

Sunburn and Homeopathy

Written by Mehmood Abdul Hayee (Homeopathic consultant)

Sunburn results from too much sun or sun-equivalent exposure. Almost everyone has been sunburned or will become sunburned at some time. Sunburn is possible any time of the year, but is more common in the summer months when the sun's rays are the strongest. Although sunburn is seldom fatal, severe sunburn or sun poisoning can be disabling and cause quite a bit of discomfort.



Vulnerable Groups:

- Babies and children.
- Those with certain medical conditions such as albinism or previous skin cancer.
- If you have lots of moles or freckles, you're more likely to develop skin cancer.
- Family history of skin cancer.
- Those medications such as tetracyclines including doxycycline, oral hypoglycaemic drugs and diuretics.

Diet and lifestyle:

Drink adequate amount of water. It is definitely best to avoid any risk of even mild sunburn. Don't spend any longer in the sun than you would without sunscreen. Sunscreen should not be used as an excuse to stay out in the sun.



Prevention:

- Avoid the sun during the peak hours of 10 a.m. to 2 p.m.
- Dress up well, wear wide-brimmed hats, long-sleeved shirts, long pants, and sunglasses with appropriate UV protection.
- Use a high protection sun block (sunscreens & sun protection). Some sunscreens may aggravate eczema. Check the label for any ingredients that you allergic to.
- Avoid alcohol or caffeine as this can increase levels of dehydration.
- Apply Aloe vera gel on exposed part of your skin.

What should I do if someone has signs of heat exhaustion?

Get them to rest in a cool place, ideally a room with air conditioning. Give them plenty of water. Cool their skin with cold water. Loosen any unnecessary clothing and make sure that the person gets plenty of ventilation. Monitor their condition closely.

Useful Homeopathic remedies:

Following homeopathic remedies are effective in sunburn & sunstroke conditions:

Sol, Glonine, Gelsemium, Belladonna, Aconite, Nat-mur, Calendula Gel, Urtica Urens, Cantharis, Opium.

To read the full description of above remedies please visit my website:

www.homeopathyforeveryone.com

Contact here to make an appointment!

London practice address:

Pulborough Road 88
London, SW18 5UJ, UK
Tel: (+ 44)- 78- 33592015
Email: abdulhayee.m@gmail.com

Amsterdam practice address:

Krugerplein 21 HS
1092 KA, Amsterdam, NL
Tel: (+ 31)- 6-16093840
Skype: mehmood.abdul.hayee