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HomeoBuzz

CONTINUING MEDICAL INFORMATION

Vol. 14, No. 03, June 2018, Total No. of Pages 16

Dear Readers,

The overwhelming success and all-round acceptance of all the launched products is very encouraging and quite stimulating but at the same time put an onerous responsibility and expectation to do better in launching new products too. The B.Jain Pharmaceuticals team pursued this goal with profound enthusiasm and passionate zeal and launched the products which are great in demand during summers like for blood purification, travel sickness & skin diseases.

As the vacations starts travelling is common as some rush to their hometown or hilly regions to enjoy the nature's beauty, some went out for having fun at amusements parks etc. Yet the dizziness & vertigo usually ruin plans and excitement of plethora of travelers. For which the product **Omeo Verti-Gone Drops** is recommended and will be of absolute help.

Ringworm infection is the most common, causes voluptuous itching in different parts of the body. Homeopathy offers an excellent treatment which helps in curing the disease, **Omeo Chrysophanicum Ointment** is one such product for external use for fungal infection with itching.

Another product **Omeo Haem Purifier Drops** helps in keeping the acne & other skin eruptions at bay as it helps in purification of blood. The human body is designed by the almighty that it itself has the ability to get rid of toxins through the organs like liver, skin, intestine & kidney but when the toxins get accumulated it hampers the physiological processes and results in the symptoms like fatigue, headache & skin eruptions.

Hope these products will help the populace to deal the summers with ease & plan a hassle free and embalming summer holidays.

Dear Doctors,

As the summer approaches the brightly sun, glorious heat, sweat come the problem of acne as the pores get clogged up creating an oxygen-free environment where a naturally occurring bacteria P. Acnes multiplies rapidly and results in inflammation.

No matter the season is acne needs to be treated in the best possible way. Many people with mild acne or pimples can manage their condition with changes in lifestyle. Oil is a major cause of acne, so keeping the face clean, hair away from it & regularly changing pillowcase is important in this presentation. Advising for the moisturizers and sunscreens that are labeled as "noncomedogenic" can be of help too as they will not clog the pores. These adjustments can go a long way in helping to resolve mild acne. If there is a need of something little stronger, the use of topical or oral medication will help considering the cause behind.

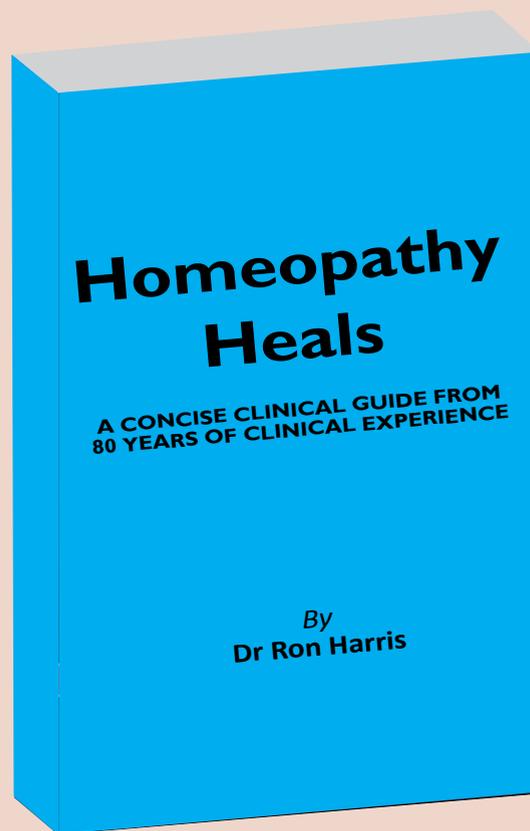
Happily – homeopathy along with other general measures can help people with acne to attain eruption free skin – safely and without side effects. Although no one knows precisely how nano doses initiate the healing process but having enormous evidence from thousands of homeopaths and millions of patients that these medicines have powerful effects is sufficient to prove its effect over the masses.

Kuldeep Jain
Chief Editor

Dr. Sana Parveen
Editor

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- The book explains potency, dosage and susceptibility of homoeopathic remedies
- Clinical Hints and Hits for practitioners
- To avoid confusing abbreviations, names of the medicines given in full, to make it easier for everyone to know exactly what remedy is being used.
- To simplify understanding of medical terminology both common and Latin names has been provided
- Limitations of Science in Explaining Homeopathy - The Future may hold the Answer

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Acne, a disease of the pilosebaceous unit, appears in males and females who are near puberty, and in most cases acne becomes less active as adolescence ends. The intensity and duration of activity vary for each individual.

