

Skin Problems & The Elements

Earth

Characteristics: Dryness. Cracking. Fissures. Crusts. Hardening. Thickening. Yellow/brown/black appearance.

Diseases: Psoriasis. Scleroderma. Scar tissue. Keloid.

Organs & Functions: Stomach. Spleen. Digestion. Nutrition.

Remedies: Alumina. Arsenicum. Calcium salts. Castor Equi. Causticum. Graphites. Lycopodium. Nitric-acid. Petroleum. Psorinum. Silica. Thios.

Water

Characteristics: Blistering. Vesicles. Oedema. Watery discharges. Bluish appearance.

Diseases: Urticaria. Herpes. Warts. Fungal infections. Moles. Polyps.

Organs & Functions: Kidneys. Bladder. Hormones.

Remedies: Apis. Dulcamara. Lycopodium. Medorrhinum. Nat-mur. Nat-sulph. Pulsatilla. Rhus-tox. Thuja.

Fire

Characteristics: Burning. Itching. Heat. Redness. Inflammation. Red, fiery appearance.

Diseases: Eczema. Erythema. Boils. Carbuncles. Rash.

Organs & Functions: Liver. Gall-bladder. Metabolism. Heart. Circulation.

Remedies: Apis. Belladonna. Cantharis. Echinacea. Mezereum. Rhus-tox. Sol. Sulphur. Urtica-urens.

Air

Characteristics: Changeability. Movement. Allergic. Sensitive. Whitish/grey appearance.

Diseases: Eczema/asthma. Contact dermatitis.

Organs & Functions: Lungs. Colon. Nerves. Respiration. Sweating.

Remedies: Arsenicum. Ars-iod. Iodum. Lobelia. Mercurius. Rumex. Sambucus. Tuberculinum.

Planetary Relationships to the Skin

Moon. Water element.

Rules: Brain. Stomach. Gonads. Hormone cycles. Blood clotting. Easy bruising. Parasites. Bleeding. Hormonal & menstrual affinity. Periodic aggravation. Onset since pregnancy, childbirth or other hormonal change. Milky, shiny appearance. Fluid imbalances.

Mercury. Air element.

Rules: Lungs. Nerves. URT. Lymphatics. Sensory apparatus. Allergies. Environmental sensitivities. Skin conditions alternating with respiratory. Problems with perspiration. General oversensitivity. Metal sensitivity.

Venus. Water element.

Rules: kidneys, bladder, reproductive tract, gonads, veins, hormones. Ringworm. Fungal infection. Mucus membranes. Warts. Growths. Cysts. Favours growths, mould, fungus etc. Weepy eruptions. Retention of fluids. Venous stasis.

Sun. Fire element.

Rules: mind, heart, circulation. Eyes. Vital heat. Blood. General vitality. Allergies. Dermatitis. Rashes. Inflammation. Skin cancer. Sunburn. Radiation burn.

Mars. Ether/Fire element.

Rules: gall-bladder. Blood circulation. Immune system. Adrenals. Auto-immune disease. Wounds. Shingles. Boils. Fiery eruptions. Inflammatory skin conditions, with angry flare-ups.

Jupiter. Earth (wood) element.

Rules: liver, gallbladder, pancreas, digestion, thyroid, intestines. Jaundice. Yellowing. Diabetic itching. Skin diseases amenable to dietary therapy & liver detoxification.

Saturn. Earth element.

Rules: Spleen. Bones. Joints. Teeth. Parathyroid. Gangrene. Decay. Scar tissue. Sclerosis. Ulcers. Dryness. Coldness. Poisons. Deposits. Breakdown. Degeneration. Decay. Parchment-like. Scleroderma. Skin cancer.

General Hints on Treating Skin Problems

- Find out what goes *together with* the skin disorder in each individual patient and find a remedy which covers both. Here are some suggestions:

Skin eruptions together with:

Liver/digestive imbalance: Ars-alb; Chel; Dolichos;

Lycopodium, Nat-phos; Nat-sulph; Petrol; Phos; Puls

Lung/respiratory problems: Ars-alb; Caladium; Causticum;

Lobelia; Mercurius; Phos; Rumex; Sambucus; Tuberculinum

Bowel problems: Alumina; Croton-tig; Lycopodium; Mercurius; Petrol; Sulphur

Kidney/urinary imbalance: Apis; Berberis-vulg; Nat-mur;

Solidago; Urtica-urens

Heart/circulation problems: Aurum; Aur-mur; Bell; Calc-c;

Carbo-v; Crot-h; Lach; Nat-m; Secale; Sulph

Joint problems: Dulcamara; Medorrhinum; Rad-brom; Rhus-tox

Nervous system pathology: Bufo; Cicuta; Mezereum

Hormonal imbalance: Folliculinum; Graphites; Nat-mur;

