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## Dr. Bakshi's Health Guide

# SKIN

*An overview with health tips*



*Dr. S.P.S. Bakshi speaks.....*



The technological and scientific advancements have made life more easy and comfortable; but it has also added more stress. Man seems to be loosing out on quality of life due to the ravages of disease and an ever demanding work routine. Science may have found new and better answers for these ailments but what is required is increased resistance to fight disease so as to evolve a healthier community and produce stronger generations.

Down the years homoeopathy has emerged as the most promising science which not only annihilates the symptoms but also builds up the immunity of body.

We at Bakson are constantly working towards homoeopathy through our Clinics so as to heal the sick in the most safe and effective manner.

Wishing everyone a healthy and happy life !

With warm regards,

Dr. S.P.S. Bakshi  
C.M.D., BAKSON

## *Bakson's Homoeopathic Clinics*

Homoeopathy is fast becoming the first line of treatment for the simple reason that it is highly effective and has no side effects.

A pioneer in making the benefits of homoeopathy reach the masses in its true form, Bakson has emerged as a leading health centre. Bakson derives its strength from the foundation principles of Dr. K.S. Bakshi and the experienced leadership of Dr. S.P.S. Bakshi (President of Central Council of Homoeopathy).

Bakson's Homoeopathic Clinics form the world's 1st homoeopathic chain for treating allergic manifestations in - Skin, Respiratory, Gastro intestinal and Musculo-skeletal systems. The clinics provide homoeopathic care based on scientific homoeopathic prescriptions, and personal supervision of qualified Homoeopaths.

All doctors in these centres are trained by Dr. S.P.S. Bakshi.

### **A Super Specialty Clinic for:**

**Skin :** Alopecia (Hair fall), Acne, Dandruff, Eczema, Dark patchy skin, Psoriasis, Urticaria.

**Respiratory System :** Allergic Rhinitis (Hay fever), Laryngitis, Nasal polyp, Pharyngitis, Recurring Cough/Cold, Tonsillitis, Adenoiditis, Sinusitis, Wheezing.

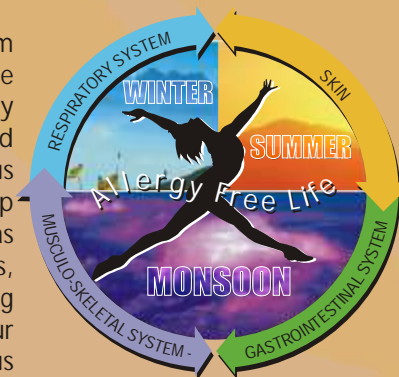
**Gastrointestinal System :** Stomatitis, Constipation, Diarrhoea, Flatulence, Hyper-acidity, Indigestion, Irritable Bowel Syndrome.

**Musculo-skeletal System :** Arthritis, Backache, Migraine, Myalgia (Muscle pain), Sciatica, Spondylosis, Gout, Slip Disc, Cramps.

### *Allergy*

Most of us think of health as "freedom from disease." But good health - apart from the absence of disease encompasses a harmony between the essential functions of body, mind and soul. Nature has given us tremendous capacity to live in good health. But as we keep deviating from Nature's laws (principles) and as we are constantly exposed to various allergens, the body's defense mechanisms keep getting weaker day by day. This often predisposes our body to disease and it tends to acquire various physical or mental illnesses.

Allergy (Greek: allos, other + ergon, work = altered reaction) is an abnormal and



individual hypersensitivity to substances that are ordinarily harmless and which results in various types of reactions. Pollens, for example, are generally harmless, yet many people are acutely sensitive or allergic to their presence.



With our vast experience of studying allergic patients it can be firmly concluded that every person on the street is a 'Walking Pathological Laboratory' suffering from allergies in one form or the other.

Broadly speaking allergies may appear to be of two kinds:

**EXOGENIC (OF EXTERNAL ORIGIN) AND ENDOGENIC (OF INTERNAL ORIGIN)**

Exogenic allergy is caused by various external allergens like industrial wastes, chemicals, insecticides, pesticides etc. These allergens are actually just a tip of the iceberg. Our highly polluted environment compels us to inhale and ingest various chemicals that are potential allergens. Allergens, therefore appear to be unavoidable: We can't really avoid dust, wheat or sun. Even human mother's milk has been proven to contain various pesticides that are well recognised as allergens.

