



Homoeopathy for Sunburns and Sun Allergies

Dr. Manjiri Bhavsar¹, Dr. D.N. Hingole²

¹MD-1 Dept. of Organon, Foster Development Hom. Med. College

¹HOD and PG guide Dept of Organon Foster Development Hom. Med. college.

ABSTRACT

Sunburn also referred to as solar dermatitis is exposure to strong sunlight that produces dermatitis which may be of acute or chronic in nature. Sunburn is an affection due to heat where mild heat produces erythema due to dilation of blood vessels where as excessive dry heat produces various degree of burns and moist heat scalds. Sunburn occurs due to prolonged exposure to the suns UV rays most commonly UVB rays are associated with sun burns. Sun allergies Happens when the immune system reacts to sunlight. people who are sensitive to the sun exhibit symptoms. Both conditions are produced by susceptibility or hypersensitivity to light.

Introduction

Sunburns are basically more common in younger people between half and three quarters of children younger than 18 have sunburns it is caused by direct exposure to ultraviolet light it is most common in fair skinned persons. commonly known as radiation burns. Sun burns -the 1st^o of superficial burns where symptoms start with redness, irritation, burning of the skin.. however prolonged and repeated exposure results in increased pigmentation and improved tolerance. In Sun allergies-sun exposure triggers an allergic reaction to the sun exposed skin and causes redness itching blister like eruptions. Sun allergies can express it in different forms like eruptions, urticaria, photo allergic eruptions, etc.

Causes

Exposure to sun - UVA and UVB rays being the major cause of sun burns sun allergies may also have different causes like race, exposure to certain substances, taking certain medications, prior having some skin conditions, hereditary.

Types and clinical features

Sunburns are classified based on severity of skin damage and accordingly we see signs and symptoms. First^o burn that is damage to your skin on outer layer and the symptoms we find are redness, tenderness/ pain, blisters, swelling, fatigue, fever, headache, nausea. In second^o burns the damage is to your inner layer of skin that is dermis especially. This causes signs like extremely red skin blistering and swelling pain fever headache muscle cramps discolouration. 3rd^o burns are where it severely damages all layers of skin including the fatty layer beneath the skin and may destroy fat beneath which shows symptoms like numb skin, white or dull skin colour and all above system acute illness symptoms including shock or heat stroke.

Various types of sun allergies Are - Actinic prurigo, photo allergic reactions, polymorphic light eruptions, solar urticaria - allergy that produces hives. The symptoms include pain blisters or Hives redness, itching, tiny bumps that merge out as raised patches, crusting scaling or bleeding.

General treatment and prevention

- apply cold compress on the affected parts
- put on sunscreen even when indoors
- avoid sun exposure especially between 10 AM to 4 PM
- consult your doctor if one has developed Sun allergies due to certain medications and get it treated
- stay in cold environment and use loose clothing but fully covered.
- Be aware of photosensitive drugs
- Conduct periodic skin examination

- wear sunglasses when outdoors.

Homeopathic management

In this type of skin disorders homeopathy works in different ways where in a doctor tries to treat not just presenting symptoms but focuses on the patient As a whole which includes complete medical history of patient, family history, presenting symptoms, possible positive factors, underlying pathology, physical and mental constitution, also susceptibility and one Should not forget miasmatic tendencies.

Hahnemanns theory of miasms Which broadly relates to the basic pathology of skin diseases, their presentation is valid and useful for the selection of antimiasmatic remedies. The basic characteristic feature of Psora Has itching, crawling, tickling or burning sensation. Lesions with irritation, inflammation and due to hypersensitivity reactions are psoric in nature. In sycosis Characteristic signs are infiltration, overgrowth. These charges have pungent and fishy odour .syphilitic characters include granulation, degeneration and ulceration. There are two extremes of sensations-either no sensation of pain and itching or agonizing pain especially worse at night is syphilitic in nature. The eruptions may have brownish red or copper spots and tendency for easy ulceration.

When we find mixed presentation of psora and syphilis we consider it as tubercular miasm. Hence Most of the skin diseases can be identified with miasms according to causation , presentation, symptomatology and underlying pathology.

Some important homeopathic remedies that prove to be very helpful in recovery and cure of these Conditions are-

Apis mellifica - A very good remedy where bones are accompanied with stinging type of pain with burning itching pink Swollen patches , improved by cold compresses. Complain of sensitivity to Heat and touch. This is an important remedy for sunburn with water filled blisters and stinging pain.

Cantharis - excellent remedy for burns with blisters. Especially when circular eruptions which are sensitive to touch. Eruptions may turn black later with sharp pain and burning where cold application gives relief. Hot bright red rash, allergies accompanied by fever.

Belladonna - Burns and redness predominates .affected parts get swollen, smooth skin gets dry, hot and sensitive to touch this are the key features. Should Give this remedy in 30th or 200 potency every 15 minutes if pain is not relieved.

Sulphur - Violent burning and itching worse by bathing and heat, Skin turns red easily and prone to various skin disorders and allergies, intolerance to heat . Skin looks unhealthy and dry where strong urge for scratching which causes burning. Itching worse at night. Where excessive local oil meant application for Burns has damaged the skin in the past.

Urticaria urens - Burns of initial stage where redness stinging pain itching are the primary symptoms this remedy works good. Stinging and prickly sensation of pain.

Natrum muriaticum - Good remedy in cases of sun allergy, urticaria , acne And various chronic skin disorders. Symptoms are worse at seaside.

Gelsemium- On exposure to sun, there is extreme reddish discolouration of face and neck. Skin is hot and dry. Sensation of itching all over the body. Concomitant symptoms include Cold hands and feet , Thirstlessness , Gastric and nervous complains. Blood rushes to the head, heavy dropping islands with diplopia. Remedy works well in chronic solar dermatitis .

Arnica - Appearance of the Arnica skin is dry, Red, Oedematous ., On exposure to sun, one gets red spots especially on the extremities. There is intense breaking or itching which moved from place to place after scratching. There is a tendency for the patient to develop very sore acne or crops of small boils.

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