

DISEASES OF THE SKIN

**BY
DR. W. KARO**

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Chapter I

ANATOMY AND PHYSIOLOGY OF THE SKIN AND ITS RELATIONSHIP TO THE GENERAL HEALTH

To be able to understand *skin diseases* it is necessary to know the functions of the skin in relationship to the whole body. A few words about the anatomy and physiology of the skin are necessary.

The skin is a fibrous structure varying considerably in thickness in the different parts of the body. It is covered by several layers of epithelial cells, the outer of which form the epidermis and the inner layer the dermis. Dipping down from the epidermis into the dermis are certain other epithelial structures, the hair follicles with their sebaceous glands and the sweat glands. The hairs grow from enlarged papillae at the bottom of the pits of the hair follicles. They are present all over the skin except on the palms and soles. Sweat glands are present in all parts of the skin.

The skin is the external cover of the body and it continues as the mucus membranes which line the orifices of the body. We can say that these orifices are inversions of the skin. In fact, the entire digestive tract is merely an inversion of the skin and we may say* "that the contents of the digestive canal are really not inside the body until they have been digested and absorbed." Considering this fact we may call the skin the reflector of the internal body's conditions.

The skin has four functions: (1) to protect the body; (2) to regulate by its secretions the body's temperature; (3) to help in the respiration; (4) to help in the metabolism by eliminating poisonous slags and thus helping to keep the internal body free from pernicious accumulations.

The importance of a normal function of the skin compared with the function of other organs can easily be

* Quoted from *Some Human Ailments*, by William Howard Hay. (George S. Harrap & Co., London, Bombay, Sydney.)

DISEASES OF THE SKIN

understood by the following facts: No human being can live* " if the lungs do not function 5 minutes, if the skin function is suppressed 5 hours, if the kidneys do not work 5 days, or the bowels might cease to work 5 weeks." That means that the skin stands second in importance regarding the vital part played in the body's well-being.

We now understand the importance of keeping the skin as healthy as possible. We must be aware that all sorts of chemical debris are continually passing through the skin. It is the passage of this internal toxic material through the skin which sets up irritations or inflammation which have been wrongly classified as skin-diseases. If there are too many toxic slags in the body, nature seeks an outlet. These may be acute fever, indigestion, chills, asthmatic attacks, perspiration, or eruptions of the skin. Generally speaking skin diseases are an expression of an internal morbid condition, mostly due to intoxication.

Every experienced physician knows the relationship between asthma or neuritis and skin diseases; as long as the skin eruption is evident, that means as long as the accumulated poisonous slags are thrown out through the skin, asthma and neuritis vanish, but they reappear, as soon as the so-called skin disease is "cured" by a strong ointment. That means, that the function of the skin has been suppressed by an external application of an offensive medicament.

We must realize that all diseases are only a symptom of a toxic state of the body and that such a toxic state expresses itself through many and most different symptom-complexes. We owe this knowledge to the famous Dutch physician, Boerhaeve, the "father of clinical medicine", who stated:

"Keep your head cool, your feet warm and never gorge your inside."
That especially applies to skin' diseases. If we clean the whole system and give a natural diet, if we keep the colon as clean as possible, every one of the many so-called skin diseases will as readily disappear, as will many other morbid conditions, due to the internal uncleanness.

It is always the weak organ which suffers most in consequence of accumulations of internal intoxication.

* According to Hay, loc. cit.

ANATOMY AND PHYSIOLOGY OF THE SKIN

If our heritage is a delicate skin, we are liable to skin symptoms as the earliest signs of an increasing intoxication. It is in these patients that regulation of the disturbed internal balance will make the delicate skin as clear and fine as before it was affected.

Eczema and psoriasis, the most common forms of skin eruptions, will soon disappear, when the internal chemistry is almost normal. The same applies to *Acne vulgaris*, a very common skin trouble, especially in young people. Every case of acne is nothing else than a symptom of an internal disorder, proving, that the lungs, kidneys and bowels are unable to keep the body clear of its own irritating poisonous slags. Every boil or pimple, every carbuncle, every eruption of whatever nature means the same, excepting only the few cases due to external effects, such as bites of various insects or snakes, poisoning by ivy, or local application of chemical irritations directly to the skin.*

We have learned that the so-called skin allergies can be cured quickly, when the body is again in proper chemical balance. These allergies include those skins which are very sensitive to vegetable irritants, like primrose, or to certain foods like onions, spinach, asparagus, various fruits and berries, etc. All these conditions can be cured by purging, enemas, the right diet and physical exercise. Hence the strengthening of our skin is of the greatest importance. It is a mistake to consider the skin from a purely cosmetic point of view. We must always think of its relation to general health. We must try to give the skin its natural colour and texture. That is the best way to keep the body healthy. Next to breathing pure air, we must keep our skin clean and able to do its function. Julius Caesar said that the health of his army was due to the fact that every man had to sweat at least once a day.

Indeed, such a daily sweat is the best way to keep the pores of the skin open, giving the skin an opportunity to unload freely the poisonous slags, produced in the body as the result of its combustion of fuels, the death of its cells and the metabolism of food materials taken in with the meals.

* Hay, loc. cit.

DISEASES OF THE SKIN

All these poisons cannot be sufficiently eliminated by the lungs, kidneys or bowels. The skin has to take its share in this task. But the skin will be able to do it only by proper exercise, by producing sweat, which we can aid by brisk rubbing with a rough towel and thorough cleanliness.

Healthy blood is therefore essential for a healthy skin.

Glands with their inner secretion purify the blood and normalize its stream. The sexual glands are performing this function and are helping the inefficiency of the thyroid and other glands. They especially stimulate the pancreas and the metabolism of the skin. This gland is very important, as it assists the proper assimilation of the food-protein. For instance, the above mentioned acne in its different forms is due to the ineffective function of the sexual glands, giving rise to an increased activity of the sebaceous glands in the few years following puberty. Irregularities of menstruation appear to be the underlying cause in nearly 50 per cent, in cases of girls and young women. On the other hand, the period of *change of life* makes both sexes more liable to suffer from chronic eczema in its different forms. We have learned that *Hormovita*, which contains the secretion of the sexual organs, is able to prevent or to cure acne as well as eczema in those patients. Hormovita can be taken either in liquid form or in tablets.

In this connection I refer to the Orka Skin Tablets. These tablets contain *Thyroidin*, which regulates the function of the sexual glands and controls especially the glands connected with the skin. They also contain some homoeopathic drugs which stimulate the resistance of the skin to infection and inflammation.

Before discussing the most important skin diseases, I will explain some terms which will be used throughout all the following chapters. That is the best way to avoid repetitions and to make the following statements intelligible.

Low and Fairby, in *Price: A Textbook of the Practice of Medicine* (Oxford University Press. 1937) give the following explanations:

A *macule* is a spot which is not raised above the skin.

ANATOMY AND PHYSIOLOGY OF THE SKIN

A *papule* is a solid elevation usually not exceeding the size of a pea.

A *tubercule* or *nodule* is an elevation usually between a pea and a hazel nut in size. The term is also used for small, solid swellings in the substance of the skin and subcutaneous tissue, which do not necessarily project above the surface.

A *tumour* is a swelling exceeding a hazel nut in size; it need not be necessarily solid, but this term is not usually applied to thin-walled superficial fluid swellings.

A *wheal* is a circumscribed elevation of the skin of a transitory character, in which œdema is so marked as to force the blood out of the superficial capillaries and so produce a dead white elevation.

A *vesicle* is an elevation not larger than a pea containing clear fluid.

A *bulla* is a similar lesion of larger size; in other words .a *blister*.

A *pustule* is a similar lesion, to a vesicle, but contains pus instead of clear fluid.

A *scale* is a lamella of the horny layer of the skin.

A *crust* is a mass produced by the drying of exudates of the skin.

An *excoriation* is an abrasion of the superficial layers of the epidermis.

A *fissure* is a *crack* in the skin.

An *ulcer* is a circumscribed loss of tissue involving the whole thickness of the epidermis.

Chapter II

BOILS AND CARBUNCLES

These two terms are frequently mixed up by laymen and by physicians as well. Indeed both conditions are almost the same regarding their pathological significance. They differ only in their size.

What is the meaning of these conditions?

Allopathy teaches us that boils are due to an inflammation of the hair follicles, especially of their sebaceous glands. The inflammation is, according to this tenet, the consequence of an infection by bacterias either staphylococci or streptococci. That means the condition is an external infection. This tenet does not consider the blood-quality of the patient. Nevertheless there is a vague idea that the constitution of the patient might have a certain influence on the development, for the allopath at least concedes that patients suffering from diabetes and, generally speaking, cachetic patients, i.e. patients extremely weakened by any serious disease, are especially liable to get boils or carbuncles.

According to my own experience, extending over more than forty years, the local infection, that means the external influence of any bacterias, does not mean anything essential for the origin of boils or carbuncles. Referring to my statement in the first chapter, I underline once more the decisive importance of general intoxication of the whole body by the accumulated poisonous slags. Again and again I could observe, that people, whenever the accumulation of poisonous slags in their system had reached a critical point, suffered most suddenly from boils or large carbuncles.

Such a carbuncle is, then, almost an explosion of the excessively accumulated poisons. It is the safety-valve for the poisonous matter, thus preventing the poisoning of the organism.

Regarding the nature of these poisons I refer to my statements in the first chapter. My opinion that boils

BOILS AND CARBUNCLES

and carbuncles are not due to an external infection is furthermore based on the fact that the patients, suffering from them, get at certain times many boils, One after the other. The reason is that nature does not give way, before all poisonous slags have been eliminated from the system. It is only the large carbuncle, which appears singly, because the carbuncle means such a large safety-valve, that a single one is sufficient for the cleansing of the whole body.

Bearing in mind these facts there can be no doubt regarding the treatment of boils and carbuncles. Our first task must be to accelerate the development and suppuration of the carbuncle or boil in order to bring about the elimination of the utmost possible quantity of poisonous slags from the body. *Mercurius solubilis*, *Hepar sulphuris* and *Silica** are the most reliable drugs for this task.

For the treatment of the sometimes serious crises connected with the development of the carbuncle, we make use of *Aconite*, *Arnica*, *Arsenicum*, *Belladonna*, *Lachesis*, *Anthracinum* or *Calcarea carbonica*. Hot compresses and the application of 3-4 leeches around the carbuncle or boil will be very helpful. Surgical interference can thus be prevented. I object to the operative treatment because morbid as well as healthy tissues are cut by the operation. We endanger the patient by spreading the poisonous slags, having been before retained in the carbuncle, into healthy tissues and into the blood-vessels, opened by the operation. A general sepsis may follow, sometimes ending fatally.

I am happy to state that biological and homoeopathic treatment was always successful.

As soon as the boil or carbuncle had broken open and suppuration ensues, the ulcer must be daily bathed with hot chamomile tea, during the baths the matter may be carefully expressed from all sides. During this period *Hepar sulphuris* is the best drug. The wound must be dressed with sterile gauze, soaked with *Arnica* Ø or *Calendula* Ø.

In cases of a large carbuncle I usually apply twice a

* Regarding special indications I refer to the last chapter (Materia Medica). To avoid repetitions I restrict myself to the names of drugs throughout the whole booklet.

DISEASES OF THE SKIN

week 2-3 leeches around the ulcer. This method accelerates the healing process.

The dietetic and hygienic treatment of these patients is of the greatest importance. Uncooked food or at least a lacto-vegetarian diet is necessary. The bowels, especially the colon, must be kept clean, by enemas, regular sweating and physical exercise, in the open air. All condiments are forbidden; so are strong coffee and tea. The best beverage for all these patients is the Adinolan tea. It regulates the action of the bowels and the kidneys as well as it purifies the blood from the poisonous slags; but such drinks as lemonade and barley water should always be freely taken for the same reason.

Chapter III

CONSTITUTIONAL DISEASES OF THE SKIN

(a) Eczema

Eczema is a superficial, inflammatory, non-contagious skin disease. It is the most frequent and important of all skin affections. It is most common amongst children, 30 per cent, of all cases concern children. Generally speaking, eczema is more frequent in men than it is among women.