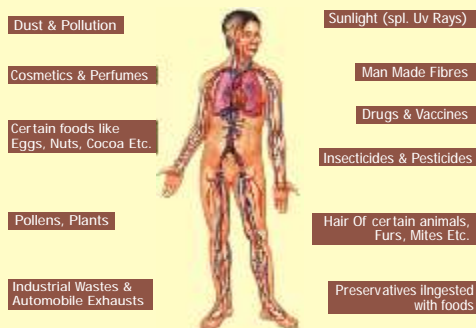
Eventually, all allergens seem to cause gradual changes in the genetic make up and subsequently the allergy becomes Endogenic. The body tissues get 'sensitized' to various allergens and this leads to hypersensitivity reactions. These 'sensitized' response characteristics are passed on to the succeeding generations.

Substances that provoke an allergic reaction are called Allergens. The 'list' of allergens can be best described by the dictum that "Everything under the Sun including the Sun itself can act as a potential allergen". This makes our body a virtual 'battle field' with different allergens attacking from various directions leading to various allergic manifestations.

The fundamental cause of all allergies, therefore, is endogenic and in most cases it runs in the family tree of the patient.

Often allergy remains dormant in the patient's body system until a situation arises when the patient's immune system is at low guard and his resistance is highly compromised. 'Physical stress states' such as surgery, infections, serious diseases, pregnancy, old age etc. are some of the conditions where the body is predisposed to attacks by allergens.

**Man & His Environment**



Many children suffer from repeated attacks of cough & cold which might gradually disappear as adulthood approaches. But the respiratory problems flare up once again - often in form of Allergic rhinitis, Asthma or in the form of Eczema when body's resistance is low or it comes in contact with the relevant allergens. Recurrent pain in legs experienced by children (known as growing pains) is a sign of Arthritis in later age. Women who have recently delivered (particularly Caesarian delivery) or have had Hysterectomy, suddenly develop symptoms of one or the other allergic disorders which were hitherto lying dormant.

Some of the commonest allergic diseases alternate in a patient's life. A patient suffering from Eczema in childhood may suffer from Bronchial Asthma in adult hood. Usually there would be a history of Hay Fever, Urticaria, Eczema, Asthma, Arthritis etc. in the family.

For more than five decades late Dr. K.S. Bakshi followed by his son Dr. S.P.S. Bakshi have treated millions of cases of Allergy.

Following case histories (recorded at Dr. Bakshi's Clinic) make an interesting reading in so far as they elucidate the concept of Allergy and its genetic propagation.

Case No.	Name, Age & Card No.	Present Complaints	Past History	Family History
1.	Baby A. Khanna Aged - 2 years Card No.: 1802/97	<ul style="list-style-type: none"> <li>• Pain in abdomen since childhood.</li> <li>• Repeated cough &amp; cold for the past 3 months. Cold after every 15 days with nasal blockage.</li> <li>• Pain in legs for the past 3 months.</li> <li>• Small white patches on left thigh from last few days</li> </ul>	Skin rashes, 3 months back.	<ul style="list-style-type: none"> <li>• Maternal Grand Mother has joint pains &amp; constipation.</li> <li>• Maternal Grand Father has Psoriasis (A skin disease).</li> <li>• Father has persistent sore throat.</li> <li>• Mother has chronic constipation</li> </ul>
2.	Ms. N. Kedia Aged - 18 years Card No.: 576/99	<ul style="list-style-type: none"> <li>• Bodyache &amp; recurrent backache since childhood.</li> <li>• Repeated stomach upset with flatulence for the past 1½ years. Stools unsatisfactory.</li> <li>• Easy tanning of skin especially over cheeks for the past 6 months.</li> <li>• Burning with small eruptions on the affected area.</li> <li>• Tendency to ring worm infection for the past few months.</li> </ul>	Had Sinusitis since childhood & took some treatment for that but stomach symptoms appeared after complete recovery from Sinusitis	<ul style="list-style-type: none"> <li>• Mother has bodyache &amp; Ulcerative colitis.</li> </ul>

Case No.	Name, Age & Card No.	Present Complaints	Past History	Family History
3.	Ms. S.N.V.N. Aged - 26 years Card No.: 1726/97	<ul style="list-style-type: none"> <li>Asthma of 13-14 years duration. Attack every week for the past 2 months.</li> <li>Recurrent cough with phlegm &amp; sneezing for the past 2 years. Cold appears once every month.</li> </ul>	No Symptoms	<ul style="list-style-type: none"> <li>Father has constipation.</li> <li>Mausi has Migraine.</li> <li>Brother has Asthma.</li> </ul>
4.	Ms. L. Dewan Aged - 61 years Card No.: 421/98	<ul style="list-style-type: none"> <li>Pain in joints for the past 25 years. Stiffness &amp; swelling appear in affected joints especially in winters.</li> <li>Tendency for rashes for the past 11 years especially in summers with itching.</li> <li>Asthma for the past 10 years.</li> <li>Constipation of 7 Years standing.</li> </ul>	No Symptoms	<ul style="list-style-type: none"> <li>Father had skin rashes.</li> <li>Mother was suffering from Arthritis.</li> </ul>

