

**DANDRUFF  
CONSTIPATION  
CHRONIC -FATIGUE  
SYNDROME  
(HOMOEOPATHIC TREATMENT)**

**BY: DR. YAMIN MEMON  
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**CHRONIC FATIGUE  
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Note: This book is available on Internet also.

*With the blessings of the almighty God this book is dedicated to my Father, Mother, Sister and last but not the least my beloved Wife without whose persistence and co-operation none of this could have been possible.*

**- DR. YAMIN**

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# PREFACE

As the awareness and acceptance about Homoeopathy is increasing day by day this is my humble effort to help the suffering humankind. In this book I have first mentioned general medical information related to the disease condition from Introduction, Causes, Signs and Symptoms Treatment and Prevention. In the Section for treatment I have mentioned Homoeopathic treatment of that particular disease condition. The mentioned Homoeopathic Medicines are to be taken three times a day for 15 days. It is better to take Homoeopathic medicines in 30 number globule form soaked in liquid medicine. First I have mentioned the name of the medicine then its Potency or Power in numerals like 6, 30, 200, and then the symptoms of the disease. This pattern is followed in my entire book in the section of Homoeopathic treatment. Consult a Homoeopath for treatment of your disease condition. For the aim of helping the suffering humankind any person after informing me can publish this book of mine free of charge with a condition that he/she or any entity doing so will not change any of the contents of this book and will let my name remain with this book. Readers' feedback is welcome. You can contact me at my following address.

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# **DANDRUFF (SEBORRHOEA)**

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## **INTRODUCTION :**

Dandruff is medically known as Seborrhoea. It is not just dryness of the skin. Actually, the word "Seborrhoea" means "too much oil." Seborrhoea is also known as Seborrhoeic Dermatitis or common Dandruff. Skin has a natural mechanism that its cells flake off regularly. Skin contains glands called Sebaceous glands. Function of these glands is to keep our skin moist. The function of these glands is to release oily material or discharge, which is known as Sebum. Dandruff is a mixture of flaked off skin cells and Sebum. Seborrhoea can present as a variety of conditions such as Dandruff, thick scales on the scalp, Redness on the face or in the armpits, or raw, Red patches below the breasts. Although some of these conditions

may feel “dry,” moisturizing only makes them Redder. In other cases the skin may seem oily or even oily and dry at the same time. Seborrhoea (Dandruff) is a skin disorder that results from neither too little moisture nor too much oil. It is a form of skin inflammation (Dermatitis), which has no known cause. This condition can appear at any time from infancy to old age, and can come and go more or less at random. treatment of Seborrhoea (Dandruff) is directed at fighting the skin inflammation. This is done either directly, by using cortisone-based creams and lotions (which Reduce inflammation), or by reducing the yeast that builds up on scaly areas and adds to the problem.

Dandruff is not a yeast infection. Simple Dandruff does not cause hair loss. Excessive flaking can also be a symptom of Seborrhoeic Dermatitis, Psoriasis, Fungal infection or excoriation associated with infestation of head lice. Dandruff is a global phenomenon and many people find that Dandruff can cause social or self-esteem problems. treatment may be important purely for psychological reasons.

## **CAUSES:**

As the epidermal layer continually replaces itself, cells are pushed outward where they eventually die and flake off. In most people, these flakes of skin are too small to be visible. However, certain conditions cause cell turnover to be unusually rapid, especially in the scalp. For people with Dandruff, skin cells may mature and be shed in 2 - 7 days,

as opposed to around a month in people without Dandruff. The result is that dead skin

cells are shed in large, oily clumps, which appear as White or Grayish patches on the scalp and clothes.

Dandruff has been shown to be the result of three required factors:

1. Skin oil commonly referred to as Sebum or sebaceous secretions;
2. The metabolic by-products of skin micro-organisms (most specifically *Malassezia* yeasts);
3. An individual susceptibility.
4. Due to stress

Common older literature cites the fungus *Malassezia furfur* (previously known as *Pityrosporum ovale*) as the cause of Dandruff. While this fungus is found naturally on the skin surface of both healthy people and those with Dandruff, it has recently been shown that a scalp specific fungus, *Malassezia Globosa*, is the responsible agent. This fungus metabolizes Triglycerides present in Sebum by reacting with Lipase, resulting in a lipid by product known as Oleic Acid (OA) .OA is a fatty acid. Penetration by OA of the top layer of the Epidermis, the Stratum Corneum, results in an inflammatory response, which disturbs Homeostasis and results in erratic cleavage of Stratum Corneum cells. Rarely, Dandruff can be a manifestation of an allergic reaction to chemicals in hair gels/sprays, hair oils, or sometimes even Dandruff medications like Ketoconazole.