Eczema usually develops gradually in a typical way. The different forms of development are sometimes found in one and the same patient, combined as vesicles, pustules, crusts, etc.

The typical course of an eczema is as follows. It begins with the symptoms of an acute inflammatory redness of the skin, accompanied often by intolerable itching and burning, especially in the folds of the skin. Some cases are accompanied by high temperature, especially when the eczema is located in the face. (Edema is very often present. These cases resemble erysipelas and the differential diagnosis might be difficult in some cases. The right treatment usually cures the disease right away. But where treatment is unsuccessful the chronic form develops; characterized by thickening of the skin, infiltration and the formation of scabs or of a moist surface. This period may last long.

The second period of eczema is characterized by small red papules either in small patches or diffused over the cheeks or hands, or any other part of the body, accompanied by intense itching and burning. Nothing can restrain the patient from scratching the affected parts, which become a mass of blood, pus and scabs.

The third period of eczema is characterized by the formation of vesicles, containing a yellowish liquid. The vesicles burst either spontaneously or by scratching, forming a raw moist surface, from which a colourless

DISEASES OF THE SKIN

discharge oozes, which, when it dries, forms yellowish crusts. These crusts are only slightly attached to the skin. Moistness is the characteristic symptom of this period.

When the liquid discharge becomes infected, as it often does, the so-called pustular eczema develops, characterized by large, thick, yellowish scabs and crusts, very easily loosening and forming again, thus making the disease chronic. In chronic cases the most different changes occur, such as warty developments, cracks and ulcers of the skin. Any part of the body is liable to become affected. The face is most frequently affected in children, the hands, abdomen and extremities in adults. So is the region of the genital organs, especially the scrotum.

What is the cause of eczema?

We must differentiate between local and constitutional causes. Regarding the constitutional causes I refer to my statements in the first chapter. I repeat, that accumulation of toxic slags is the cause of nearly all skin troubles. A healthy body, which means freedom from poisonous slags, has a healthy skin and never gets an eczema or any other skin trouble.

On the other hand patients born with a psoric or scrofulous inheritance have usually a very weak and delicate skin. The slightest internal or external irritation in such cases may result in the development of a chronic skin disease like eczema or dermatitis.

As to external causes, the application of irritating or corroding medicaments, exposure to intensive sun-rays or hot fires, burning or freezing, friction by too tight clothes, etc., may cause an attack.

Treatment. I will not deal with the treatment of cases due to external causes, because these cases are better termed dermatitis. That means, eczema is a condition due to disturbance of the chemical or metabolic balance of the body.

The rational treatment of eczema must be dietetic and homoeopathic, whilst the local treatment should be restricted to some alleviating measures.

I. The dietetic treatment, must be adapted to the constitution of the patient. That means, the diet for a weakened, emaciated patient must be quite different from that given to a robust and vigorous patient. Meat is

CONSTITUTIONAL DISEASES OF THE SKIN

forbidden for all patients. Generally speaking a lacto-vegetarian diet with an abundance of fresh fruits and salads, is the ideal diet for anæmic, psoric patients. Uncooked food according to Bircher Benner is the diet for plethoric and vigorous patients.

When treating chronic cases I usually start the dietetic treatment with fruit fasting days, according to Bircher Benner, or with a fast-cure according to Dr. Guelpa.

The fruit-fasting days are indicated in anæmic, weakened patients. These fruit-fasting days must be interposed between days of real vegetarian diet. The following scheme will be instructive:

Sunday: Fruit-fasting day. (a) *Breakfast:* 1 glass fruit juice, 4 ozs. various fresh fruits and nuts.

(b) *Lunch:* 1-2 glasses fruit juices, 6 ozs. fresh fruits and nuts.

(c) *Supper:* 1 glass fruit juice, 3 ozs. fresh fruits.

If the patient suffers from thirst, more fruit juice is allowed. The patient must keep in bed or at least rest on the couch.

Monday and Tuesday: Any quantity of cooked or raw vegetables, lettuce salads, potatoes, milk, wholemeal bread, butter.

Wednesday: Fruit-fasting day like on Sunday.

Thursday: Full vegetarian diet and 1 egg.

Friday: Fruit-fasting day.

Saturday: Full lacto-vegetarian diet and 1 egg.

During the whole week the patient is allowed to drink milk according to his own desire.

Regarding Dr. Guelpa's fast cure, I modify the scheme as follows; I start with one fast day. That means the patient takes on an empty stomach early in the morning 2 tablespoonfuls of *Glauber Salt* in a tumblerful of lukewarm water mixed with fruit juice. No solid food whatsoever is allowed during the whole day. The patient may drink as much mineral water or Adinolan tea as he likes.

On the second day lettuce salads, vegetable soups and fresh fruits are given in unrestricted quantity.

On the third day full lacto-vegetarian diet, especially uncooked food are given.

On the fourth and fifth days, fast cure with Glauber - salt.

11

DISEASES OF THE SKIN

On the sixth, seventh and eighth days full vegetarian diet with small quantities of wholemeal bread and butter.

On the ninth and tenth days again, fast cure with Glauber salts.

Then a whole week's real vegetarian diet.

The results of such a cure are most striking. But of course such a cure must be carefully supervised. The Guelpa cure detoxicates the whole organism, cleanses the bowels and stimulates all vital functions.

The dietetic treatment must be most carefully individualized according to the patient's constitution.

As to the homoeopathic treatment, I use *Antimonium crudum*, *Arnica*, *Belladonna*, *Calcarea carbonica*, *Graphites*, *Mercurius vivus*, *Mercurius praecipitatus ruber*, *Petroleum*, *Psorinum*, *Sulphur* and *Tartaricum emeticus*, according to the indications.

DERMATITIS

Dermatitis means an acute inflammation of the skin, due to any *external* irritation, whilst *eczema* is an inflammatory process due to *internal*, i.e. constitutional causes.

We differentiate between the following varieties of dermatitis:

(a) *The traumatic dermatitis*. It is due to injuries such as bruises, contusions, blows. The treatment of such cases consists of cleansing the affected skin and protecting it with sterile gauze soaked with *Calendula* \emptyset or *Arnica* \emptyset .

(b) *The caloric dermatitis*. It is a condition, due either to cold or to heat. Heat provokes three different forms of pathological conditions:

1. Burning, redness and swelling of the skin.
2. Vesicles and blisters.
3. Destruction of the skin, resulting in ulcers and scabs.

These local affections can be associated with serious general symptoms: diarrhoea, nervous disorders, delirium, kidney affections, sometimes ending fatally.

If we remember that the skin has to play an important part in keeping the body healthy, we will understand that the destruction of a large part of the skin either

by heat or by cold must be a very serious injury.

CONSTITUTIONAL DISEASES OF THE SKIN

The changes of the skin due to cold are as follows:

1. White patches, loss of sensation, slight itching.
2. Vesicles and blisters, sometimes containing blood.
3. Destruction of the skin, resulting in ulcers.

Treatment. *Apis*, *Arnica* and *Cantharis* are our homoeopathic drugs for both conditions.

The local treatment of burns of the first degree are compresses soaked with warm diluted spirit or with diluted *Arnica* tincture. The serious cases of ulcerations must be carefully treated with ointments of *Arnica*, *Calendula*, *Hamamelis*, or with sterile compresses soaked with tinctures of these drugs. *Chilblains* must be treated with snow or cold compresses. Ulcers due to cold must be treated in the same way as ulcers due to burns.

Drugs like *Agaricus muscarius*, *Carbo vegetabilis*, *Crotalus horridus*, *Cantharis*, *Hepar sulphuris*, *Sulphur*, *Lachesis*, *Lycofodium*, *Petroleum*, *Secale cornutum* must be considered 111 serious cases on their indications.

(c) *Toxic dermatitis*. That means an inflammation of the skin due, to poisonous plants or minerals. Several different pathological conditions can occur, such as erythemata, papules, vesicles, pustules, accompanied by burning, itching and oedema. If the face is affected, the condition often resembles a real erysipelas. Many plants cause such a dermatitis, especially in people suffering from an allergic disposition. I mention poison ivy and *Rhus toxicodendron*.

Another form of toxic dermatitis is met amongst certain professions. Many surgeons suffer from dermatitis of their hands due to mercury or carbolic acid. Washerwomen, dyers or miners suffer from similar affections. The treatment must aim at excluding anything that causes the toxic condition.

Useful drugs are: *Apis*, *Arnica*, *Hepar sulphuris*, *Rhus toxicodendron* and *Sulphur*.

(d) *Medicinal dermatitis* is an inflammation of the skin due to taking certain medicines, such as Arsenic, Anti-pyrin, Belladonna, Bromides, Iodines, Silver nitrate, Quinine. The drug in question must be stopped and the antidote given.

(c) *X-ray dermatitis* is due to too long or too frequent exposure to X-rays. This kind of dermatitis is characterized by pigmentation and ulcers. The treatment is

DISEASES OF THE SKIN

very difficult and tiresome. We can try to antidote it by giving X-ray in high potencies internally. *Calendula*, *Arnica* or *Hamamelis* in the shape of oil, glycerine or diluted spirit must be used for the local treatment of the ulcers.

Dermatitis seborrhoica. This condition is characterized by patches and red papules with thin, fatty, slightly adherent scabs. It is located mainly on the head, beginning at the forehead. It expands from here to the eyebrows and the chin. In some cases the region of the breast-bone, the armpit, the shoulder-blade and the abdomen are involved too. The scabs are moist, oily and loosen easily. The disease is due to an increased activity of the sebaceous glands. The question whether a micrococcus is responsible for it or not, is not settled yet. The treatment is very difficult, as the disease is often unresponsive to any treatment.

Washing of the affected parts with soap aggravates the condition. It is better to clean the diseased parts with: warm bran-water and to apply Orka Skin Ointment.

Generally speaking the treatment must avoid everything which would irritate the sebaceous glands, and the organism present. Great care must be taken to keep the digestive system in good order. We must always keep in mind that putrefaction in the bowels is responsible for the majority of the diseases of the skin.

The most frequently indicated homoeopathic drugs are: *Natrum muriaticum*, *Thuja*, *Calcarea carbonica*, *Graphites*, *Kalium bromatum* and *Sulphur*.

URTICARIA

Urticaria is a constitutional inflammation of the skin. It is quickly transient, characterized by bright-reddish elevations, sometimes surrounded by a whitish areola. These elevations are either round or oval or irregular. There is always violent itching. The eruptions are either on some circumscribed spots of the body or they are dissipated over the whole body. Vesicles or œdematous circumscribed swelling develops. Serious inflammations of the skin, resulting in permanent changes like thickening, changing colour and scars, may develop through scratching, due to the violent itching. The itching is usually worse in the evening; bed-warmth aggravates it still

CONSTITUTIONAL DISEASES OF THE SKIN

more. All patients suffering from urticaria show the following characteristic symptoms. When we touch their skin with a hard object, say a pencil, thermometer or penholder, a reddish vascular reaction occurs. Thus we can write on their skin. This symptom is called *dermographism*.

Urticaria can be either acute or chronic. It is caused by several different factors. Many cases are due to digestive disorders or to eating of special dishes such as oysters, crabs, shell-fish, cheese, pineapple, strawberries, venison's or medicines such as turpentine, antipyrin, copaiva, etc. Urticaria amongst children is often due to intestinal worms.

Other cases of urticaria are symptoms of diseases of the womb, or they are due to gout, rheumatism or nervous disorders.

In all cases the hypersensibility of the circulatory system to external or internal irritation is responsible for the development of urticaria.

The treatment must be chosen according to the special causes of each case, and fortunately is usually successful at once.

The general dietetic and hygienic treatment is the most decisive factor. I refer to my statements in Chapter I.

We alleviate the itching pains by a soft acid cooling ointment or by applying a spirit with 1 per cent, salicylic acid, or 5 per cent, boric acid.

The most frequently indicated homoeopathic drugs are: *Apis*, *Arsenicum album*, *Calcarea sulphurica*, *Rhus toxicodendron*, *Urtica urens* and *Pulsatilla*.

