

# 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.