



PRO LIFE ERA

HOMEOPATHY JOURNAL

The Role of Homeopathy In Ichthyosis Vulgaris

Ichthyosis vulgaris is a skin condition that causes

excessively dry, thick, scaly skin.

Ichthyosis comes from the word for "fish scales" and vulgaris means "common".

It is also known as "fish scale disease" or "fish skin disease".

Pathophysiology-The gene variation causes the defective production of filaggrin. filaggrin is a protein that helps bind cells together to form the skin barrier. As a result skin cells don't separate at the surface of your skin. It helps maintain the skin Ph, retain moisture in the stratum corneum, and reduce trans-epidermal water loss. And dead skin cells don't shed well, causing scales. But, in ichthyosis vulgaris results from loss of function mutations in the gene encoding the protein filaggrin.

But, ichthyosis vulgaris can also occur with medical illness, like:

- Cancer
- Kidney failure, •Lupus, •Sarcoidosis.
- Human immunodeficiency virus (HIV).

Epidemiology-Frequency

United States-Hereditary ichthyosis vulgaris is a common disease in the United States, with a prevalence of approximately 1 case in 300 persons.

Acquired ichthyosis is extremely rare.

International-Hereditary ichthyosis vulgaris is found worldwide, and the prevalence depends on the location. One study in Berkshire, England, observed a frequency of 1 case in 250 schoolchildren. Acquired ichthyosis is extremely rare. Its prevalence worldwide is unknown.

•**Sex-**Hereditary and acquired ichthyosis occur equally in men and women.

•**Age-**Hereditary ichthyosis vulgaris typically is absent at birth. It appears in most patients during the first year of life and in the vast majority by age

5 years.

Acquired ichthyosis usually first appears in adulthood.

•**Prognosis-**The prognosis for hereditary ichthyosis vulgaris is excellent. Many patients experience improvement of symptoms with age. The prognosis for acquired ichthyosis vulgaris depends on the severity of the underlying systemic disease.

Causes-It is usually caused by a genetic mutation, but can also be associated with medical conditions or medications. That is, inherited or acquired. children who inherit a defective gene from just one parent have a milder form of the disease.

•Those who inherit two defective genes have a more severe form of ichthyosis vulgaris. Children with the inherited form of the disorder usually have normal skin at birth, but develop scaling and roughness during the first few years of life.

•If genetic abnormalities aren't responsible for ichthyosis, its referred to as acquired ichthyosis. Its usually associated with other diseases, such as cancer, thyroid disease of HIV/AIDS.

•In rare cases, adults can develop ichthyosis vulgaris even if they don't carry the defective gene. Though this is rare, its most often associated with other conditions, including cancer, kidney failure, or thyroid disease.

•Ichthyosis vulgaris may also occur along with other skin disorders, such as atopic dermatitis or keratosis pilaris. Atopic dermatitis, more commonly known as severe eczema, is known for causing extremely itchy skin rashes.

•The affected skin may be thick and covered in scales. The white or red skin bumps caused by keratosis pilaris can look similar to acne, but the usually appear on the arms, thighs, or buttocks. This condition can also cause rough patches of skin.

Symptoms-Ichthyosis vulgaris slows skins natural shedding process. This causes chronic,

excessive buildup of the protein in the upper layer of the skin.

- Dry, scaly skin
- Tile-like, small scales
- Scales coloured white, dirty grey or brown- with darker-Coloured scales typically on darker skin,
- Flaky scalp
- Deep, painful cracks in skin
- Polygon- shaped scales on the skin
- Itchy skin, •Thickened skin.

The scales usually appear on elbows and lower legs and may be especially thick and dark over shines. Most cases of ichthyosis vulgaris are mild, but some can be severe. Symptoms usually worsen or are more pronounced in cold, dry environments and tend to improve or even resolve in warm, humid environments etc.

Types of Ichthyosis-This skin condition differentiated into various types, some are given below:

•**Ichthyosis vulgaris-**The most common and mild form of ichthyosis. It is characterized by mild scaling and dryness of skin.

