will give relief to chilblains in winter.

### **General Therapeutics of skin in winter:**

When we are considering our therapeutics, we can look on these rubrics which are specific for skin affection during winter.

Eruption around toes in winter – Psor

Eruptions in Joints in winter – *Merc Phos Psor. Rhus-t*

Scaly Eruptions on Hand in winter - *Petr. Sep*

Eruptions around finger nails in winter- psor

Cracked hand- *Graph, maland, Merc ,PETR SEP, SULPH*

CRACKED Fingers in winter – *Petr*

CHILBLAINS on Hands in winter – *Gaert*

Tubercles on skin in winter- *Kali-br*

Eczema in winter – *Petr*

CRACKS on skin in winter – *Calc-s, CARBN-S, , Graph, merc, PETR, Psor, sanic, SEP,*

FELON in every winter – *HEP*

ULCERS in winter – *Petr*

General winter – *Alum, graph., petr, psor,*

ROUGH skin in winter – *Alumn,*

ITCHING of skin from exposure to sun of winter-glycyrine

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