
	PRICKLY HEAT: HOMEOPATHIC APPROACH	
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PRICKLY HEAT: HOMEOPATHIC APPROACH

Prickly heat is a skin rash that usually shows up in summers. While children & adolescents are often the victims, anyone of any age can get prickly heat. Also called miliaria, prickly heat rashes appear as red, raised spots on the skin.

Prickly heat rash can affect any part of the body. It mostly appears in places where the person sweats heavily. This includes the back, underarms, groins, stomach, shoulders, or neck. The rash can become extremely itchy & even look embarrassing. Let us understand what causes prickly heat & explore ways to keep your skin cool this summer.

Causes:

Excessive sweat, especially in summers blocks your skin pores. This leads to dead skin cells & bacteria getting trapped & clogging your pores. This build-up appears as red bumps on the skin. When more sweat builds up, these tiny bumps burst, causing a prickly sensation that gives this condition its name. It is not contagious, so no need to worry about maintaining distance from who has got it. It develops from prolonged exposure to sun, wearing tight & uncomfortable clothing in summers & having natural disposition to oily skin.

Symptoms:

Prickly heat appears as tiny- coloured bumps on the skin surface. Often these bumps cause excessive itching. Need to take medicine if it doesn't go away in few days by itself.

Management:

- Avoid the sun at peak hours
- Wear cool cotton clothing
- Stay hydrated through the day

Homeopathic approach

Homeopathic medicine offers painless & chemical free treatment for many skin rashes. If your prickly heat has already started or you would like a remedy to take with you on holiday, there are "acute" homeopathic remedies that can be used to bring rapid relief naturally. Prevention is better than cure, so if you are prone to prickly heat each year, it is advisable to seek "constitutional treatment" to address the root of the problem and improve your natural immune response. This means understanding the complaint in relation to your whole health rather than just viewing the symptoms in isolation. If anyone facing skin problems in summer heat, do contact your nearest homeopathic doctor for a permanent solution to all your summer problems.

Here are a few remedies for Prickly heat but it should be taken under guidance of doctor, like Apis, Nat Mur, Bryonia Alb, Jaborandi, Rhus Tox, Urtica uren etc. Also, Urtica urens cream or tincture can also be applied topically to help relieve the itch.