

Effect of Stress on Skin and Its Homoeopathic Management

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ABSTRACT

Stress is linked to a variety of dermatological conditions. Many cutaneous diseases, including alopecia areata, psoriasis, vitiligo, lichen planus, acne, atopic dermatitis, and urticaria, may be triggered by stress. For seborrheic dermatitis, hyperhidrosis, herpes, pemphigus, and other conditions. The skin disease, on the other hand, may cause secondary stress for the patient, lowering his quality of life. The "perceived stress," or the patient's perception of the stressful situation, is more important than the stress itself. Homeopathy is by nature a therapeutic system that is individualised and based on the psyche of the individual.

KEYWORDS: Stress, Skin diseases, Homoeopathy

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INTRODUCTION:

Stress can affect whole human economy, including hair, nails and skin. Stress is a part of everyday of life and what matters is how one can handle it. When people are under mental, physical, or emotional stress, they experience psychological stress. It occurs when an individual perceives that the pressure is greater than his ability to adapt. Skin has been confirmed as a stress perceiver as well as a target of stress responses in recent research. Skin, as the body's largest organ, serves as a barrier and an immune system, maintaining homeostasis between the external environment and internal tissues.

HOW STRESS AFFECTS OUR SKIN:

The brain-skin axis is a bidirectional, interconnected pathway that can transmit psychological stress from the brain to the skin and back. The hypothalamus-pituitary-adrenal (HPA) axis, a trio of glands involved in the body's stress response, is activated by stress. Local pro-inflammatory factors like cortisol and catecholamines, which are key hormones in the fight-or-flight stress response, can direct immune cells from the bloodstream into the skin or stimulate pro-inflammatory skin cells, can be produced as a result. Mast cells are a type of pro-inflammatory skin

cell that plays an important role in the brain-skin axis; they respond to the hormone cortisol via receptor signalling and play a role in a variety of skin conditions, including itch. Stress can cause a variety of systemic and local diseases, but it can also trigger or aggravate a number of skin conditions, including psoriasis, atopic dermatitis, acne, contact dermatitis, alopecia areata, pruritus, and hyper pigmentation etc.

HOMOEOPATHIC APPROACH AND TREATMENT:

Homoeopathy based on law of similar and follows cause effect phenomena for treatment of sick. In order to correctly understand the nature of the morbid changes that go on in the skin, and to comprehend correctly how and where these changes begin, it is necessary to have an accurate knowledge of the healthy skin in its different parts.

Every patient's treatment must be tailored to their specific needs. Skin is a superficial subject, and because it is an ectodermal structure, it takes time to heal; additionally, nothing is hidden from the patient, as a result, great care should be taken when prescribing the appropriate constitutional remedy.

Most of the diseases of skin have a psychosomatic in origin. First and foremost, a patient's mind should be put at ease. It's not enough to simply tell the patient to relax. Psychogenic stress and emotional conflicts are to blame for a variety of skin diseases, both causing and complicating them. If the problem is minor, bedside psychotherapy will suffice. It is sufficient in complicated cases and in psychotherapy.

Following Homeopathic medicines are most effective in cases of skin diseases if prescribed on Homoeopathic principles and provide fruitful result:

ACONITUM NAPELLUS

Key Symptoms. Anxiety, Restlessness, fear of death. Onset of colds due to dry coldness or draught. Dryness of the skin. Thirst. Suddenness of all symptoms. Aggravation of all symptoms in the evening and during night. Better by perspiration.

SKIN DISEASES. Pruritus, urticaria, herpes zoster during the first stage characterized by fever, sharp neuralgic pains.

ANACARDIUM ORIENTALE

General Indications and Key Symptoms: Hypochondria. Illusional depression, Hyper-sensibility of the nervousness. Despair. Itching and burning sensations, aggravated late in the evening.

Skin Diseases: Herpes zoster, specially of labia and genitals. Pemphigus, urticaria, warts, vesicles and bulbous eczema.

ARSENICUM ALBUM

General Indications and Key Symptoms: Restlessness, anxiety, fear of death. Great thirst, relieved by drinking little water. Aggravation by cold and wetness, better by warmth. Worse during midnight.