These case histories substantiate the endogenic origin of allergy. They also show how allergy affects the person of all age groups & involves one system after the other, unless body's immunity is reinforced. So while one person in a family may have allergic manifestations in the form of recurrent cough & cold another may demonstrate a tendency to have allergic rashes in the summers or Arthritis during winters. The same allergy may manifest itself as Eczema or some form of gastric disorders.

This can be further explained with the help of this family, which was under our treatment: The first and second generation had a history of Arthritis. The 3rd generation did not suffer from Arthritis till the age of 50 years but suffered from other allergic symptoms all along. The 4th generation lady did not have any problem but when pregnancy diminished her body's resistance - she developed pains all over her body. The 5th generation baby girl, however, experienced muscle pains right at the tender age of 5 years!

### Clinical manifestations of allergy

SKIN		RESPIRATORY		DIGESTIVE		MUSCULO-SKELETAL	
Acne	Eczema	Adenoiditis	Sore Throat	Constipation	Indigestion	Arthritis	Sciatica
Alopecia (loss of hair)	Dark Patchy Skin	Sneezing	Nasal Polyp	Diarrhoea	Stomatitis	Backache	Slip disc
Dandruff	Psoriasis	Breathlessness	Sinusitis	Flatulence	Irritable Bowel Syndrome	Cramps	Spondylosis
	Urticaria	Wheezing	Tonsillitis	Hyperacidity		Migraine	Gout
		Cough & Cold				Myalgia	

Most of the symptoms of allergy are elicited in the form of inflammation and itch. Inflammation, denoted by suffix 'itis'. e.g. in Arthritis, Spondylitis, Tonsillitis, Pharyngitis, Rhinitis, Gastritis etc. is manifested as pain, swelling, redness, rise in temperature and loss of function of the affected organ. Constant exposure to the allergens is like adding fuel to the fire. Keeping the

patient away from the suspected allergen helps when an external allergen seems to elicit the condition. But this is not always possible. Most of the times it is not even possible to identify the causative allergen.

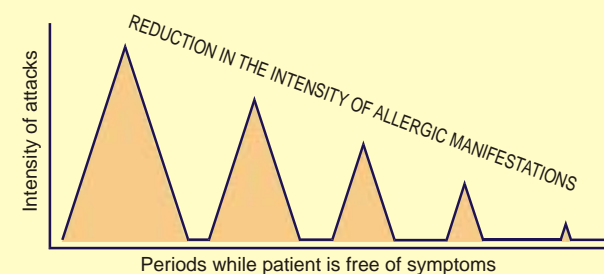
The most practical approach in such situations is TO INCREASE THE BODY'S RESISTANCE so that even though there is a constant exposure to these allergens - the intensity, frequency and duration of the allergic manifestations are gradually but markedly reduced, often to an almost negligible level.

Homoeopathy is universally trusted not to suppress the condition. Rather, it improves the constitution of the person without any harmful side effects.

To see the evidence of this claim two siblings suffering from recurrent attacks of cough and cold may be treated separately - one with Homoeopathy and the other with Allopathic treatment. Invariably it will be observed that the one under Homoeopathic treatment shows a marked reduction in the frequency, intensity and duration of the attacks, whereas the one under Allopathic treatment shows the symptoms of suppression manifested as repeated attacks that often lead to Bronchial Asthma.

'Prevention is better than cure' is an established philosophy. Individuals having strong family history of allergic symptoms can do much better in later years of their lives by taking preventive homoeopathic medication.

Bakson's Homoeopathic clinics offer specific and comprehensive Homoeopathic treatment for allergic disorders. Our products are based on well-established Homoeopathic ingredients - proven for overcoming the distress caused by allergy and subsequent inflammation. They act by a dual action - 1. By alleviating all the five symptoms of inflammation - thereby greatly reducing the discomfort, and more importantly 2. By increasing the body resistance so that the repeated exposure to causative factors elicits markedly reduced intensity, frequency and duration of allergic manifestations. Eventually, with continued therapy, the symptoms tend to wane off completely.



