

GLOBAL SKIN HEALTH

## HOME REMEDY IN SKIN CARE

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INTRODUCTION: Ancient Indians have relied more on the herbs and leaves. They have sought solution for their problems, by using them in some form or the other.

Many of these remedies have been documented successfully.

Indians still use herbal remedies, for their skin problems.

They believe that the nature has the solution for all problems and are safer to use than the other form of medicine.

This study was conducted in a tribal area of Valsad.

Valsad was selected as the center of study because-

1. This area is largely populated.
2. The population mainly consists of the aborigines and migrants from various places of India.

AIM- To know the different types of home remedies used by patients for dermatophytic infections. Material and method:

400 patients visiting the OPD of government college were registered for the study.

Detailed history with photographs.

Result:

Total -400

Males- 180

Females- 220.

The home remedies include the use of - coconut, neem, kumkum, alum, calcium carbonate, lemon, turmeric, milk, curd, garlic. Either these were used alone or in combinations. Home remedy was used for various skin problems- p.sicca, tinea infection, furuncles, psoriasis, idiopathic pruritis, melasma, acne vulgaris, eczema.

The side effects like irritation, discolouration, contact dermatitis, secondary infection were also recorded.

Conclusion: Every civilization defines, views, and applies its home remedy differently. Its documented in history books that queen Cleopatra bathed in sour milk to improve the look and texture of her skin. Traditionally in India plants like Tulsi, neem and turmeric have rich medicinal values and are even grown in courtyard. Lemon juice has great exfoliative property. Alum has mild anti fungal property. Home remedies are becoming popular once again with the common man, as it is easy to use, accessible and convenient.