Skin Diseases: Erysipelas, herpes zoster, eczema of the squamous type, psoriasis, ichthyosis, ulcers of the legs, carbuncles, epithelioma.

CHINA OFFICINALIS

General Indications and Key Symptoms: Anaemic patients, sad, depressed. Tendency to periodicity of all symptoms. Exhaustion, diarrhoea, night sweats, pale and sunken face, sensitiveness to touch, aggravation during night, by pressure, friction of exercise. Better from scratching.

Skin Diseases: Acne rosacea, herpes zoster, erysipelas, urticaria, purpura.

COCCULUS INDICUS

General Indications and Key Symptoms: Neurasthenic patients, very weakened, exhausted, sleeplessness. Vomiting. Burning, itching pains, aggravation from riding, all exertion, eating, drinking, after smoking.

Skin Diseases: Impetigo, pruritus, prurigo. Vesicles with burning pains.

GRAPHITES

General Indications and Key Symptoms: Mental despondency and indecision; general weakness. Fatty patients, very fond of eating. Low vitality. Aggravation by cold, light and during menstruation. Better by movement in fresh air.

Skin Diseases: Skin very dry with cracks, thick crusts, with sticky exudation smelling like decayed herring. Moist eczema behind the ears, on the hands; thickened nails. Eczema, impetigo, herpes, acne, psoriasis, pityriasis, lupus vulgaris.

NATRUM MURIATICUM

General Indications and Key Symptoms: Patients are sad, depressed, old looking wrinkled face. Periodicity of all symptoms. Improvement in dry and warm weather. Aggravation in cool and wet weather.

Skin Diseases: Hyperhidrosis alopecia with headache, worse from talking, reading, lying down; better from pressure. Eczema with fissures, vesicles with oozing of a corrosive fluid. Pruritus, herpes with periodic fever. Urticaria with intense itching in the morning and late at night.

NUX VOMICA

General Indications and Key Symptoms: Acts on the spinal cord and brain. The drug for brain workers with sedentary habits. Digestive disorders. Aggravation of all symptoms in the morning, after eating.

Skin Diseases: Acne, lichen, psoriasis.

PHOSPHORUS

General Indications and Key Symptoms: Mental and physical prostration, sleepiness. The drug stimulates the peripheral capillaries, then disarranges the blood and tissues and finally causes fatty degeneration in all tissues. Aggravation before midnight, during a thunderstorm, from lying on the left side or back.

Skin Diseases: Alopecia areata, urticaria, purpura, pemphigus, herpes.

PSORINUM

General Indications and Key Symptoms: Activation of all vital functions in psoric patients. Unhealthy skin, itching, crawling sensations. Aggravation by warmth of bed or exercise, in the open air. Better in the morning while at rest and indoors.

Skin Diseases: Chronic eczema in psoric patients. Scabies. Scrofuloderma, ulcers.

RHUS TOXICODENDRON

General Indications and Key Symptoms: All symptoms are due to cold and wetness; restlessness. Aggravation by rest and damp, cold weather. Better by heat, movement, whilst beginning of movement aggravates.

Skin Diseases: Erythema, pruritus, erysipelas, urticaria, pemphigus, vesiculous and papulous eczema, herpes zoster, psoriasis. Bites of insects with serious itching pains.

SULPHUR

General Indications and Key Symptoms: Psoric and sycotic patients with lowered vitality. The drug acts on all diseases of the skin, due to systemic conditions. Tendency to chronicity and relapses. Aggravation at 11 a.m. from warmth, bathing, alcoholic stimulants, during night. Better by movement. Dirty skin, thirst, want of appetite. Itching during night. All mucous membranes reddened. Sulphur patients are irritable, depressed, thin and weak.

Skin Diseases: Herpes, lichen, eczema, intertrigo, pruritus, pemphigus, boils, scabies, ulcers, acne, urticaria, psoriasis.

CONCLUSION:

Homeopathy is, by definition, an individualised therapeutic approach based on the individual's psyche. This is consistent with findings from dermatological practise, which implies that many chronic dermatoses have a psychological underpinning. A competent physician should usually administer homoeopathic treatment to ensure that the patient's clinical status is adequately monitored. Effective medical practise necessitates empathy, and homoeopathy necessitates empathy in order to obtain good results.

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