Above graph depicts how Bakson's Homoeopathy helps in lowering the intensity of symptoms (smaller subsequent peaks), in decreasing the duration of the episodes (area under the peaks) and in increasing the time gap between subsequent episodes (horizontal portions of the curve). Eventually the patient acquires enough resistance to remain symptom free despite repeated exposure to the same allergens

# Clinical Manifestations of Allergy

## Skin

Skin is the largest organ, covering the entire body. It is the ultimate vessel for human body; which receives and transports, accepts and expels according to the body's needs.

In addition to serving as a protective shield against heat, light, injury, and infection, the skin also:

- Regulates body temperature.
- Stores water and fat.
- Is a sensory organ.
- Prevents water loss.
- Prevents entry of bacteria.

### ALLERGIC MANIFESTATIONS OF SKIN

Allergic indisposition in an individual can present as widely prevalent skin diseases which at any point of lifetime may alternate with other manifestations of Respiratory, Musculoskeletal or Digestive systems.

### ECZEMA

The word "Eczema" is a Greek word, which means to "boil out".

Basically, the factors combining to cause Dermatitis and Eczema, are ENDOGENIC (internal) which render the skin allergic or vulnerable and secondly the EXOGENIC (external), i.e., the invasion by an allergen through contact, inhalation or ingestion.

Truly speaking there is no eczematous patient, as the exciting factors have to be established. Once the skin has been irritated and sensitized, it becomes prone to further insults. Scratching, chemical trauma, climatic strains and psychogenic stresses keep the process going, with the result that it becomes chronic. In such cases there is usually a FAMILY HISTORY of allergy e.g. Urticaria, Allergic Rhinitis, Asthma etc.

There is a multitude of allergens that cause Eczema. The most common ones are:

- Irritants: Physical, chemical or electrical.
- Sensitizers: Plants, cosmetics, clothing, ointments and occupational hazards, alkalis like soap.
- Climate: Temperature and humidity e.g. photodermatitis.
- Drugs: Given for the disease or otherwise. Systemically administered drugs can produce a number of morphologically distinct cutaneous eruptions.



Macular, maculopapular lesions and Urticaria are the most undesirable effects caused by drugs along with itching, fever, eosinophilia etc.

- Mental and emotional conflicts.

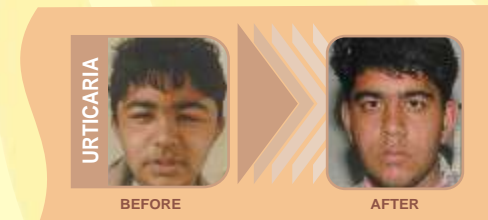
Eczema is an inflammation of the skin which may cause dryness, flakiness, heat and most importantly, itching. It is usually said that in Dermatitis "it is an itch that rashes rather than a rash that itches." It is a pruritic papulovesicular process. First, there is superficial inflammation of the epidermis then there is vesication, which causes mild to severe itching. It then goes through the stages of formation of watery discharge, crusting and finally scaling. Ultimately, it heals without any scars but if the Eczema becomes chronic there is lichenification of the skin, i.e., the skin becomes hard and leathery.

### URTICARIA OR HIVES

Urticaria or Hives are itchy, burning eruptions that appear on the skin as an indication of an allergic sensitivity to various allergens.

The most common allergies are:

- a) Food: Food allergy due to some item that has been consumed within a day or two will give rise to generalized itching, abdominal cramps and loose stools. The common (food) allergens are eggs, nuts, wheat, chocolate, cocoa, prawn, crabs, nuts and food dyes and additives etc.
- b) Sprays and inhalants.
- c) Dust and Pollutants.
- d) Drugs: Many Drugs, vaccines and hormone preparations can precipitate Urticaria.
- e) Physical factors: e.g. cold, heat, pressure, and exertion.
- f) Worms.
- g) Insect bites.
- h) Pollen.
- i) Cosmetics



The development of Urticaria occurs when the body releases histamines into the blood stream or tissues as an allergic response causing widening of the capillaries thereby allowing the plasma to escape through its walls resulting in raised eruptions on the skin surface.

### Symptoms

Urticaria appears as red or white blotches on the skin accompanied by itching and burning. They may disappear as suddenly as they came or they may last for several days.

- Severe itching precedes the attack.
- Eruptions of various sizes usually appear.
- In a few minutes, eruptions may develop, spread, and coalesce to form larger hives.
- Any part of the body may be affected.

## Complications

The most serious complication is the development of giant hives known as Angio-neurotic oedema. This condition appears on eyelids, lips or tongue accompanied by swelling. When the swelling is internal especially in the air-passages it can lead to obstruction in breathing.

## ACNE

Acne is a disorder of the skin, which usually occurs in adolescence especially in people with a strong family history of allergic disorders.