PRURIGO

Prurigo is a chronic inflammation of the skin, characterized by hard nodules. These nodules have the colour of the skin or they are slightly pink. The nodules are located on the extensor side of the extremities and on the face. They itch most violently, inducing the patient to scratch himself. The scratching brings about an eczema, discolouring the skin, or hæmorrhages leaving scars, accompanied by swelling of the lymphatic glands.

Prurigo usually starts during childhood, often after weaning and may last for the whole life.

DISEASES OF THE SKIN

Prurigo is a constitutional disease, either due to digestive intoxication or to endocrine disorders. It may be localized, or it may be spread over the whole body. It is a very worrying disease. It is sometimes coupled with other constitutional diseases, as asthma, migraine, diabetes or diseases of the digestive organs. It may also occur during pregnancy or in childbed.

The external treatment is of no use whatsoever. The dietetic and hygienic treatment is of the greatest importance. In some cases treatment with hormones is successful. In most cases we can rely on our homoeopathic drugs: *Psorinum*, *Tuber culinum*, *Lycopodium*, *Silica*, *Sulphur*, *Agaricus*, *Kreosotum*, *Arsenicum iodatum*, and *Calcarea iodatum* as indicated.

SHINGLES (HERPES ZOSTER)

The term shingles means an acute rash, characterized by vesicles on a red base and spread along the course of one or more of the cutaneous nerves. The disease usually affects only *one* side of the body. The rash is always accompanied by burning pains. The liquid in the vesicles, being clear for the first few days, slowly becomes opaque or purulent and dries up into yellowish-brown crusts.

In rare cases the vesicles become hemorrhagic, burst and lead to ulcers, healing only with scars.

The lymphatic glands are swollen, but do not show any tendency to suppuration.

The sharp excruciating neuralgic pains are often the first symptom of the disease, preceding the eruption for a few hours or days.

Shingles are most frequently located on the trunk between the ribs, but any other part of the body is liable to become involved, such as the face, forehead, the extremities and the abdomen.

Shingles is more common in adults than in children. It may be an infectious disease, for it sometimes occurs epidemically.

The disease usually takes a good turn, recovery can be expected in about two to four weeks, though the type affecting the facial nerve, eyelids, etc., may be both dangerous and troublesome to cure.

CONSTITUTIONAL DISEASES OF THE SKIN

Treatment. The local treatment can be restricted to simple protective measures. Orka Skin Ointment and a very light covering is advisable.

The homoeopathic treatment is always successful, with *Arsenicum album*, *Mezereum*, *Ranunculus bulbosus*, *Rhus toxicodendron* and *Sulphur*, as indicated.

A few words on “cold sores” and herpes genitalis.

These two conditions are harmless. Cold sores often appear in the course of acute infectious diseases, or during menstruation or intestinal disorders. Itching and burning vesicles develop on different parts of the body, either on the skin or the mucous membranes. Within a few days the vesicles gradually dry up without bursting, but forming scabs, falling off after a few days.

If these vesicles develop on the external genital organs, we speak of herpes proenitalis. This form of herpes has a relapsing tendency.

The differential diagnosis between herpes proenitalis and venereal disease is sometimes difficult.

Keeping the affected parts clean by washing them with soap and hot water, followed by dusting the spots with boric acid or dermatol powder is the best treatment.

Thuja, *Croton tiglium* or *Carbo vegetabilis* should be given for the internal treatment.

PSORIASIS

Psoriasis is a chronic, symmetrically occurring inflammation of the skin. It is characterized by papules and red plaques of different size, covered by silvery white adherent scales. The scales can easily be removed, but rapidly reappear. Minute bleeding points appear from forcible detachment of the scales. Dryness and itching are typical of Psoriasis.

The disease usually starts without any subjective symptoms with pin-head sized, reddish macules, which very soon become covered with a whitish scale. The spots gradually enlarge in diameter and the scales thicken, looking like bits of mortar thrown over the skin.

Psoriasis is generally located on the extensor surfaces of the legs, thighs, arms

(especially round the elbow), scalp and back, and is rarer on other parts of the trunk, hardly ever on the hands or soles.

DISEASES OF THE SKIN

Most cases of psoriasis occur between 25 and 50, but some cases begin in the earliest childhood; other again in senile age.

Psoriasis is a constitutional disease. I underline once more the relationship between the skin and the disarranged chemical balance of the body, spoken of in the first chapter. Nearly 70 per cent, of all patients suffering from psoriasis, are constipated, they suffer from uric acid, gout, flatulence and liver-troubles.

These facts are decisive for the therapy.

The dietetic and hygienic treatment must be adapted to the constitution of the patient. Neither meat, nor condiments, nor spirits, nor sweets are allowed. Uncooked food or a lacto-vegetarian diet, especially celery-soup, should be given. Fresh fruits, rice, All-Bran, and walnut oil ought to be taken in large quantities.

A fast-cure, as explained when speaking about eczema, is the best and most reliable treatment.

I recall many serious cases which I was able to cure definitely by a systemic fast-cure of about 4-5 weeks.

I restrict the local treatment to the application of the Orka Skin Ointment, which contains vitamins and alleviates the patient's symptoms. Once a week a Turkish Bath is useful.

The homoeopathic treatment should support the dietetic and hygienic treatment. Constitutional drugs like *Arsenicum album*, *Arsenicum iodatum*, *Calcarea carbonica*, *Hydrocotyle*, *Mercurius vivus*, *Mezereum*, *Natrum arsenicum*, *Phosphorus*, *Selenium*, and *Sulphur* should be considered on their indications.

ACNE VULGARIS

Acne is a very common affection of the skin amongst young people, especially during the years of puberty. It is due to an inflammation of the sebaceous glands and of the hair follicles. It is often located on the forehead, face, chin, on the back of the shoulders and trunk, or on the extremities.

The disease is characterized by blackish pointed comedones, commonly known as blackheads, papules and yellowish white pustules, varying in size from a pin's head to a split pea. There are no subjective symptoms at all, except the irritation of "the spots".

CONSTITUTIONAL DISEASES OF THE SKIN

Some cases of acne are due to external irritations as tar, petrol, benzine, etc., other cases to the taking of drugs like Iodine, Bromides, etc., but in the majority of cases acne is only a symptom of a disarranged metabolism. I refer to the first chapter of this booklet.

The treatment must be based on these facts.

We must try to eliminate all causes of the disease, original as well as secondary. A thorough cleansing of the blood from all slags, the right diet, good action of the bowels and general hygienic measures have always proved of the greatest value.

The local treatment has to supplement these measures. Absolute cleanliness, using a non-irritating soap is the first rule. Patients with a sensitive skin ought to apply the Orka Skin Ointment after each bath or they may apply a dusting powder made up of boric acid one part to eight parts of finely powdered starch.

The homoeopathic treatment usually benefits the patient in every direction, but the recurrence of the spots sometimes renders the case long and tiresome. Frequent changes of linen is most desirable.

Drugs like *Arsenicum album*, *Antimonium crudum*, *Hepar sulphuris*, *Graphites*, *Pulsatilla* or *Thuja* are to be considered.

ICHTHYOSIS

Ichthyosis is an innate chronic disease and fortunately uncommon. It is characterized by dryness, roughness and hypertrophy of the skin, which becomes scale-like.

We differentiate between *Ichthyosis simplex* and *hystrix*. Ichthyosis simplex is more frequent. Its symptoms are dryness and scaling of the skin; the scabs are thin or thick. The disease is located either on the extensor surface of the extremities, or over the whole body. The patients always feel worse during the winter. The diseased spots of the skin are like the skin of fish.

Ichthyosis hystrix is the more advanced type of the disease. It is characterized by papillar hypertrophy of the skin; the diseased parts are covered with warts and scabs. The scabs are yellowish or bright-green. The disease may spread over the whole body, though the face, the inside of elbows and knees are usually not involved. The secretion of sweat is either greatly diminished or

DISEASES OF THE SKIN

entirely suppressed. The disease is very rarely curable, its cause unknown. Nutritive disorders of the skin, probably due to disorders of the chemical and hormonal balance of the whole body, may be responsible.

Though the cure of ichthyosis is very difficult, we are able to alleviate the symptoms and thus to keep the patient in a fairly good state of general health. Our most reliable drugs are *Petroleum*, *Arsenicum iodatum*, *Anti-monium crudum*, *Calcareo carbonica*, *Graphites*, *Mercurius solubilis*, *Thuja*, *Thyroidin* and *Tuberculinum*.

The dietetic and general hygienic treatment is even more important. Uncooked food, or a pure lacto-vegetarian diet is absolutely necessary. Meat in every shape is forbidden. I remember a case of a male patient, 60 years of age, who has been suffering from ichthyosis for 40 years. The disease developed after an attack of Bright's disease. The ichthyosis was spread over the whole trunk and both extremities. The urine was diminished, containing albumen and casts. Blood pressure 185. The tongue was very dry, coated, abdomen distended by flatulence, constipation.

A modified Guelpa-fast-cure, extending over six weeks, combined with vapour baths and application of some leeches every week, followed by strict uncooked food diet cured the whole condition in a couple of months.

During the whole time the patient took *Thuja 6x* once a day, and *Mercurius solubilis 6x* twice daily. Once a week one dose of *Thyroidin 200x*.

After treatment for six months the patient felt like another person, all his objective and subjective symptoms had gone. The patient, who had been unable to do any work at all for at least 14 years, was now working in his business as in his best years of youth.

Such results are, of course, an exception. Anyway, the right dietetic and hygienic treatment, together with the indicated homoeopathic drug, are able to do a lot of good when dealing with such a difficult disease as shown above.

WARTS

The wart is a tumour of the papillae of the skin. We differentiate between the ordinary, the senile, the handled, the pronged and the fig warts.

CONSTITUTIONAL DISEASES OF THE SKIN

The *ordinary* wart is usually a small elevation with a horny and roughened surface; its colour is pink, yellow or grey. The wart is either slightly elevated above the surrounding skin, or it may be higher than $\frac{1}{4}$ inch. They are frequent amongst children, either upon the hands or face. They often crack, giving rise to bleeding. They disappear spontaneously, but recur again and again.

The *senile* wart usually appears at the age of 40 years on the neck, shoulders, arms or face. We find these warts in people suffering from seborrhœa and other senile changes of the skin. They are usually multiple, pigmented and of larger size.

The *handled* wart is most common amongst the *sycotic* patients in the meaning of Hahnemann, that is, in patients who are constitutionally disposed to all kind of tumours and inflammatory conditions. These warts are located on the chest, neck or arms. They are slender, sessile growths, either isolated or multiple, varying in size, but usually small. They are common amongst people with oily skin and eczema of the head.

A peculiar form is met with in workmen as a dense warty growth along the margin of the finger-nails.

The *fig* warts are usually found around the genital organs and the anus. They are usually in groups and of a large size. Their colour is red or pink. They are moist, easily bleeding, smell foul and often suppurate.

The cause of the warts is unknown.

The therapy must be local and internal. Regarding local treatment: X-ray treatment is successful in a great number of cases. The local application of *Thuja* \emptyset or of a dusting powder composed of *Sabina*, *Resorcin* or *Calomel* has proved to be very successful. In rare cases surgical treatment is advisable.

The constitutional and dietetic treatment is of the greatest importance. *Dulcamara*, *Thuja*, *Nitricum acidum*, *Calcarea carbonica*, *Lycopodium*, *Sulphur*, *Graphites* in *high* potencies are indicated.

Patients suffering from warts should eat as much *uncooked* food as possible. All condiments must be discarded. The beverage of all these patients ought to be the Adinolan tea.

Chapter IV

INFECTIOUS DISEASES OF THE SKIN

(a) Impetigo

Impetigo is an acute infectious inflammation of the skin. It is most common amongst children. Face, hands and other regions of the body are usually affected. The disease begins with vesicles, changing very soon into pustules. These pustules burst, a yellowish liquid oozes out and when it dries, it forms thick crusts. The characteristic symptom is that these crusts seem to adhere almost like gum. If the pustules burst, a small flat ulcer with unequal edges appears; these ulcers get deepened by frequent washing or scratching, showing an unequal basis, moistened with pus.

Impetigo is painless and there is seldom a general morbid condition.

The temperature is normal.