•**X-linked ichthyosis-**This type of ichthyosis arises due to deficiency of steroid sulfatase enzyme and most commonly affects men. The scalliness is more prominent on the neck, trunk and lower limbs in this type.

•**Lamellar ichthyosis-**A rare skin disorder in which the babies are born with a shiny, waxy outer layer of skin. During the first few weeks, this layer dries and peels off revealing the scaliness on the skin.

•**Ichthyosis hystrix-**This is characterized by intense hyper-keratosis (thickening of the outermost layer of skin epidermis) and appears like spiny scales.

•**Harlequin- type ichthyosis-**This is an extremely rare, but severe type of ichthyosis that needs intensive care at birth. Babies born with Harlequin-type ichthyosis have thick plates of skin separated with deep cracks. The deep cracks

in the skin put these babies at risk of fatal infections.

Complications-Some people with ichthyosis may experience:

- Overheating. In rare cases, the skin thickness and scales of ichthyosis can interfere with sweating. This inhibit cooling. In some people, excess sweating can occur.
- Secondary infection. Skin splitting and cracking may lead to infections.

Diagnosis-•Ichthyosis vulgaris is usually a clinical diagnosis. Mild ichthyosis is often just called 'dry skin'.

•Filaggrin mutations can be detected by research laboratories from a buccal smear or saliva sample.

•Skin biopsy in some cases.

Homeopathic Treatment For Ichthyosis Vulgaris-It is a life-long condition that can be managed or controlled in the best manner with homeopathy medicines. The scaling of the skin can be delayed with the use of Homeopathic medicines. This can reduce the dryness, cracking,

and peeling off the skin.

The excess buildup of the scales on the skin can be reduced with homeopathy medicines like mother tincture. The associated symptoms need to be assessed in people presenting with scaly skin.

- Skin and scalp are affected, there are dry scales.
- The skin on the face is affected, scaly skin with whiskers.
- The skin on the chest is affected with scaly skin between the breasts.

Homeopathic Medicines For Ichthyosis-There are some homeopathy medicines used to improve the moisture content in the skin.

•**Arsenic Iodatum-**is one of the top remedies for ichthyosis. There is marked exfoliation of large scales from the skin that leave behind a raw surface. The skin is scaly with much itching.

•**Hydrocotyle Asiatica-**There Is great thickening of the epidermal layer and exfoliation of scales of the skin. Circular spots on the skin with scaly edges. Another prescribing symptom is intolerable itching, especially of soles.

•**Petroleum-** is prescribed where the skin is rough, dry and thick, with the presence of cracks. The skin is very sensitive.

•**Sepia-** is prescribed for ichthyosis with an offensive odour of skin. Severe itching which is not relieved by scratching. Worse in bends of



elbows and knees.

•**Kali sulph-** is prescribed with dry, flaky skin with prominent, yellow scales.

•**Platanus occidentalis-** is prescribed for X linked ichthyosis with corneal opacity and cataract.

•**Natrum carb-** in cases of Lamellar ichthyosis with photophobia.

•**Clematis erecta-** is prescribed when red, brown, scaly, scabby skin occurs. There is intense itching, worse washing in cold water.

•**Zincum metallicum-** is effective for ichthyosis with corneal dystrophy.

Benefits Of Homeopathic Treatment-

•**Individualized Care:** A homeopath will assess the symptoms. Triggers, medical history, and individual characteristics to prescribe a personalised treatment plan tailored to the individuals needs.

•**Gentle and natural:**Homeopathic remedies are derived from natural substances and are known for their safety and minimal side effects. They work harmoniously with the body, promoting self- healing and natural skin rejuvenation.

•**Holistic Approach:** Homeopathy considers not only the physical symptoms but also the emotional and mental aspects of an individual. It aims to restore balance at all levels, providing comprehensive care.

•**Skin Rejuvenation :** Homeopathy strives to achieve skin rejuvenation and a balanced skin tone.

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