

Natural Treatment For Acne With Homeopathy

Acne is a very common disorder of the skin. It makes the face appear unattractive while it lasts, and often leaves scars that go much deeper than the upper layer of the skin, when it recedes. Acne not only affects the skin, but an individual's self image as well. Thus acne can create further complications of the psychological kind, if not treated in time. Homeopathy is a natural mode of medical practice that makes use of natural substances like herbs, minerals and even venomous materials to formulate remedies for various types of diseases. Acne, in both adults and teenagers, can be effectively overcome by the employment of the homeopathic mode of treatment. Homeopathy does not look at the external outgrowth of acne only. The homeopathy practitioners take into account the overall health picture of the affected individual to reveal the root cause of acne. They assess the person's emotional and mental aspects as well as the disease symptoms like the nature of the acne. They ask about the patient's likes and dislikes, hobbies, sleeping habits, food preferences and all that. They evaluate in detail the sufferer's physique, skin tone and resilience, and also their psychological features such as a predisposition towards being nervous or irritable. Pointers such as the patient's personal state of affairs are also deemed significant. Thus only after considering all these features the homeopathy practitioner arrives at a remedy that would suit that particular individual only. Homeopathy thus considers acne to be a symptom of some other deep-seated problem. Unlike conventional treatment procedures, it does not focus on healing just the surface of the skin by the use of topical gels, creams or ointments on acne. Homeopathy understands that the external eruptions that are visible to the eye are only the signs of some internal disorder of the human system. Homeopathic medicines actually catalyze the activation of the body's inherent self-healing power so that the system heals itself on its own. The self-defense mechanism of the body, when revitalized, will eliminate the cause of the disease by its own efforts, and homeopathy aims at aiding that process only. Thus, homeopaths concentrate on the complete medical history of an individual and provide a holistic cure of the patient, and not just the disease. So it is immensely beneficial to take recourse to this natural method of acne treatment, rather than using harsh chemicals on the skin that may actually further aggravate the problem. Homeopathy treatment will provide effective natural remedies that will dry up the acne causing reduction in number of existing pimples. The initial phase of the treatment may bring about a temporary outburst of the eruptions. This is not a cause of worry, this is actually the indication that the medicines are working properly. Within a short period of time, encouraging signs of improvement will be visible. Associated symptoms like itchiness of the affected area and pain will also be eradicated. The treatment method is so gentle that no scars will be left behind. Instead, and overall improvement of the skin texture will be noticeable. And to add to that, further recurrence of the disease will also be thwarted.

About the Author

Urban and natural environments are not necessarily conflicting notions but must be integrated at many different scales, for sustainable, healthy.

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