Should there be any fever, it is usually due to digestive disorders.

The rash is infectious. The disease spreads quickly in families where there are many children, but the disease is mild. The number of the morbid spots is very different. In most cases we find the vesicles in groups. The vesicles, being like lentils or peas, showing a bright-yellow liquid. The face, especially the chin, the region round the mouth, cheeks, nostrils and fingers are usually first affected. The lymphatic glands of the neck are sometimes enlarged, but very seldom suppurate. As a rule the disease extends over 2-3 weeks. The general hygienic condition, the nourishment of the patient and his whole constitution are of decisive influence. Scrofulous children are especially endangered. The majority of cases are met amongst patients living in poor or dirty surroundings.

Some cases develop immediately after vaccination.

Impetigo is characterized by its relapses. Some children get attacks of impetigo several times a year.

The homoeopathic treatment of impetigo is always a great success. The indicated drug improves the whole

INFECTIOUS DISEASES OF THE SKIN

constitution of the patient and cures the local skin disease in the quickest time. The most important drugs are: *Antimonium crudum*, *Antimonium tartaricum*, *Kalitim bichromicum*, *Mercurius vivus*, *Silica* and *Thuja*.

The right diet and general hygienic measures of the bowels and skin are of the greatest importance.

POMPHOLYX (CHEIRO-POMPHOLYX, DYSHIDROSIS)

Pompholyx is, according to Dearborn, similar to impetigo. It is an acute vesicular and bulbous eruption, usually limited to the hands and feet and nearly always symmetrical in distribution. The eruption consists of small, deep-seated vesicles, which show through the epidermal layers, resembling boiled sago grains. The contents of the vesicles gradually become opaque and finally purulent and dry up in the course of a week. The new skin underneath is red, dry and tender. The itching and burning sensations usually subside with the full distension of the lesions, which, however, show no tendency to spontaneous rupture, but may be broken by scratching. The disease tends to recur and in rare cases may affect the whole palm and other portions of the hands and feet. The disease is due to sweat-retention. It is more frequent in women, especially in young, neurotic women, who have been subject to nervous strain or worry. Mental emotions precipitate an attack. Organic or functional heart disease might be responsible.

Treatment. The affected parts can be eased by application of the Orka Skin Ointment and bandaging. The general treatment nearly always cuts short the attack and prevents a relapse. Sources of nervous depression should be considered, other disorders treated and the diet regulated.

The most useful homoeopathic drugs are: *Bufo*, *Hepar sulphuris*, *Natrum sulphuricum*, *Phosphoricum acidum* and *Ranunculus bulbosus*.

SCABIES

Scabies is an infectious, parasitic disease, caused by *Acarus scabiei*. The disease is characterized by papules, vesicles and pustules and violent itching pains. Itching and vesicles are the first symptom; they are followed by pustules and scabs with numerous red patches and

DISEASES OF THE SKIN

scratches. The parasite enters the skin by tearing it and bores a furrow or tunnel of different length. At its end there is a shining, prominent point, a small eminence, where we find the *Acarus* louse. If we open the tunnel with a sterile needle, the parasite clutches at the needle and can easily be extracted.

The most commonly affected parts are between the fingers, the wrists, the armpits and the genital organs. Amongst children the disease often starts at the buttocks and legs. The affection can spread over the whole body through scratching.

The diagnosis can easily be verified by finding the *Acarus*.

The treatment is local as well as constitutional. We must kill the *Acarus* and prevent its propagation. We apply an ointment containing 25 per cent. *Sulphur*. By the formation of Hydrogen of Sulphur the parasite is killed. The ointment must be applied every morning and evening for three days. After that period the patient takes a warm soap bath and must change the bed-clothes and his personal apparel. These must be carefully sterilized.

We combine the local treatment with the indicated constitutional drugs: *Antimonium crudum*, *Thuja*, *Petroleum*, *Graphites* and *Mercurius solubilis*.

FAVUS

This condition is due to the fungus *Achorion Schoenleinii*. It settles on the scalp at the root of the hair in the form of a small yellow ring, destroying the hair. The smell of mice-urine is characteristic.

The fungus is carried by mice.

The local treatment consists of thoroughly washing the affected parts with soft soap or rubbing in olive oil containing 1 per cent, boric acid. The hair must then be pulled out and the fungus destroyed by 1 per cent. *Sublimat* spirit or by X-rays. We support the local treatment by the constitutional homoeopathic treatment. The drugs *Calcurea carbonica*, *Graphites*, *Sepia* or *Sulphur* must be considered.

RINGWORM (HERPES TONSURANS)

The fungus *Trichophyton tonsurans* is responsible for this disease. It gets a hold of the skin, the hair and nails.

INFECTIOUS DISEASES OF THE SKIN

The hair gets brittle and falls out in great patches. Vesicles and scabs are formed on hands and feet. A round ringworm lesion of the scalp looks like a priest's tonsure, hence the name herpes tonsurans.

Treatment. The hair must be pulled out either by X-ray or with a pair of tweezers, then the fungus must be destroyed with 1 per cent. *Sublimate*. The constitutional homoeopathic treatment must support the local treatment. The drugs to be considered are *Antimonium crudum*, *Lycopodium*, *Sulphur* and *Thuja*.

SYCOSIS SIMPLEX

The disease is due to an infection of the skin by staphylococci. The infection usually takes place at the barber's shop. The symptoms are pustules, surrounded by a red areole, a hair is in the middle, which can easily be pulled out. The hair shows at its root a yellowish, purulent cover. The pustules dry to scabs, healing without any or with small scars. These scars bring about entire baldness after a couple of years. The skin can get inflamed, forming boils, the lymphatic glands enlarge, accompanied by serious pains and high temperature. The treatment is the same as in cases of Herpes tonsurans.

PITYRIASIS VERSICOLOR AND ROSEA

The disease is especially located on the trunk. It is due to spindle-like fungoid formations. The symptoms on the body are brown, itching, scabbing spots with clearly-cut edges. Some authorities believe that the disease is due to stagnation and putrefaction in the digestive organs. The disease is very common amongst tubercular or cachetic patients and amongst people suffering from increased perspiration.

The treatment is easy.

The local treatment consists in washing with *Kali* soap and a weak solution of *Sublimate*.

The dietetic treatment is important: a pure vegetarian diet, or uncooked food, is the best way to clean the digestive canal; a daily enema is advisable for a short period of days.

The constitutional homoeopathic treatment has to consider drugs like *Calcarea carbonica*, *Lycopodium*, *Sepia*, *Sulphur*, *Tellurium*.

Chapter V

EPITHELIOMA

The epithelioma or cancer of the skin is a tumour of the epithelial covering of the skin, or of the mucous membranes, resulting in the formation of ulcers and destruction of the diseased tissue. We must differentiate between a superficial, a deep or nodular and a papillar epithelioma.

The superficial epithelioma develops from a scar, an angioma or from an indurated sebaceous gland. It might develop on a fissure or crack. The ulcer is either irregular or circular; its edges are clearly cut and elevated. The secretion is little and viscous. As a rule it is neither very painful nor dangerous. Most cases can be cured. But there is one exception: the so-called *rodent ulcer*. It is usually found about the nose, the eye-brows or temples. It is very difficult to cure, it is always dangerous or even fatal.

The deep or nodular epithelioma begins on the surface or in the shape of nodules, which quickly ulcerate. The ulcers are irregular, its edges whitish and elevated. It is covered with yellowish scabs which fall off, but come again. Haemorrhages occur. As a rule the ulcer is painful and burning. The lymphatic glands in the neighborhood are swollen. The prognosis is less favourable than in cases of a superficial ulcer.

The papillar epithelioma is even more dangerous. It develops rapidly, the nodules ulcerate. The ulcers are covered with thick, horny, yellowish scabs. The suppuration under the scabs is viscous and smells very bad. The edges are hardened, thick, irregular and bleed easily. The scabs adhere firmly to the ulcer. If we tear off the scabs, it starts bleeding and new scabs are formed immediately.

Regarding the treatment, we differentiate between internal and external treatment.

EPITHELIOMA

The external treatment with corrodent medicaments is a mistake. The local treatment with X-rays or with Radium has proved to be successful in a great number of cases.

The internal treatment with homoeopathic drugs is even more successful. As a rule the higher potencies of our drugs are more effective than the lower potencies. The drug has to be selected according to the individual constitution and symptoms of the patient from: *Arsenicum album*, *Arsenicum iodatum*, *Cicuta virosa*, *Sepia*, *Hepar sulphurica*, *Sulphur*, *Thuja*, *Radium bromatum*, *Lachesis*, *Hydrastis*, *Phytolacca* and *Conium*, which are all to be considered.

There can be no doubt that the epithelioma is only a symptom of a general carcinomatous disease. All external irritations are only of a secondary significance, which favour the development of the epithelioma in a constitutionally diseased patient. Every conscientious homoeopath is aware of this fundamental fact. This fact is proved-by many homoeopathic cures. The effects are achieved internally with high potencies of the indicated drug without any local treatment.

The local treatment has only a supporting effect, if we apply the same drug externally as we give internally. For instance, if we treat an epithelioma externally by *Radium*, we must give Radium in high potency internally at the same time.

The dietetic treatment is of the utmost importance. Uncooked food or a pure vegetarian diet must be given. All kind of meat, eggs, animal fats and spirits are forbidden.

CHAPTER VI

DISEASES OF THE HAIR AND THE NAILS

(a) HYPERTRICHOSIS

It is a condition, where we find an abnormal growth, or an increased growth of strong hair in such parts of the body, where usually only downy hair is found. Such an abnormal growth may be either on circumscribed spots, or it may spread over the whole body. It may be innate or acquired.

In nearly all these cases we find deficiency of the teeth. The treatment of these patients is very difficult.

Electrolysis, ointments containing Sulphate of Arsenic or Sulphate of Baryum, X-ray and radium are the best known methods, but the results are not satisfactory. All these methods require the greatest patience.

A general constitutional treatment must support the local treatment.

(b) CANITIES (WHITENESS OF THE HAIR)

Whiteness of the hair is either innate or acquired. The innate form is rare; it appears in the form of spots without any tendency to enlargement.

The acquired whiteness is frequent. We speak of premature whiteness in cases concerning people under the age of thirty. Heredity plays its part in such cases. In most of these cases the change of colour is permanent and slowly progressive! It usually begins on the head, about the temples, in rare cases in the beard.

Sudden whitening of the hair is often due to mental shock, such as severe fright, grief, etc. Disorder of the hormonal balance is responsible for the majority of cases. We never find whitening in people whose glands (testicles, thyroid, ovaries, pituitary glands) are working normally. All these patients keep the natural colour of their hair except for some patches. The treatment of patients

DISEASES OF THE HAIR AND NAILS

suffering from premature whitening, or baldness, with extracts of thyroid gland gives remarkably good results. In a number of cases patients lost their white hair and grew new hair in the natural colour. This was where the whitening was due to exhausting feverish ailments (typhoid fever) extending over a long period. *Natrum muriaticum 30x* or *Phosphorus 30x* proved to be very helpful.

In cases of senile whitening *Thyroidin 30x* is a good remedy.

The diet of all these patients is of importance. All kinds of meat are forbidden. Bircher Benner diet or a pure lacto-vegetarian diet should be taken.

The normal function of our glandular system is the decisive factor. These glands can make us either senile at the age of twenty or youthful at the age of sixty.

The psychological treatment of all these patients must never be neglected. Worry, excitement, depressive cares and other psychical irritations damage the skin and hair.

The English painter Frithe at the age of ninety-two, when asked what kept him so exceptionally young, answered: "No worries and six cigars a day." The latter are *not* recommended.

The power of psychical hygiene is so great, that no doctor can be successful without taking it into account.

(c) ALOPECIA

Alopecia means the falling out of the hair. It may be general, or it may be restricted to one spot only. It may be a temporary or a permanent affection. We differentiate between an innate, a premature, a senile and an areal alopecia (*Alopecia areata*).

The *innate* alopecia is a very rare affection and nearly always temporary. It is due to a delayed development of the hair and it- is often accompanied by a deficient growth of the teeth and nails.