PSYCHOSOCIAL EFFECTS OF ACNE

Acne is too often dismissed as a minor affliction not worthy of treatment. Believing it is a phase of the growing process and that lesions will soon disappear, parents of children with acne postpone seeking medical advice. Permanent scarring of the skin and the psyche can result from such inaction. The disease has implications far beyond the few marks that may appear on the face. Lesions cannot be hidden under clothing; each is prominently displayed and detracts significantly from one's personal appearance and self-esteem. Taunting and ridicule from peers is demoralizing. Appearing in public creates embarrassment and frustration. Because acne is perceived by adolescents to have important negative personal and social consequences, improvement in these areas accompanies medical treatment. Facial appearance then becomes more acceptable to peers, embarrassment diminishes, and patients feel less socially inhibited.

ACNE LESIONS

Acne lesions are divided into inflammatory and non-inflammatory lesions.

Non-inflammatory lesions consist of open and closed comedones.

Inflammatory acne lesions are characterized by the presence of one or more of the following types of lesions: papules, pustules, and nodules (cysts). Papules are less than 5 mm in diameter.

Etiology

Acne is a disease involving the pilosebaceous unit and is most frequent and intense in areas where sebaceous glands are largest and most numerous. Acne begins in predisposed individuals when sebum production increases. Propionibacterium acnes proliferate in

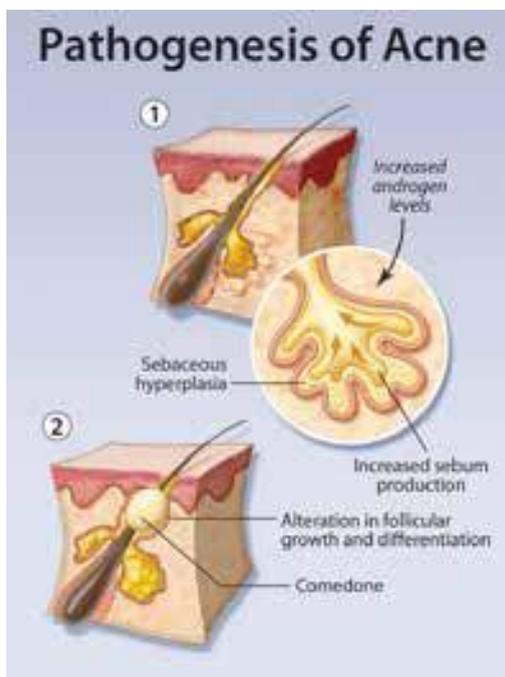
sebum, and the follicular epithelial lining becomes altered and forms plugs called comedones. One study suggests that anxiety and anger are significant factors for patients who have severe acne.

Pathogenesis and Course

Acne is an inherited disease. It is not possible to predict which members of a family will inherit it. The severity of acne in persons developing the disease is not necessarily related to the severity of acne in their parents. Acne does not end at age 19 but can persist into a person's forties. Many women have their first episode after age 25.

Several myths to be discussed:

- Acne is not caused by dirt. The pigment in blackheads is not dirt and may not be melanin as was once suspected.



ACNE

- Excessive washing is unnecessary and interferes with most treatment programs. Gentle manipulation of pustules is tolerated; aggressive pressure and excoriation produces permanent scarring.

COMEDONAL ACNE

The earliest type of acne is usually non-inflammatory comedones (“blackheads” and “whiteheads”). It develops in the preteenage or early teenage years and is caused by increased sebum production and abnormal desquamation of epithelial cells. There are no inflammatory lesions because colonization with *P. acnes* has not yet occurred.



MILD INFLAMMATORY ACNE

Mild pustular and papular inflammatory acne is defined as fewer than 20 pustules. Inflammatory lesions occur in comedones after proliferation of *P. acnes*. Papules or pustules with a minimum of comedones may develop after comedonal acne.

MODERATE-TO-SEVERE INFLAMMATORY ACNE

Patients who have moderate to severe acne (more than 20 pustules) are temporarily disfigured. The explosive onset of pustules can sometimes be precipitated by stress.

SEVERE: NODULOCYSTIC ACNE

Nodulocystic acne includes localized cystic acne (few cysts on face, chest, or back), diffuse cystic acne (wide areas of face, chest, and back), pyoderma faciale (inflamed cysts localized on the face in females) and acne conglobata (highly inflammatory, with cysts that communicate under the skin, abscesses, and burrowing sinus tracts).



ACNE AND DIET

High-glycemic carbohydrates (bread, bagels, doughnuts, crackers, candy, cake, chips), those that substantially boost blood glucose levels, trigger a series of hormonal changes that cause acne. Elevated blood glucose levels lead to increased insulin production. This affects other hormones that can cause excess oil in the skin. Therefore low-glycemic diets, including fruits and vegetables, might offer a new treatment option for people with acne and some studies support this. Milk has also been implicated

as possibly increasing acne severity.