It is the term for plugged pores (blackheads and whiteheads), pimples, and even deeper lumps (cysts or nodules) that occur on the face, neck, chest, back, shoulders and even the upper arms. While not a life threatening condition, Acne can be upsetting and disfiguring. Severe, acne can lead to serious and permanent scarring.

The underlying cause of Acne, which affects approximately 80% of all teenagers, is the increase in quantity of androgens secreted, or increased sensitivity of the sebaceous glands to androgens. These glands are found in areas where acne is common (the face, upper back, and chest). Rarely, Acne can be due to a hormonal imbalance.

Certain foods especially to which the patient is allergic also causes an increase in the activity of the sebaceous glands. The most common offenders are chocolates, nuts, cheese and fatty foods.

## Types of Acne

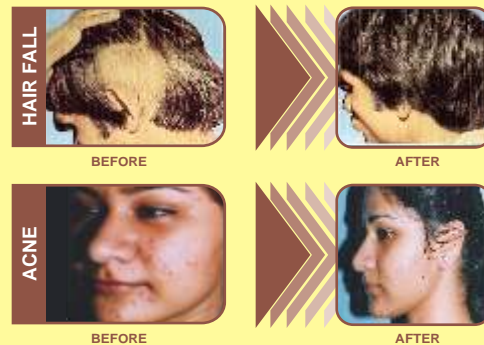
A comedo is a sebaceous follicle plugged with sebum, dead cells from inside the sebaceous follicle, tiny hair, and sometimes bacteria. When a comedo is open, it is commonly called a blackhead because the surface of the plug in the follicle has a blackish appearance. A closed comedo is commonly called a whitehead; its appearance is that of a skin-colored or slightly inflamed "bump" in the skin.

## SEBORRHOIC DERMATITIS/DANDRUFF

Dandruff, or shedding of dead skin cells from the scalp at an excessive rate, is the result of normal growing process of skin cells of the scalp. Dandruff scales appear dry, white or grayish, small, unsightly patches, especially on top of the head.

It has been observed that dandruff is more common in people with a family history of allergic manifestations. In this condition there is diffuse scaling of the scalp. It may be of dry or greasy variety. The condition can spread to other hairy regions of the body e.g. eyebrows, beard, axilla, genitalia etc.

It is triggered by overactive oil glands, food allergies, stress, excessive perspiration, too harsh shampoos and further aggravated by endocrine disorders, unbalanced diet, constipation etc.



## ALOPECIA

At any one time, about 10 percent of the hair on scalp is in resting phase. After 2 to 3 months, the resting hair falls out and new hair starts to grow in its place. This growing phase lasts for 2 to 6 years. Each hair grows approximately 1 centimeter per month during this phase. About 90 percent of the hair on scalp is growing at any one time. It is normal to shed some hair each day as part of this cycle. However, some people may experience excessive (more than normal) hair loss.

Partial or complete loss of hair, most commonly of the scalp occurs as a consequence of genetic or hormonal factors. It may be associated with dandruff. Hair loss may occur without scarring or gross atrophic changes (noncicatricial) or may follow inflammation, tissue destruction or scar tissue formation (cicatricial).

## PIGMENTATION DISORDER

Skin pigmentation disorders are conditions that cause the skin to appear lighter or darker than normal, or blotchy and discolored. A condition called vitiligo, creates smooth, depigmented white spots on the skin. Any part of the body may be affected, but the most common sites are hands, face, trunk and legs. In hyperpigmentation, the body produces too much melanin, causing skin to become darker than usual.

## PSORIASIS

It is a common, chronic non-infectious skin disease whose course is punctuated by intermissions and remissions. Attacks are more common in winters. It has been commonly observed that it is a hereditary familial disease aggravated by stress, mental trauma, physical injury, digestive upsets etc.



Psoriasis is characterized by well defined slightly raised, dry erythematous macules with silvery scales and a typically extensor distribution e.g. scalp, palms, soles, nails etc.

Sometimes parts of the body other than the skin may be affected:

- The joints can be affected by a form of Arthritis.
- One or more of finger or toe nails may develop little pits as on a thimble, or may become generally more opaque and thickened (nail dystrophy).
- The eyes may become inflamed.

Bakson's Homoeopathy provides a safe and effective cure for these allergic manifestations of Skin through it's holistic approach being practiced at all the Clinics

## Diet & Nutrition

- Take nutritious diet.
- Exercise regularly
- Avoid application of cosmetic cream and lotions.
- Avoid fatty food like chocolates, nuts, dry fruits, spicy food etc. which might increase the activity of sebaceous glands.