It is a permanent affection only in a few cases, often due to a psoric constitution. Regarding the *premature* alopecia we differentiate between an *idiopathic* and a *symptomatic* alopecia.

The *idiopathic* alopecia usually develops not earlier than in the thirtieth year of

age. It is more frequent in

DISEASES OF THE SKIN

men than in women and it is probably inherited. The disease starts in different ways. In some cases the disease begins on the forehead, an acute angle is formed, which later spreads to the back, leaving a tuft of hair in the centre. This tuft very often disappears later on as well. Some detached, only loosely fixed, hairs are found on these bald spots. In other cases the falling out starts at the crown. The temples and the back of the head are usually not affected.

The *symptomatic* alopecia is either temporary or permanent, according to its cause. Skin-diseases such as lupus erythematosus, syphilis, favus, may result in permanent baldness.

Other diseases such as eczema, erysipelas, psoriasis may bring about temporary baldness.

Alopecia often develops during convalescence after typhoid fever or infectious rashes like scarlet fever.

Heritage plays a great part in cases of premature idiopathic and symptomatic alopecia.

Baldness is more frequent amongst town dwellers than country people. It may be due to deficient ventilation of the head, caused by the wearing of felt-hats. Indeed, those parts of the head always being covered lose the hair, whilst the back of the head and the lateral parts keep the hair. Certainly to keep the head covered for many hours a day is unhealthy.

The *senile* alopecia is only a part of the general atrophy. This kind of baldness usually begins at the forehead and the temples. It is due to an insufficient blood circulation in the roots of the hair in consequence of the atrophy of the scalp, coupled with seborrhœa.

Alopecia areata is characterized by entire or partial falling out of the hair. The hair becomes brittle. This kind of baldness starts especially on the back of the head. Usually a smooth, white, round circle is formed, which enlarges gradually.

Sometimes different circles converge. The most common place of this affection is the back of the head, but each other part of the body, can be affected too, such as the armpit, eyebrows, etc. Alopecia areata is met at any age and in both sexes. We do not know the cause of this disease. Some authorities believe that the ailment is due to parasites, whilst others teach that the disease is due to nervous

disorders.

DISEASES OF THE HAIR AND NAILS

Treatment. The local treatment should be restricted to cleanliness and the application of a mild antiseptic spirit or ointment.

The general hygienic and dietetic treatment is of greater importance, Open-air, sunshine, vegetarian diet, physical exercise, everything that refreshes the body, ought to be applied.

The constitutional homoeopathic treatment must support the general treatment.

Our most reliable drugs are *Acidum fluoricum*, *Calcarea phosphorica*, *Natrum muriaticum*, *Phosphorus*, *Vinca minor*.

DISEASES OF THE NAILS

(a) Hypertrophy of the Nails

The term hypertrophy of the nails means according to Dearborn, " an excessive formation of the substance of individual nails, whether this be manifested in an increase in the thickness of the corneous tissue, or an abnormal growth in any of its diameters."

We find hard, thick, opaque, badly formed nails with a rough surface, greyish-white colour. They are curved upward or downward at the tip.

Another variety is characterized by the so-called *ingrowing nail*, chiefly observed at the toes. The down-curving edge often buries itself deeply into the adjacent tissue, causing an extreme sensitiveness of the soft parts, even producing suppuration and exuberant granulations. This condition is known under the name *whitlow*. It is in many cases aggravated by undue lateral pressure from the shoe on the soft parts, making walking very painful or even impossible.

The treatment must deal with the local condition of the toe. The removal of the nail under local anaesthesia is a very simple procedure, but in many cases a conservative treatment will be successful. Softening by soaking in hot alkaline solutions and then scraping the nail thin in the centre, destroying the granulation with nitrate of silver, followed by inserting lint between the edge of the nail and skin. Copper-sulphate solution is also efficacious in the same way.

DISEASES OF THE SKIN

(b) Fungus Growth in the Nail (Onychomycosis)

This condition develops usually by direct spread from affected skin in the neighbourhood. The nails become brittle and looked frayed, the surface is furrowed, the substance opaque and yellowish or greyish white. Gradually the nail becomes thickened and distorted. The surface peels off and leaves behind a dirty yellow coloured horny covering.

In cases of Favus we often find the sulphur-yellow-depression, peculiar to this disease, in the nails.

The treatment is the same as for the parasitic skin-diseases, mentioned before.

X-rays have been proved to be successful in even obstinate cases of parasitic nail-diseases.

CHAPTER VII

MATERIA MEDICA

(alphabetically arranged)

The following drugs are most frequently indicated in cases of skin diseases. But certainly they are not, the only ones. We must sometimes choose the drug in a special case in accordance with a symptom which has nothing to do with the skin disease. A good homoeopath always acts according to our fundamental law: " Let like be cured by like ". That means, the homoeopath takes the totality of all subjective and objective symptoms. Only such a treatment is homoeopathic, if the drug prescribed is the simillimum for the special patient; that means, if the drug-picture and the symptom-picture are alike.

ACONITUM

General Indications. Acute diseases. High temperature due to catarrhal inflammations coupled with the greatest unrest and anxiety. Peripheral neuralgic pains.

Key Symptoms. 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.

Aconite should be given in low potencies.

AGARICUS

General Indications and Key Symptoms. Disorders of the nervous system. Convulsions and trembling of the extremities. The skin troubles usually due to disorder of the circulation and the glands. Skin of face and head reddened, burning, itching, sensation of stinging by

DISEASES OF THE SKIN

ice-needles. Aggravation of all symptoms by rest, in the morning. Better by motion, in the evening.

Skin Diseases. Acne, seborrhoea, erythema multiform.

Agaricus should be given in the 4-6 decimal potency.

AMMONIUM CARBONICUM

General Indications. Acute feverish diseases with nervous disorders. Erysipelas.

Key Symptoms. Hypersensibility of the nervous system. Especially women with low vitality, always sensitive and ailing. Bleeding from the nose, when washing the face.

SKIN DISEASES. Rashes in cases of scarlet fever, measles, Psoriasis, burns, eczema with burning and itching.

Low potencies should be given.

ANACARDIUM ORIENTALE

General Indications. Chronic diseases. Neurasthenia. Hypochondria. Illusional depression. Indigestion and skin diseases.

Key Symptoms. Weakness of memory. Irresoluteness. Despair. Itching and burning sensations, aggravated late in the evening.

SKIN DISEASES. Herpes zoster, herpes labialis and genitalis. Pemphigus, urticaria, warts, vesicles and bulbous eczema.

Low potencies are effective.

ANTHRACINUM

The drug indicated in, blue boils with burning pains, and in hard carbuncles accompanied by serious cerebral symptoms and exhausting perspiration.

Anthracinum, must be given in high potency. Only a few doses are necessary (*Anthracinum 30x*).

ANTIMONIUM CRUDUM

General Indications. Metabolic disorders. Nausea. Indigestion. Corpulence. Gout. Uric acid. Eczema. Urticaria.

MATERIA MEDICA

Key Symptoms. Very irritable and peevish. Tongue with thick white coat. Skin hardened with honey-like scabs. Aggravation by wet cold, cold bath, by sun or fire heat, during the night. Better by rest and in the open air. Especially indicated in children and old men.

SKIN DISEASES. Pimples and pustules on the face, yellowish scabs. Urticaria, impetigo, subacute eczema about the nostrils and mouth, ears and eyelids. Horny warts and rhagades of the hands and feet. Impetigo contagiosa.

Low potencies are most effective.

ANTIMONIUM TARTARICUM

Stimulates the secretions of the skin, giving rise to papules, vesicles and pustules. It depresses the functions of circulation and respiration, causing nausea, faintness and prostration.

SKIN DISEASES. Acne, herpes, impetigo and impetigo contagiosa.

The best potency is 3x.

APIS

General Indications. Inflammatory oedematous conditions resulting in the formation of exudates. The cutaneous eruptions are especially located on the face (the lower eyelid) and extremities.

Key Symptoms. Thirstless during fevers. Weakness. Sensation of stinging, burning, pricking, itching. Aggravation in the afternoon, by heat, better by cold.

SKIN DISEASES. Urticaria, boils, carbuncle. Erysipelas. Bites of insects. Erythema nodosum.

Potencies 3x to 5x are the most frequently used.

ARNICA

General Indications. Mechanical injuries. Haemorrhages. Bruises.

Key Symptoms. Serious pains in the whole body. Face hot, reddened. General lassitude. Throbbing, burning, stitching pains.

SKIN DISEASES. Boils, symmetrically distributed, bluish red. Erysipelas with tendency to vesicles and bulbae. Dermatitis, psoriasis, acne, diabetic gangrene.

Low and high potencies are useful. Mother tincture for local application.

DISEASES OF THE SKIN

ARSENICUM ALBUM

General Indications. Infectious diseases. Bright's disease. Septic conditions. Diseases of the circulatory organs and of the blood.

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.

Low and high potencies can be used. The high potencies must be given when the general local symptoms and modalities of the disease correspond to the drug-picture.

ARSENICUM IODATUM

It is superior to *Arsenicum album* in some skin diseases, characterized by papules, vesicles or pustules. It is especially indicated in tuberculous, weakened patients with enlarged lymphatic glands, burning pains, worse from washing the affected parts of the skin.

SKIN DISEASES. Acne, lichen, prurigo, impetigo contagiosa, epithelioma. Low potencies are advisable.

BARYTA CARBONICA, ACETICA, IODATA and MURIATICA

General Indications. The barium salts are indicated in children and senile men; especially in chronic ailments. All barium cases are psoric or scrofulous.

Key Symptoms. Lack of vitality. Aggravation by alcoholic beverages and in the morning.

SKIN DISEASES. Eczema, pruritis senilis, lipoma, warts characterized by intolerable itching, acne, alopecia.

Potencies from 6x-12x; are most frequently used.

BELLADONNA

General Indications. Acute infectious diseases, acute rashes with hyperemia and hypersensibility of the skin.

MATERIA MEDICA

Key Symptoms. Congestion to the head, pupils dilated. All pains come very suddenly, increase slowly and vanish suddenly. All senses oversensitive. Skin hot, reddened.

SKIN DISEASES. Erysipelas, acute rashes, boils, acute dermatitis.
Low potencies are necessary.

BRYONIA

General Indications. Feverish catarrhal and rheumatic acute or subacute inflammatory conditions.

Key Symptoms. Choleric, meagre patients with yellowish complexion, angry, inclined to perspiration. Aggravation by movement, by touching, in the open air, during the night and early in the morning. Better when lying on the diseased side, by strong pressure on the diseased part, when keeping quiet and by warmth. Very thirsty. Pains are pricking.

SKIN DISEASES. Acute eczema, urticaria, acute rashes (measles, scarlet fever), purpura, seborrheic dermatitis.
Low potencies are advisable.

BUFO

This drug acts on the nervous system and the skin. It is especially indicated in conditions characterized by vesicles and bullae, coupled with itching or burning sensations.

SKIN DISEASES. Pompholyx, pemphigus.
Potencies 6x or 10x are most reliable.

CALCAREA CARBONICA

General Indications. Constitutional disorders, scrofula, rickets, anæmia; fatty patients with fair skin, large abdomen, free perspiration, sensitive to cold and easily fatigued.

Key Symptoms. Hands and feet cold and moist, constipation, increased perspiration. Aggravation by cold, wetness, exertion. Better in the morning, in the open, dry air.

SKIN DISEASES. Eczema on the head, urticaria, disappearing in cool air.
Alopecia, due to constitutional weakness.

DISEASES OF THE SKIN

CALCAREA FLUORATA

General Indications. Diseases due to disorders in the fibro-elastic tissues of the blood-vessels, lymphatics and the skin.

Key Symptoms. Aggravation by cold, better by warmth. Dilation of the blood vessels. Indurated lymphatic glands.

SKIN DISEASES. Chronic eczema with thickening and cracking of the skin. Psoriasis of the extremities.

Low potencies are useful.

CALCAREA PHOSPHORICA

General Indications. Asthenic scrofulous patients. Anæmia, chlorosis, tuberculosis of the lungs.

Key Symptoms. Aggravation of all symptoms by movement, wetness, mental work. Better in the morning, when taking the recumbent position. Patients with dark hair and dark eyes. Craving for condiments.