## RISK FACTORS:

Any adult can become a victim of Dandruff, but certain factors can make you more susceptible:

➤ **AGE:** Dandruff usually begins in young adulthood and continues through middle age. That doesn't mean older adults don't get Dandruff, however. For some people, the problem can be lifelong.

➤ **SEX:** Because more men than women have Dandruff, some researchers think male hormones may play a role in Dandruff. Men also have larger sebaceous glands that produce oil called Sebum.

➤ **SCALP AND OILY HAIR:** Malassezia feeds on oils in the scalp. For that reason, having excessively oily skin and hair makes you more prone to Dandruff.

➤ **OTHER CAUSES:** Still there are inadequate researches regarding these factors. It is believed that Adults with Neurological diseases, such as Parkinson's disease, are more likely to develop Seborrheic Dermatitis and Dandruff. So are people recovering from stressful conditions, particularly Heart Attack, and those with compromised immunity.

## SIGNS AND SYMPTOMS:

For most people, the signs and symptoms of Dandruff are very clear sometimes elaborate enough to embarrass the patient in public. White, oily looking flakes of dead skin that dot your hair and shoulders and an Itchy, scaling scalp. But it's not quite that simple — many conditions cause excessive skin scaling, including:

➤ **Dry Skin.** Simple dry skin — the kind you get in winter when the air is cold and rooms are overheated — is by far the most common cause of Itchy, flaking skin. But flakes from dry skin are generally smaller and less oily than those caused by Dandruff.

➤ **Seborrhoeic Dermatitis.** This condition, a frequent cause of Dandruff, is marked by Red, Greasy skin covered with flaky White or Yellow scales. Seborrhoeic Dermatitis affects not only your scalp but also other areas rich in oil glands, such as your eyebrows, the sides of your nose and the backs of your ears, your breastbone, your groin area, and sometimes your armpits.

➤ **Cradle Cap (Seborrhoeic Dermatitis of the Scalp).** This disorder, which causes a scaling, crusty scalp, is most common in newborns, but it can occur anytime during infancy. Although it can be alarming for parents, Cradle Cap isn't dangerous and usually clears up on its own by the time a baby is a year old.

➤ **Psoriasis.** This skin disorder causes accumulation of dead skin cells that form thick silvery scales. Psoriasis commonly occurs on your knees, elbows and trunk, but it can also affect your scalp.

➤ **Contact dermatitis.** Sometimes sensitivities to certain hair-care products or hair dyes can cause a Red, Itchy, scaling scalp.

## **MISCONCEPTIONS:**

Dandruff is sometimes confused with dried shampoo. This usually occurs when hair isn't rinsed properly. Dandruff is not an organism like Lice; it is just dead skin that accumulates in the scalp. Dandruff is unlikely to be the

cause of hair loss, although excess Sebum which is linked to Dandruff contains DHT (Dihydrotestosterone), the primary agent in Alopecia.

## PREVENTION:

You can't prevent Dandruff, but you can take steps to Reduce your risk:

- **Learn to manage stress.** Stress affects your overall health, making you susceptible to a number of conditions and diseases. It can even help trigger Dandruff or exacerbate existing symptoms.
- **Shampoo often.** If you tend to have an oily scalp, daily shampooing to remove the excess oil may help prevent Dandruff.
- **Cut back on styling products.** Hair sprays, styling gels, mousses and hair waxes can all build up on your hair and scalp, making them oilier.
- **Eat a healthy diet.** A diet that provides enough Zinc, B Vitamins and essential Fatty Acids may help prevent Dandruff.
- **Get a little Sunlight.** Do not take Sunbath. Instead, just spend a little time outdoors. Sunlight may be good for Dandruff. But because exposure to Ultraviolet light damages the skin and increases the risk of skin Cancer.

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