COSMETICS AND CLEANSERS

Moderate use of non-greasy lubricants and water-based cosmetics is usually well tolerated, but a gradual decrease in the use of cosmetics is encouraged as acne improves. Cream-based cleansers should be avoided.

ORAL CONTRACEPTIVES

If women patients are taking oral contraceptives, a change in estrogen and progestin combinations may be all that is necessary.

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LIVER



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Medicated Syrup

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- Poor digestion
- Persistent nausea and vomiting
- Pain in liver region
- Fatty degeneration of the liver
- Bad effects of excessive alcohol consumption
- Debility

Composition

Carduus marianus	∅	5%v/v
Chelidonium majus	∅	2%v/v
Andrographis paniculata	∅	5%v/v
Hydrastis canadensis	∅	2%v/v
Taraxacum officinale	∅	2%v/v
Podophyllum peltatum	∅	2%v/v
Ipecacuanha	∅	2%v/v
Excipients		q.s.
Alcohol content		12%v/v

Dosage: Adults & >12 years old - 2 teaspoons, 3 times a day. Children <12 years old - 1 teaspoon, 3 times a day or as prescribed by the physician.



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ACHYRANTHES ASPERA



Botanical name : Achyranthes aspera

Family: Amaranthaceae

Synonyms: Latjira, Prickly chaff-flower

Part used : Whole plant excluding roots.

Clinical : Diarrhoea & Dysentery; Menorrhagia; Bad effects of dog and snake bites, Ringworm.

INDICATIONS :

Gastrointestinal system

- Acute diarrhoea and cholera; watery stool; yellowish and mixed with flakes of mucus profuse in quantity.³
- Pain in the stomach, Nausea and vomiting.³
- It has been recommended for dropsy (Aegle folia).⁵

Skin

- Boils, carbuncles, foul swelling, poisonous ulcers etc.³
- Red spot in the skin, burning pain all over the body.³
- Applicable both internally and externally in case of ring- worm.⁵
- In case of dog-bite, small pieces of this plant is applied on the affected wound to antidote the poison.⁵

Female reproductive system

- It has astringent effect on uterus. It gives fine result in abnormal menstruation or menorrhagia and regulates after birth discharge and removes pain during abortion.⁵

Others

Hyperlipidemia

A research conducted revealed that Saponins from seeds possess antihyperlipidemic and antioxidant properties which might lead to improvement of serum lipid profile and blood antioxidant status.¹

Gastroprotective effect

Due to presence of phyto-constituents like flavanoids, saponins and tannins shows significant gastroprotective activity of ethanolic extract of Achyranthes aspera (EEAA) leaf.²

Prescribed Dose⁴: Mother tincture, 3x, 3, 6.

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Non-greasy formula repairs skin dryness
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HOMOEOPATHIC MEDICINES INDICATED IN ACNE

Homeopathy is the holistic system of medicine which deals with the patients on the basis of symptom-similarity, matching the symptoms of the patients with that of the proved medicine. Medicine is prescribed not only on physical symptoms but take into account mental symptoms and genetic blend of the patient too i.e. individualization of every case. Approach towards every chronic case in homeopathy is to find out the constitutional medicine for that case.

Some common remedies are discussed below which are indicated for pimples or acne but for annihilation of the disease or condition the physician must need to know the case history.

1. *Echinacea angustifolia*

- Action : (a) Healing of wounds (cicatrisation) (b) Increased resistance of the mesenchima (greater release of leucocytes).¹
- Echinacea corrects blood and immune disorders.³
- Acute auto-infection, septic conditions, bites of poisonous animals, Lymphangitis, gangrene or vaccinosis.³
- Dose.² - Tincture, one to ten drops, every two hours, and larger doses. - Locally, as a cleansing and antiseptic wash.



2. *Juglans regia*

- Comedones and acne of the face.²
- Itching and eruptions of small red pustules.²
- Pimples on face; red pimples on face, neck, shoulders, and back, some containing thickish fluid; pimples on nape, discharging moisture when scratched (like acne).⁴
- Dose - Tincture, and lower potencies.²



3. *Hydrocotyle asiatica*

- Has been employed in the treatment of leprosy and eczema, lupus, elephantiasis, psoriasis, acne, rosacea and acute granular cervicitis and urinary irritation.⁵
- Pustules on chest.²
- Dose - First to sixth potency.²



4. *Eugenia jambos*

- Indicated in comedones, simple acne, and acne rosacea, when there is an inflamed area about the pimple.⁵
- Nausea, better smoking. Comedones.²