SKIN DISEASES. Acne, alopecia prematura, papulo-pustular eczema in young people; itches worse from changes of weather, especially to cold or wet. Pruritis senilis, prurigo in anæmic, thin children.

High potencies are advisable.

CALCAREA SULPHURICA

General Indications. Tendency of all diseases to suppurate.

Key Symptoms. Aggravation from contact with water.

SKIN DISEASES. Acne, eczema of the head in infants and children with abundant purulent exudation and yellowish crusts. Eczema about the ears. Scabies. Boils and carbuncles in the stage of persistent suppuration.

Potencies from 6x-30x can be used.

CANTHARIS

General Indications. Acute inflammations of the mucous membranes; the skin and the urinary organs.

Key Symptoms. Burning, biting, itching, sticking pains; aggravation by warmth, touch, pressure and during night. Better by cold.

MATERIA MEDICA

SKIN DISEASES. Acute vesicular eczema with burning pains. Burns, pruritis, herpes zoster, pemphigus, erysipelas.
Potencies 3x-6x.

CARBO ANIMALIS

General Indications. Scrofulous patients. Sadness, weakness, confusion of the head, desire for being alone.

Key Symptoms. Sensation of burning, tearing, tension, aggravated by cold, warmth of bed, scratching; better by rubbing.

SKIN DISEASES. Chilblains, acne rosacea, epithelioma, warts on the hands or face of old patients with bluish colour of extremities.

High potencies are advisable.

CARBO VEGETABILIS

General Indications. Chronic diseases of patients with low vitality. Disorders of the circulatory and digestive organs.

Key Symptoms. Coldness of the skin, especially of the extremities. Flatulence, indigestion. Itching, aggravated by bed-warmth. Increased, bad smelling perspiration during night.

SKIN DISEASES. Scrofulous eczema, purpura, herpes progenitalis, carbuncle in the ulcerative stage with burning pains and cold extremities.

Potencies 6x or high potencies.

CHINA

General Indications. Anaemic patients, disposition to bleeding, ague, diseases of the liver.

Key Symptoms. Tendency to periodicity of all symptoms. Exhaustion, diarrhoea, night sweats, pale and sunken face, sensitiveness to touch, aggravation during night, by pressure, friction or exercise. Better from scratching.

SKIN DISEASES. Acne rosacea, herpes zoster, erysipelas, urticaria, purpura.

Potencies 3x-6x are advisable.

DISEASES OF THE SKIN

CICUTA VIROSA

General Indications. Convulsions, muscular twitching, due to cerebrospinal irritations.

Key Symptoms. Saliva increased. Sensation of burning, itching, worse from touch and sitting; better from pressure and scratching.

SKIN DISEASES. Impetigo contagiosa, eczema of the head, erysipelas of the face. Epithelioma of the lips.

CLEMATIS

General Indications and Key Symptoms. Rheumatic patients, suffering from uric acid. Papules and vesicles; itching, crawling, sticking sensations, worse on the hairy parts of the skin.

SKIN DISEASES. Impetigo, herpes, pemphigus.

Potencies 2x-4x are the best.

COCCULUS

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, pruritis, prurigo. Vesicles with burning pains.

Potency 3x is the best.

CONIUM

General Indications. Disorders of the peripheral nerves, enlargement of the lymphatic glands, disorders of the portal venous circulation.

Key Symptoms. Dizziness, profuse sweating. Burning and itching sensation of the skin, aggravated by scratching washing, perspiration, sitting.

SKIN DISEASES. Pruritus, prurigo, herpes genitalis, erysipelas, urticaria.

Potency 6x is the best.

CROTALUS HORRIDUS

General Indications and Key Symptoms. Jaundice, hæmorrhages in the skin, bloody sweat.

SKIN DISEASES. Erythema multiforme, purpura hæmorrhagica, insect bites, boils, carbuncles.

Potency 6x is advisable.

40

MATERIA MEDICA

CROTON TIGLIUM

Croton is the specific drug for eczema of the external genitals, especially for eczema of the scrotum.

The potency must be individualized according to the special conditions of the patient. As a rule potency 20c or 30c ought to be given. If the case should be refractory potency 6x should be tried, before giving any other drug.

CUPRUM ARSENICOSUM

General Indications. Convulsions, vomiting, nausea.

Key Symptoms. Greatest exhaustion, weakness, bluish face. Sensation of icy coldness. Colics of the bowels. Cold perspiration.

SKIN DISEASES. Carbuncle, gangrene, acne, eczema.

Potency 6x is the best.

DULCAMARA

General Indications and Key Symptoms. Catarrhal and rheumatic ailments, due to cold and damp weather, aggravated by rest and moist weather; better by movement. Painless enlargement of the lymphatic glands. Itching, tickling, burning irritations of the skin.

SKIN DISEASES. Pruritus, prurigo, urticaria, herpes, warts.

Low potencies are advisable.

FLUORICUM ACIDUM

General Indications and Key Symptoms. The drug acts on the veins. Aggravation during night, on warm days, in dependent parts from standing and sitting. Better from walking.

Feeling as if one must walk and “could walk for ever”.

SKIN DISEASES. Alopecia, onychia, lupus vulgaris, nævus pigmentosus.

Potency 6x is the best.

GRAPHITES

General Indications and Key Symptoms. Mental despondency and indecision; general weakness. Fatty patients, very fond of eating. Low vitality. Lymphatic,

41

DISEASES OF THE SKIN

scrofulous and anæmic constitution. 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.

Low and high potencies.

HELLEBORUS NIGER

General Indications and Key Symptoms. The drug acts on the nerve centres. Hair and nails loosen and fall off, without signs of inflammation.

SKIN DISEASES. Alopecia, angioneurotic œdema, anasarca, scarlet fever.

HEPAR SULPHURIS

General Indications and Key Symptoms. Scrofulous patients, suppurations, increased perspiration, very sensitive to open air, particularly to cold, dry winds and draughts of air. All exudations smell offensively. Craving for condiments and sour salads.

Stinging, burning pains. Tendency to fissures and ulcers.

SKIN DISEASES. Intertrigo, hyperhidrosis, acne, impetigo, eczema, boils, erysipelas, urticaria, ulcers.

Low and high potencies are in use.

HYDRASTIS

General Indications and Key Symptoms. The drug acts on catarrhal conditions in patients with low vitality, especially older patients. All secretions are thick, colloid. Itching, burning sensations of the skin.

SKIN DISEASES. Eczema at the junction of the hairline on the forehead, lupus, epithelioma, itching vesicles.

HYDROCOTYLE ASIATICA

General Indications and Key Symptoms. The drug stimulates the sweat-glands. General weariness, vertigo, unable to do any work, bruised sensations in the muscles.

SKIN DISEASES. Psoriasis, eczema, pruritis, lupus erythematosus.

MATERIA MEDICA

KALIUM BICHROMICUM

General Indications and Key Symptoms. Catarrhal constitution. All secretions are viscous, greenish-yellowish, stringy, and tenacious. Burning, itching sensations. Aggravation by pressure, in hot weather, better in cold weather and towards night.

SKIN DISEASES. Psoriasis, impetigo contagiosa, lupus vulgaris.
Potencies 6x-12x are advisable.

KALIUM CARBONICUM

General Indications and Key Symptoms. Chronic diseases, characterized by anæmia, weakness, lymphatic constitution, sticking, burning, itching pains, œdema of the upper eyelids, increased perspiration, pains in the back and attacks of fainting. Dryness of all mucous membranes. Aggravation of all symptoms from motion, by coldness *and at 3 a.m.*

SKIN DISEASES. Pustulous, vesiculous eczema, acne, urticaria, intertrigo, chilblains. Favus, lichen.

Low, high and very high potencies can be given.

KALIUM IODATUM

General Indications and Key Symptoms. Thirst, inflammation of the vascular and glandular organs. Chronic syphilis, gout, arteriosclerosis, ulcers.

SKIN DISEASES. Papulous, pustulous eczema, acne, ulcers of the legs, pemphigus.

Potencies 4x-6x.

KREOSOTUM

General Indications and Key Symptoms. Disorganization of the blood, irritations of the mucous membranes and skin. Burning, itching, biting pains. Aggravation at night, from pressure of clothing, from friction. Better from scratching, in the open air. Bleeding, offensive smelling secretions.

SKIN DISEASES. Pustulous eczema, ulcers, intertrigo, pruritus, prurigo, gangrene (diabetic), cancer.

Potencies 6x-12x.

DISEASES OF THE SKIN

LACHESIS

General Indications and Key Symptoms. Infectious, septic conditions. Hypersensibility to tight clothes, especially at the neck. Aggravation of all symptoms during the sleep, by warmth and slight touch. Bluish colour of the skin, congestion to the head.

SKIN DISEASES. Erysipelas, carbuncle, boils, gangrene, ulcers, purpura. High potencies 30c-200x are the best.

LEDUM

General Indications and Key Symptoms. Aggravation of all symptoms in bed warmth and by movement. Better by cold and water. Pains wander from below upwards; uric acid disposition.

SKIN DISEASES. Itching rashes, vesicles and pustules, especially on the forehead and in the face. Eczema, acne, lichen, carbuncle.

Low potencies are advisable.

LYCOPodium

General Indications and Key Symptoms. Lymphatic, asthenic patients, great irritability, pale, yellowish complexion. Flatulence. Hungry, but fullness after a few bites. Aggravation of all symptoms 4-6 p.m., in bed warmth in a warm room, better by movement. All troubles start at the right side.

SKIN DISEASES. Skin unclean, pale, yellowish. Vesicles and acne in the face, intertrigo, psoriasis, alopecia, boils, eczema.

Low and high potencies are in use.

MANGANUM CARBONICUM AND ACETICUM

General Indications and Key Symptoms. Both drugs act on neck, especially in gouty patients. Boring, violent pains. Aggravation by cold, better by scratching.

SKIN DISEASES. Pruritis, prurigo, psoriasis, pityriasis, lichen, eczema appearing instead of menstruation, painful cracks.

Potency 6x is the best.

MATERIA MEDICA

MERCURIUS CORROSIVUS

General Indications and Key Symptoms. Salivation, profuse sweat without giving relief, aggravation during night.

SKIN DISEASES. Scabies, ulcus durum.

Potencies 4x-6x.

MERCURIUS DULCIS

General Indications and Key Symptoms. Bad smelling breath, due to syphilitic affection of the mouth; thirst, increased perspiration.

SKIN DISEASES. Skin slack, withered, ulcers, condylomata.

Potencies 4x-6x.

MERCURIUS SOLUBILIS

General Indications and Key Symptoms. All kind of rashes and affections of the mucous membranes. Bad smelling breath, tongue slack, profuse sweat during night, viscous, 'greasy, without giving any relief. Aggravation of all symptoms during night. Sensitive to cold air.

SKIN DISEASES. Itching, burning eczema, badly smelling secretions. Alopecia, herpes tonsurans, pruritus, herpes pemphigus, diseases of the nails, psoriasis.

Potencies 6x-20x.

MEZEREUM

General Indications and Key Symptoms. Neuralgic pains, most violent itching. Aggravation by touch, movement, cold air and during night in bed ; better in the open air.

SKIN DISEASES. Pale complexion. Itching over the whole body, vesicles on the head, thick scabs, corroding secretion. Pruritus, eczema, herpes and syphilitic eruptions.

NATRUM MURIATICUM

General Indications and Key Symptoms. The Natrum salts act on the vegetative functions, the blood, nutrition. All Natrum patients are suffering from vertigo, headache, palpitation, faintness and weariness. Periodicity of all

DISEASES OF THE SKIN

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. Favus, boils in the genital region or the neck near hair line. Urticaria with intense itching in the morning and late at night.

High potencies are advisable.

NATRUM PHOSPHORICUM

General Indications and Key Symptoms. Moist, creamy or golden yellow coating on the back of the tongue and soft palate, acid taste, sour stomach, sour smelling sweat. Mental anxiety. Aggravation during a thunderstorm, menstruation, in the afternoon and evening.