Pulsatilla; Sepia; Sulphur; Thuja

Nutritional imbalance: Alumina; Calc-carb; Graphites;

Lycopodium; Nat-phos; Psorinum; Silica; Sulphur

Emotional symptoms: Nat-mur; Puls; Staph

- Observe how the patient responds *emotionally* to the skin problem they have (pay special attention during acute flare-ups or aggravations). **Possibilities include:**

Anger/irritability: Anac; Caust; Lyc; Nux; Staph; Sulph

Anxiety: Ars-alb; Calc-carb; Cantharis; Nit-ac; Phos; Psor

Restlessness: Ars-alb; Ars-iod; Cantharis; Rhus-tox; Tub.

Self-dislike/disgust: Lac-can; Thuja

Weepiness: Apis; Graph; Med; Nat-mur; Puls; Sepia

- Use internal and external support measures to assist the healing process. These may include:

- **Flower essences** such as: Crab-apple (Bach) or Billy-goat-plum (Aust. Bush) for cleansing & to promote a healthy self-image; Five-corners (Aust. Bush) to promote self-esteem; Impatiens & Holly (Bach) for irritability & anger in the skin or the person.
- **Herbal tinctures** to tonify weak organs. Pay particular attention to eliminative organs i.e.:

Kidneys & Bladder: Berberis-vulg; Equisetum; Solidago; Urtica-urens

Liver: Carduus-marianus; Chelidonium; Dolichos

- **Skin drainage remedies** to tonify the skin itself, provide symptomatic relief, improve the lymphatics & promote elimination:

Berberis-aquifolium ø for acne, pimples, dry skin, psoriasis & eczema; eruptions especially on face & scalp

Skookum-chuck 3x-12x for itching or discharging eruptions

Gunpowder 12x for infected acne, boils or eczema; also suppurations from wounds or scars that refuse to heal

Fagopyrum or **Dolichos** to relieve pronounced itching

S.S.C. 6 (Sulphur, Silica & Carbo-veg combined) for acne

A **general herbal formula** to assist during acute flare-ups and aggravations, especially of eczema:

Calendula ø

Symphytum ø

Urtica ø

Mix equal parts of the above mother tinctures together & give 1-4 teaspoons, up to 4 times daily, as needed

- **Oils & ointments** for external use to give symptomatic relief, to assist in withdrawal of allopathic ointments and to nourish the skin. Especially recommended are:
Castor oil & almond oil (50/50 mix) for improving skin tone, promoting healing & to give symptomatic relief

Stellaria (chickweed) ointment for relief of itching
Rescue Remedy cream for general use
Calendula ointment for healing cracks and sores
Hypericum oil to relieve pain of shingles
Lavender essential oil in the bath or diluted in almond oil is very soothing and promotes healing
Tea tree essential oil for fungal infections

- **Bowel nosodes** as intercurrent remedies, especially:
Morgan for all psoric eruptions; where liver & bowel are involved
Morgan-gaertner for psoriasis, herpes & urticaria; or where kidneys are involved
Proteus for herpes, hives, angio-neurotic oedema; or where heart & circulation are involved; sunlight sensitivity
Gaertner in tubercular types, especially children
- **Tissue salts** to support constitutional treatment and also assist the body on a nutritional level:
Calc-fluor for hardening or thickening of skin; also scar tissue, fissures & cracks & ulcerative processes
Calc-sulph wherever there is a thick, pustular discharge, possibly mixed with blood; pimples, pustules, crusts & scabs
Kali-mur where there are vesicles with white discharge; also dry, powdery scales
Kali-sulph where burning & itching is predominant
Nat-sulph for watery or sycotic skin conditions; also with liver or bowel symptoms
Nat-mur for vesicles, hives & watery discharges; also excessive dryness or oily, greasy skin
Silica for long-standing suppurations; poor elimination; poor nutrition; also scar tissue
- **Sunlight exposure** or use of a full-spectrum lamp or an ultraviolet lamp will cure or alleviate many skin conditions, including: alopecia; psoriasis; sores and ulcers which are slow to heal; acne & pimples; mycosis fungoides (a rare, malignant skin

cancer which responds very positively to sunlight therapy); all bacterial conditions affecting the skin; tuberculosis of the skin; herpes simplex & zoster; scleroderma

- **Urine therapy** is recommended for all types of skin disorder, especially where the kidney energy is weak. Fresh urine applied externally will moisturise the skin, heal cracks & sores and is especially good for acute bites & stings and allergy rashes. Also beneficial in acne, eczema and nappy rash.
- **Skin brushing** is recommended to improve the skin tone and stimulate the blood supply to the skin. Brushing is best done after bathing and avoiding areas that are sore, inflamed or eczematous.