5. *Berberis aquifolium*

- Pimply, dry, rough, scaly.²
- Clears the complexion.³
- Dose - Tincture in rather material doses.²

6. **Bellis perennis**

- Boils all over the body. Sensitive to touch. The boil begins as a small pimple with burning pain and then gradually turns into a dark fiery purple colour furuncle. When boils rupture it liberates acrid pus which destroys the surrounding hair. The pain within the boil is worse by application of heat and better by application of cold.⁶
- Prescribed dose: Tincture to third potency.⁷

7. **Asterias rubens**

- Disposition to pimples at adolescence. Pimples on side of nose, chin and mouth.²
- Is the head remedy for pimples on the face at the age of puberty. " If it fails then try Kali Brom. and Radium Bromide 30-J.N. Shinghal.⁸
- Prescribed dose: Sixth potency.⁷

8. **Sanguinaria Canadensis**

- Eruption on face of young women, especially during scanty menses (Bellis, Cal., Eug. j., Psor.).⁹
- Red, blotchy eruptions; worse in spring.²
- Circumscribed red spots over malar bones.²

9. **Dulcamara**

- In females acne and eruption on the face before menses and also rashes before menses are the most important complaints.¹⁰
- Skin eruptions are sensitive to touch; pressure >>.⁴

10. **Kalium bromatum**

- Acne : simplex, indurata, rosacea; bluish-red, pustular, on face, chest, shoulders; leaves unsightly scars (Carbo an.); in young fleshy persons of gross habits.⁹
- Often curative after Eugenia jambos in acne.²

11. **Hepar sulphur**

- Hep. is one of the best remedies for severe ACNE, especially when encysted or inflamed (acne cystica or conglobata)¹¹
- Acne in youth, suppurate with prickly pain, bleed easily. Unhealthy Skin, every little injury suppurates, (Psor., Sil.)³
- Prescribed dose: 1st to 200th. The higher potencies may abort suppuration, the lower promote it. If it is necessary to hasten it, give 2x.⁷

12. **Calcarea sulphurica**

- Pimples, pustules occurring during adolescence.¹³
- Pimples and pustules on the face. Tender pimples under the beard.¹²
- Pimples around ear. Many little matterless pimples under the hair, bleeding when scratched.²

13. **Radium bromatum**

- Found effective in skin affections generally, acne rosacea, naevi, moles, ulcers and cancers.²
- Itching all over body, burning of skin, as if afire.²
- Prescribed dose : Thirtieth and twelfth trituration.⁷



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Compiled by:
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INDICATIONS :

The ingredients have the property to act as blood-purifier and helps to clear the unhealthy skin.

COMPOSITION

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Hepar sulphuricum	4x	10%w/v
Juglans regia	4x	10%v/v
Sarsaparilla	4x	10%v/v
Scrophularia nodosa	4x	10%v/v
Excipients		q.s.
Alcohol content		36% v/v

Dosage: 5-10 drops should be given in water, 2 times daily before meals or as prescribed by the physician.



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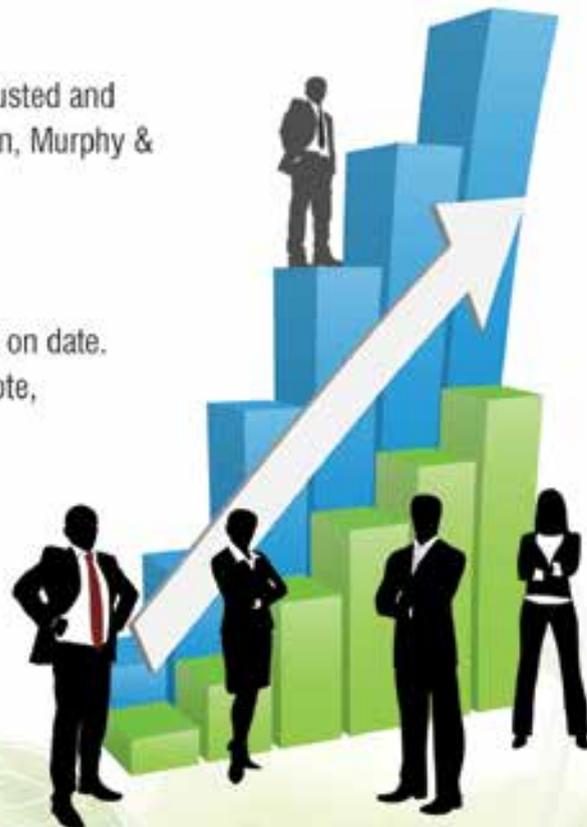
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