SKIN DISEASES. Intertrigo with sour smelling perspiration. Pruritus in early life. Urticaria with chilliness and flashes of heat.

Potency 6x is the best.

NATRUM SULPHURICUM

General Indications and Key Symptoms. Hydrogenoid constitution. Aggravation of all symptoms from damp weather, from living in damp houses or places, from lying on the left side, from movement and in the evening. Better from being in the open air.

SKIN DISEASES. Pompholyx, impetigo contagiosa, pemphigus, sycosis.

Potencies 4x-6x.

NITRICUM ACIDUM

General Indications and Key Symptoms. Mental irritability, excitement, depression, emaciation, physical weakness. Especially indicated in patients with dark complexion and elderly people. Antidotes mercury.

SKIN DISEASES. Acne, eczema about the mouth or nose, with splinter-like sensations, aggravated by touch. Carbuncle.

Potencies 6x-12x.

MATERIA MEDICA

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.

Low, middle and high potencies are in use.

PETROLEUM

General Indications and Key Symptoms. Headaches, irritability, vertigo, weakness, nausea. Worse from passive motion. It acts on the sweat and oil glands of the skin; sensations of burning, itching, soreness; worse from pressure, scratching and in cold weather.

SKIN DISEASES. Hyperhidrosis, acne, chronic eczema (moist, crusted, dry or fissured), especially back of the ears or at the occiput. Psoriasis of the hands, when the skin is very sensitive.

Low potencies are advisable, 3x-6x

PHOSPHORUS

General Indications and Key Symptoms. The drug stimulates the peripheral capillaries, then disarranges the blood and tissues and finally causes fatty degeneration in all tissues.

Hæmorrhages. Mental and physical prostration, sleepiness. Aggravation before midnight, during a thunderstorm, from lying on the left side or back.

SKIN DISEASES. Alopecia areata, urticaria, purpura, pemphigus, favus, herpes. Potencies 6x-12x are the most frequently used.

In chronic cases a few doses of high potencies are advisable, 30c-200x.

PHYTOLACCA

General Indications and Key Symptoms. The drug acts on the glands, fibrous, mucous and cutaneous tissues. Scrofulous or syphilitic patients. Antidotes mercury and *Kali iodide*. General weakness. Painful soreness and burning of the affected parts. Aggravation at night and

DISEASES OF THE SKIN

from damp weather. Better from lying down or going out of doors.

SKIN DISEASES. Psoriasis, boils, carbuncle.

Low potencies (3x-6x) are advisable.

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. All secretions have an offensive odour.

SKIN DISEASES. Chronic eczema in psoric patients. Scabies. Scrofuloderma, ulcers.

Only high potencies (30x-200x) are advisable. One dose every week.

PULSATILLA

General Indications and Key Symptoms. Women with blue eyes, bright hair, disorders of the menstruation, anaemia. Disposition to crying and weeping. All secretions thick, yellowish-green. Chilly. Thirstless. Aggravation by warmth and indoors, in the evening after meals. Better when moving in the open air.

SKIN DISEASES. Acne, eczema in children and younger adults.

Low and high potencies are in use.

RANUNCULUS BULBOSUS AND SCELERATUS

General Indications and Key Symptoms. Action on the peripheral nerves. Aggravation from changes of temperature and weather; from scratching and in the evening.

SKIN DISEASES. Herpes zoster, pompholyx.

Potencies 3x-6x are the best.

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.

Dry tongue.

MATERIA MEDICA

SKIN DISEASES. Erythema multiforme, pruritus, erysipelas, urticaria, pemphigus, vesiculous and papulous eczema, herpes zoster, psoriasis. Bites of insects with serious itching pains. Boils and carbuncle in the early stage.

Potency 6x is the best.

SABINA

General Indications and Key Symptoms. Acts on the genital organs, the urinary tract, the joints and the skin. Hypersensibility to music. Aggravation by warmth; better in the open air.

SKIN DISEASES. Fig warts, acne.

Potencies 2x or 3x.

SARSAPARILLA

General Indications and Key Symptoms. Antidotes mercury. Indicated in syphilitic and psoric patients. Deep-seated pains, aggravated 5-7 p.m. and during the night, by change from warm to cold air.

SKIN DISEASES. Acne, alopecia prematura, onychia.

Potency 6x and high potencies are in use.

SECALE

General Indications and Key Symptoms. Emaciation, debility, anxiety. Intolerance to external warmth and covering. Face pale. Excessive appetite and thirst.

SKIN DISEASES. Symmetrical gangrene, purpura, pemphigus, boils, carbuncle.

Potencies 3x-6x.

SELENIUM

General Indications and Key Symptoms. Neurasthenic patients with partial emaciation and tendency to headaches.

SKIN DISEASES. Seborrhœa, acne, alopecia prematura.

Potencies 6x-12x.

SEPIA

General-Indications and Key Symptoms. Sepia acts mainly on brunette women, yellowish face with a brownish

DISEASES OF THE SKIN

saddle-like pigmentation across the nose. Genito-urinary disorders. Aggravation by rest, during meals, in the evening and during night. Better when walking and midday, in the open air, from cold bathing.

SKIN DISEASES. Hyperhidrosis, acne, eczema, behind the ears, on the face, either moist or dry and offensive. Herpes, ichthyosis, epithelium, lupus erythematosus, psoriasis.

High potencies are advisable.

SILICA

General Indications and Key Symptoms. Tendency to suppuration. Scrofulous disorders of the metabolism. Fistula, perspiration during night. Aggravation by moist cold in daytime and evening. Better by warmth.

SKIN DISEASES. Impetigo, intertrigo, pityriasis, alopecia, onychia, boils, carbuncle.

Potency 6x and high potencies are advisable.

STAPHISAGRIA

General Indications and Key Symptoms. Neurasthenic patients with digestive disorders. Irritability. Sensations of itching, burning and crawling. Aggravation in the evening and from touch; better by scratching.

SKIN DISEASES. Pruritis, prurigo, eczema of the face, occiput, scalp. Favus.

Potency 6x is the best.

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 ii 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, pruritis, pemphigus, boils, scabies, ulcers, acne, urticaria, psoriasis.

All potencies are in use. In chronic cases a few high potencies are advisable, alternating with low potencies.

MATERIA MEDICA

SULPHURICUM ACIDUM

General Indications and Key Symptoms. Cachetic patients with exhausting transpiration. Disorders of the venous blood circulation.

SKIN DISEASES. Erythema, chilblains, burns, pruritis purpura.

Potencies 3x-6x are the best.

TARANTULA CUBENSIS

General Indications and Key Symptoms. Severe types of inflammation and pain with deep purplish redness of the affected skin.

SKIN DISEASES. Carbuncle.

Potency 6x is the best.

TELLURIUM

General Indications and Key Symptoms. Irritating, offensive perspiration and exudation. Aggravation at night, in cold weather and from friction.

Itching, pricking and burning pains.

SKIN DISEASES. Herpes circinnatus, Pityriasis versicolor, vesicular, papular, or crusted eczema. Tinea tonsurans.

Potency 6x is the best.

TEREBINTHNA

General Indications and Key Symptoms. The drug acts through nerve irritation on the mucous membranes of the urinary canal on the skin, causing congestion, inflammation and hæmorrhages.

SKIN DISEASES. Urticaria, purpura and herpes of the lips.

Potencies 3x-6x are advisable.

THUJA

General Indications and Key Symptoms. Hahnemann's famous antisycotic remedy. Acts best on thin patients of the brunette type. Antidotes vaccination. Increased perspiration. Yellowish-green, purulent secretions. Bleeding cracks. Flatulence. Aggravation by cold wetness, in bed-warmth, in the morning and evening, from rest, stimulants, tobacco, washing. Better from warmth, open air.

DISEASES OF THE SKIN

SKIN DISEASES. Burning, itching vesicles, pustules, fig warts. Acne, alopecia, vaccination eruptions, eczema psoriasis, ichthyosis hystrix, herpes progenitalis, pemphigus.

Low and high potencies are advisable.

URTICA URENS

General Indications and Key Symptoms. The drug acts on the skin through the sensory and vasomotor nerves. Circumscribed œdematous swellings or nodules near the sensation of heat, itching formication are characteristic,

SKIN DISEASES. Urticaria, burns, pruritis, herpes of the lips.

Potency 2x is the best.

ZINCUM

General Indications and Key Symptoms. The drug acts on the cerebrospinal centres and on organs and tissues through the connecting nerves. Offensive perspiration, unrest formication, sexual irritability. Aggravation by spirits, noises, touch, in the evening and at night. Better by rubbing, pressure and on the appearance of sweat.

SKIN DISEASES. Chilblains, acne, neurotic eczema, pruritus, prurigo.

Potency 6x is the best.

Chapter VIII

REPERTORY

(alphabetically arranged)

ACNE ROSACEA. Chronic congestion of the skin of the face, leading to permanent redness, capillary dilatation and sometimes to hypertrophic thickening of the affected parts.

Arsenicum album, Aurum metallicum, Carbo vegetabilis, Iodine, Kalium iodatum, Mercurius solubilis, Sepia.

ACNE VULGARIS. *Arsenicum album, Calcarea carbonica, Graphites, Hepar sulphuris, Ledum, Selenium, Strontium carbonicum, Sulphur.*

ALOPECIA. *Calcarea carbonica, Graphites, Lycopodium, Mercurius solubilis, Sepia, Silicea.*

ALPHOS. Another name for psoriasis.

ANGIOMA. (Naevus vasculosis, haemangioma, telangiectasis, Angiokeratoma, moles.) That means new growths, composed of blood-vessels and of lymphatic vessels.

Calcarea fluorata, Cundurango, Lycopodium. Local Treatment.

ANIDROSIS. (Disorder of the perspiratory apparatus, in which the sweat is absent or notably diminished in quantity.)

Alumina, Coca, Lycopodium, Nux moschata.

ANTHRAX. (Gangrenous inflammation of the skin beginning at the point of infection, followed by systemic disturbances due to inoculation of a virus containing the bacillus anthracis derived from animals suffering with splenic fever.)

Anthracinum, Crotalus, Kalium phosphoricum, Secale, Tarentula, Vipera.

AREA CELSI = Alopecia areata.

DISEASES OF THE SKIN

ARGYRIA. (Discoloration of the skin from the too free ingestion of silver salts internally, or in workers in silver manufactories, from the penetration of the epidermis by minute particles of the metal.)

Kalium iodatum in large doses.

ASTEATOSIS. (Partial or absolute deficiency of the sebaceous secretion in one or more regions of the body.)

Alumina, Coca, Lycopodium.

ATHEROMA (WEN). (Tumour-like sebaceous cysts, larger than milia, sometimes reaching the size of a hen's egg.) Local operative treatment.

BARBER'S ITCH = Ringworm.

BARLOW'S DISEASE = Purpura.

Calcareo phosphorica, Ferrum phosphoricum, Phosphorus.

BLACK-HEAD. (Disorder of the sebaceous function, in which the inspissated secretion plugs the ducts of the sebaceous gland.)

Sabina, Selenium, Sepia, Sulphur, Petroleum, Nitricum acidum.

BOILS. *Apis, Arnica, Belladonna, Calcareo sulphurica, Echinacea, Hepar sulphuris, Lachesis, Mercurius solubilis, Silicea, Sulphur, Tartaricum emeticus.*

BROMIDROSIS. (Offensive odour of perspiration, either when secreted, or soon after.)

Hydrastis, Nitricum acidum, Osmium, Petroleum, Phosphorus, Sepia, Staphisagria, Sulphur, Thuja, Zincum.

CALLOSITY. (Hard and thickened patches of epidermis, which form on parts exposed to intermittent friction or pressure.)

Antimonium crudum.

CANCROID = Epithelioma.

CANITIES = Whiteness of the hair.

CARBUNCLE. *Arnica, Arsenicum album, Anthracinum, Lachesis, Carbo vegetabilis, Mercurius solubilis, Silicea, Tarantula, Crotalus, Secale.*

CHEIRO-POMPHOLYX. *Bufo, Hepar sulphuris, Natrum sulphuricum, Ranunculus.*

54

REPERTORY

CHELOID. (New growth of the skin composed of dense fibrous tissue, which has its seat in the corium.)

