



ORIGINAL RESEARCH PAPER

Homeopathy

SEBORRHEIC DERMATITIS - HOMOEOPATHIC APPROACH

KEY WORDS: Homeopathy, Remedies, seborrheic dermatitis,

Dr. Kanchan R. Tayade*	Department of Pathology, Dr. D.Y. Patil Homoeopathic Medical College & R.C., Dr. D.Y. Patil Vidyapeeth, Pune, India. *Corresponding Author
Dr. Rima M. Kumar	Assistant Professor, Department of Physiology Dr. D.Y. Patil Homoeopathic Medical College & R.C., Dr. D.Y. Patil Vidyapeeth, Pune, India
Dr. Priya P. Singh	Professor, Department of Homeopathic Materia Medica Dr. D.Y. Patil Homoeopathic Medical College & R.C., Dr. D.Y. Patil Vidyapeeth, Pune, India

ABSTRACT

Seborrheic dermatitis and dandruff is not well understood. However, studies have identified several predisposing factors, including fungal colonization, sebaceous gland activity, as well as several factors that confer individual susceptibility. Generally Diagnosis of Seborrheic dermatitis is typically made by history and physical examination. skin biopsy might be required in few cases for differential diagnosis. Exact cause not yet know it may be related to: yeast (fungus) called Malassezia that is in the oil secretion on the skin, An irregular response of the immune system, multiple factors associated with development pathogenesis involved is the impaired immune response T cell response to Malassezia Spp., increase in unsaturated fatty acids, disruption of cutaneous neurotransmitter, disruption of epidermal barrier with genetic factors, abnormal shedding of keratocytes. In this paper we discuss about the indication of homoeopathic medicines for management of Seborrheic dermatitis.

INTRODUCTION

Prevalence of seborrheic dermatitis is 3-5 % it is worldwide distributed, Dandruff is mildest form of seborrheic dermatitis, it is more common present in 15-20 % population.

It is common in infancy and middle age and present as infantile seborrheic dermatitis (which resolves within year without treatment) and Adult seborrheic dermatitis (it is relapsing and recurring which affect quality of life), generally seen in areas which are rich in sebaceous gland, like scalp, face and body fold. **Histologically**, the development of Seborrheic dermatitis can be divided into two stages. 1. acute and sub-acute stage- Seborrheic dermatitis shows superficial perivascular and perifollicular inflammatory infiltrates, composed mainly of lymphocytes and histiocytes in association with spongiosis and psoriasiform hyperplasia, and can be coupled with parakeratosis around follicular opening Neutrophils can also be found in the scale crust at the margins of follicular ostia.

2. chronic lesions, marked psoriasiform hyperplasia and parakeratosis can be present with dilation of the venules of surface plexus which resembles psoriasis [However, in psoriasis parakeratosis is often associated with thinning or loss of the granular layer due to accelerated keratinocyte differentiation. Dandruff shows many common features as Seborrheic dermatitis in histology, such as epidermal hyperplasia parakeratosis, and Malassezia yeasts surrounding the parakeratotic cells. Whereas inflammatory cells such as lymphocytes and NK cells may be present in great numbers in Seborrheic dermatitis, dandruff shows subtle neutrophil infiltration or no infiltration.

These findings support the notion that dandruff and Seborrheic dermatitis are of a continuous spectrum of the same disease entity with different severity and location

DIFFERENTIAL DIAGNOSIS -

Psoriasis, Atopic Dermatitis, Tinea Capitis Rosacea, Systemic Lupus Erythematosus (SLE), Pemphigus Foliaceous, pityriasis Rosea, Secondary syphilis, Diaper Dermatitis, Langerhans cell histiocytosis

INVESTIGATIONS -

- skin scrapings- KOH examination
- Microscopic examination, culture and sensitivity test, immunofluorescence test, serum Zinc levels, ANA, ESR

GENERAL MANAGEMENT -

proper skin care with soap and moisturizers, use of antifungals, keratolytics, antipruritics, and anti-inflammatory medicines

Homeopathic Medicines And Important Rubrics -

1. Neurodermatitis - Calcaria, Graphitis
2. Radiation, Dermatitis: Radium Bromatum, Cadmium Sulphuratum, X-Rays
3. Dandruff: White: Mezereum, Kali Chloricum, Phosphorus, Natrum Muriaticum, Thuja Occidentalis
4. Dandruff: Yellow - Kali Sulphuricum
5. Dandruff: Itching: - Staphysagria, Alumina, Mag Carb

HOMOEOPATHIC MANAGEMENT SEBORRHEIC DERMATITIS:

Homeopathy treats patient and not disease, so we can see significant improvement in the cases of seborrheic dermatitis treated with Homeopathy. Here is list of commonly prescribed remedies given the basis of the totality of symptoms.

Table 1 - Homeopathic Remedies With Their Indications -

Sr. No.	Name of Medicine	Indications
1	Kali Sulph	Third stage of inflammation, with yellow discharges and desquamation Sharp, shooting, shifting, spotty pains. Always irritable, -Head-Bald spots, dandruff with scald head.
2	Kali Mur	Dandruff is whitish and copious
3	Thuja Occidentalis	White scaly dandruff, hair falls easily, wants warmth around head, worse from humid atmosphere
4	Graphites	Scales with itching, crust, burning round spots on head, herpetic eczematous discharge
5	Natrum Mur	Sensitive scalp, white scaly dandruff, hairs falls on touch, oily greasy skin
6	Phosphorus	Hair fall in bunches with dandruff, desire for cold things, sensitive and bleeding tendency.
7	Alumina	Skin-DRY, dry, tettery eruption. Burning < winter. chilly patient -Falling of hair, -Itching without eruption, Scratches until it bleeds

8	Lycopodium	Great falling out of hair. Eczema; moist oozing behind ears.. Premature baldness and gray hair, Skin becomes thick and indurated, violent itching aggravated from warmth
9	Sulphur	Violent itching and burning , chapped exanthema
10	Calcarea Carb	On temples White yellow scales dry, bran like, with falling of hairs
11	Arsenicum Album	Bran like scale, scab , crust over scalp, excess dandruff scalp sore to touch, thirsty, chilly, restless, rough dirty , circular patches on scalp
12	Staphysagria	Sensitive scalp skin peels off when itching, humid foetid eruptions.
13	Mag Carb	SOURNESS of all discharges and secretions., Head-Pain on VERTEX, as if hair were pulled.
14	Bryonia alba	Scalp is very sore to touch even soft brush touch aggravates, scalp is rough and hairs are greasy , with dandruff
15	Cantharis	Large scaly dandruff , hair falls while combing

CONCLUSION -

Homeopathic medicines act as Immune boosters , homeopathic therapeutic system is mainly based on the principle of individualization along with this which fundamental miasm of patient is predominantly checked eg. Psora, Sycosis and Syphilis.

Homeopathic treatment is mild and natural and minimum dose of medicine is given to the patient, Homeopathic medicine consider patient as a whole and medicine is prescribed on the basis of physical, emotional and genetic constitution of the patient .

General guidelines given to the patient like proper skin care, diet and exercise. Depending on the severity of disease, acute or chronic , homoeopathic remedy is selected and prescribed.

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