Calcarea fluorata, Fluoricum acidum, Graphites, Nitricum acidum.

CHLOASMA. (Single or multiple, circumscribed or diffuse staining of the skin, of a yellowish-brown or blackish colour.)

Cadmium sulphide, Calcarea phosphorica, Lyco-podium, Phosphorus, Sepia, Sulphur.

CHROMIDROSIS. (Disturbance in the function of perspiration, in which the sweat is coloured.)

Conium, Mercurius vivus, Dulcamara, Nux vomica.

CHROMOPHYTOSIS = Pityriasis versicolor.

CLAVUS = Corn.

COLD SORES. *Arsenicum, Cantharis, Carbo vegetabilis, Dulcamara, Hepar sulphuris, Natrum muriaticum, Sepia, Sulphur, Thuja, Urtica urens.*

CONDYLOMATA. (Moist papular syphilide.)

Mercurius solubilis, Calomel, Nitricum acidum, Sabina, Staphisagria, Thuja.

CORN. *Antimonium crudum.*

DERMOGRAPHIA. *Baryta carbonica, Carbo vegetabilis, Nux vomica.*

DYSHIDROSTS = Cheiro-pompholyx.

ECTHYMA. (Inflammation of the skin characterized by development of one or more large, discrete, flat pustules, situated on an indurate base surrounded by an intensely hyperemic areola, and drying into dark, bulky, firmly attached crusts, underneath which may be found a smaller spot of erosion or ulceration.)

Argentum nitricum, Kalium bichromicum, Mercurius corrosivus, Phosphorus, Psorinum, Silicea, Thuja.

ECZEMA OF THE HEAD. *Arsenicum album, Cicuta, Graphites, Hepar sulphuris, Mezereum.*

ECZEMA, CHRONIC. *Calcarea carbonica, Carbo vegetabilis, Graphites, Hepar sulphuris, Manganum carbonicum, Silicea.*

ECZEMA CRUSTOSUM. *Antimonium crudum, Arsenicum album, Graphites, Hepar sulphuris, Mercurius solubilis, Mezereum, Silicea.*

55

DISEASES OF THE SKIN

ECZEMA MADIDANS. *Antimonium crudum, Arsenicum album, Calcareo carbonica, Graphites, Hepar sulphuris, Kreosotum, Mercurius solubilis, Mercurius vivus, Mezereum, Sepia, Staphisagria, Strontium, Sulphur, Tellurium, Thuja.*

ECZEMA VESICULORUM. *Arsenicum album, Hydrastis, Mercurius corrosivus, Ranunculus, Rhus toxicodendron.*

EPITHELIOMA. *Argentum metallicum, Arsenicum album, Arsenicum metallicum, Calcareo fluorata, Chromium oxydatum, Hydrastis, Thuja.*

ERYSIPELAS. (Infectious inflammation of the skin and contiguous mucous membranes, attended with febrile and other systemic disturbances, characterized always by redness which tends to spread, frequently by the development of vesicles, blebs and pustules, less often by diffuse suppuration and gangrene.) *Ammonium carbonicum, Apis, Arsenicum album, Belladonna, Cantharis, Hepar sulphuris, Lachesis, Rhus toxicodendron, Stramonium.*

ERYTHEMA EXUDATIVUM MULTIFORME. (Congestive disease of the skin, attended with various degrees of exudation, as exhibited in elevated lesions, diverse in size, shape and colour.) *Apis, Belladonna, Mezereum, Rhus toxicodendron.*

ERYTHEMA NODOSUM. (Congestive disease of the skin, with oval or roundish nodular swellings, firm, but sore to touch.) *Apis, Rhus toxicodendron.*

ERYTHRASMA. (Mildly contagious affection of the skin due to a vegetable parasite, characterized by the formation of brownish patches, usually located on parts of the surface in contact.) *Kalium sulphurat.*

FAVUS. *Kalium carbonicum, Lycopodium, Mezereum, Natrum muriaticum, Phosphorus, Staphisagria, Sulphur.*

FIBROMA MOLLUSCUM. (A new growth, consisting of fibrous connective tissue.) *Calcareo fluorata, Graphites, Lycopodium.*

FIG WARTS = Condylomata.

FISH SKIN DISEASE = Ichthyosis.

REPERTORY

FROSTBITE (Chilblain). *Agaricus, Borax, Carbo vegetabilis, Crotalus, Hepar sulphuris, Kali muriaticum, Lycopodium, Natrum phosphoricum, Sulphur.*

FURUNCLE = Boils.

GUMMATOUS ULCER. (Ulcers due to syphilitic infection, developing during the third period of the disease.) *Kalium iodatum.*

GUTTA ROSACEA = Acne rosacea.

HÆMANGIOMA = Angioma.

HERPES GENITALIS. *Nitricum acidum, Anacardium, Clematis, Hepar sulphuris, Rhus toxicodendron.*

HERPES LABIALIS. *Arsenicum album, Capsicum, Mercurius solubilis, Silicea.*

HERPES ZOSTER. *Rhus toxicodendron, Anacardium, Ranunculus, Thuja, Arsenicum album.*

HERPES TONSURANS. *Baryta carbonica, Kalium sulphurat, Mercurius biniodide, Mezereum, Phosphorus, Sepia, Sulphur, Tellurium.*

HONEYCOMB RINGWORM = Favus.

HYPERHIDROSIS. (Disorder of the perspiratory apparatus, in which the secretion is excessive.) *Calcarea carbonica, Mercurius solubilis, Sepia, Silicea.*

ICHTHYOSIS. *Arsenicum album, Calcarea fluorata, Graphites, Sepia, Silicea, Thuja.*

IMPETIGO. *Arsenicum album, Graphites, Hepar sulphuris, Mercurius solubilis, Mezereum, Silicea, Tartaricum emeticus.*

INTERTRIGO. (Erythema between two opposing or chafing surfaces.) *Arnica, Calcarea carbonica, Carbo vegetabilis, Graphites, Mercurius solubilis, Sepia, Sulphur.*

KELOID = Cheloid.

KERION = Herpes tonsurans.

LICHEN RUBER. (Chronic cutaneous disease consisting of an eruption of small reddish, conical papules, chiefly situated at the hair follicles. These form by multiplication and aggregation large infiltrated, scaly patches, producing an

apparent deepening of the natural lines of the skin.)
Anacardium, Antimonium crudum, Phosphorus, Arsenicum album.

57

DISEASES OF THE SKIN

LIPOMA. (New growth composed of fat tissue, that resembles in general normal adipose.)

Baryta carbonica, Mercurius solubilis.

LUPUS ERYTHEMATOSUS. (A disease of adult life characterized by reddened, scaly patches which persist for many years and terminate in areas of atrophy, resembling thin, depressed scars.)

Graphites, Hydrastis, Strontium carbonicum.

LUPUS VULGARIS. (Tuberculosis of the skin and mucous membranes, characterized by neoplastic formations, with the appearance on the surface of papules, nodules and patches, which may undergo various changes and finally result in destruction of the tissues involved by degeneration or atrophy, leaving scars.)

Nitricum acidum, Arsenicum album, Graphites, Hepar sulphuris, Phosphorus, Strontium carbonicum, Sulphur, Thuja, Tuberculinum.

LYMPHANGIECTASIS OR LYMPHANGIOMA. (Tumours composed of newly formed lymph vessels.)

Calcarea phosphorica, Carbo vegetabilis, Hydrocotyle, Petroleum, Phosphorus, Sulphur, Vipera.

MILIARIA CRYSTALLINE. (Obstructive disorder of the perspiratory ducts, in which the sweat is retained at the orifice in the form of small clear vesicles, usually appearing during the course of some febrile disease.)

Ammonium muriaticum, Bryonia, Hydrocotyle, Mercurius vivus, Urtica urens.

MILIARIA RUBRA. (Acute obstructive disorder of the perspiratory ducts, either inflammatory or causing inflammation with redness and itching.)

Ammonium muriaticum, Antimonium crudum, Belladonna, Bryonia, Jaborandi, Hydrocotyle.

MOLE. (Growths or marks characterized by being present at birth or appearing in the early months of life by the presence of an excess of pigment and by their persistence, practically unchanged through life.)

Calcarea carbonica, Cundurango, Fluoricum acidum, Lycopodium, Petroleum.

58

REPERTORY

MORBUS MACULOSUS WERLHOFFII = Purpura hæmorrhagica. (Extravasation of blood into the skin not due to traumatism.)

Phosphoricum acidum, Ferrum metallicum, Lachesis, Natrum sulphuricum, Phosphorus.

NETTLE-RASH = Urticaria.

ONYCHIA. (Inflammation involving the nail.)

Cocculus, Fluoricum acidum, Graphites, Sarsaparilla, Silicea, Sulphur.

ONYCHOMYCOSIS. *Thuja, Silicea, Graphites.*

PEMPHIGUS. *Anacardium, Arsenicum album, Clematis, Mercurius corrosivus, Mercurius solubilis, Ranunculus, Rhus toxicodendron, Strontium carbonicum, Sulphur, Thuja.*

PERNIO=Chilblain.

PITYRIASIS VERSICOLOUR. *Arsenicum album, Staphisagria, Strontium carbonicum, Sulphur, Tellurium.*

PRURIGO. *Arsenicum album, Manganum carbonicum, Ranunculus, Rumex, Strontium carbonicum.*

PRURITIS. (Sole symptom of the disease is itching.)

Agaricus, Arsenicum album, Cuprum metallicum, Dulcamara, Graphites, Mezereum, Nux vomica, Ranunculus, Rhus toxicodendron, Sulphur.

PSORIASIS. *Arsenicum album, Graphites, Manganum carbonicum, Nitricum acidum, Mercurius solubilis, Phosphorus, Ranunculus, Rhus toxicodendron, Sepia, Sulphur, Thuja.*

PURPURA. *Arnica, Arsenicum album, Crotalus, Kreosotum, Lachesis, Natrum muriaticum, Phosphorus, Rhus toxicodendron.*

RINGWORM = Herpes tonsurans.

Antimonium crudum, Lycopodium, Sulphur, Thuja.

SCABIES. *Mercurius solubilis, Sepia, Sulphur.*

SEBORRHOEA. (Functional disorder of the sebaceous glands, characterized by an abnormal secretion, in the form of oil, crusts or scales, as it accumulates on

the surface of the skin.) *Antimonium sulphuricum aureum, Graphites, Natrum muriaticum, Thuja.*

59

DISEASES OF THE SKIN

SHINGLES. *Aconite, Arsenicum album, Belladonna, Cantharis, Cistus, Croton tiglium, Dulcamara, Graphites, Hypericum, Kalmia, Ranunculus, Rhus toxicodendron, Silicea, Spigelia.*

SYCOSIS. *Antimonium crudum, Cinnabaris, Hepar sulphuris, Kalium bichromicum, Mercurius solubilis, Natrum sulphuricum, Sulphur, Tellurium, Thuja.*

SYPHILIDE. *Mercurius dulcis, Nitricum acidum, Mezereum, Syphilinum, Thuja, Kalium iodatum.*

SYPHILIS, CONGENITAL. *Kali bichromicum, Mercurius solubilis, Syphilinum.*

SYPHILIS, INITIAL SORE. *Salvarsan, Nitricum acidum, Arsenicum album, Mercurius corrosivus, Mercurius iodatus flavus.*

SYPHILIS, TERTIARY. *Aurum metallicum, Kalium iodatum, Mercurius auratum, Phytolacca, Thuja.*

URTICARIA. *Anacardium, Antimonium crudum, Apis, Belladonna, Calcarea carbonica, Carbo vegetabilis, Dulcamara, Hepar sulphuris, Natrum muriaticum, Nux vomica, Pulsatilla, Rhus toxicodendron, Sepia.*

VARICOSE ULCER. (A loss of substance from a disintegrating and destructive process occurring with a varicose state of the veins.) *Calcarea fluorata, Nitricum acidum, Kalium bichromicum, Hamamelis, Sulphur.*

WARTS. *Nitricum acidum, Anacardium, Antimonium crudum, Baryta carbonica, Thuja.*

ZONA = Shingles.

60

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