

# SUMMER, SUNSHINE... SUNBURN

Screaming skin & aching head -  
Gentle Remedies to the rescue!

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# Summer, Sunshine...

## Sunburn

Whether you are spending the summer at home in the garden, or on a beach at an exotic destination, or if you are enjoying time out on the slopes of snowy mountains during a winter vacation, the joy of outdoor fun can be diminished by unprotected exposure to the sun.

Direct sunshine on bare skin, possibly teamed with the reflection from snowy mountain slopes or the waters of lakes or sea, may increase the risk of you getting sunburnt, and that can easily turn the pleasure into a health concern.

Here's what you can do!

# Prevention is protection!

Preventative measures are likely the most effective steps to take care of your skin!

The risk that unprotected long duration exposure to the sun may pose to our health is frequently underestimated. Even a light sunburn strongly elevates the risk of contracting skin cancer, and overheating the body may cause a serious heat injury that must be considered a medical emergency.



Particularly those with lighter skin colour should limit their exposure to the suns radiation.

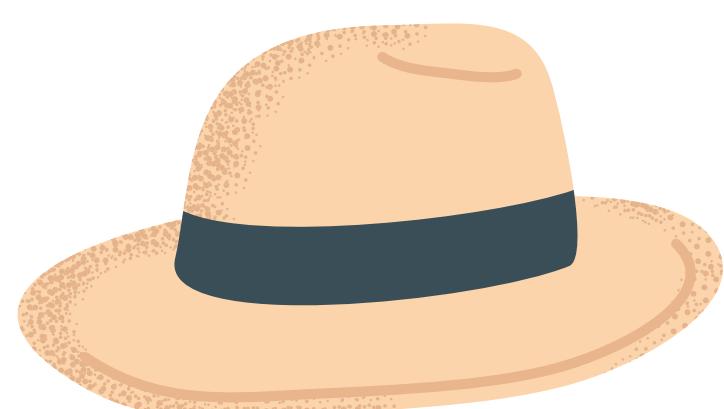
This is especially important during midday, between 11am to 3pm when the sun sits highest in the sky.

Wearing sunscreen on uncovered areas of the skin helps prevent sunburn. However, do keep in mind, that sunscreen only protects from the burning UVB - rays, and that there is little evidence supporting the claim that sunscreen protects against the skin cancer causing UVA - rays.



About 20 minutes of direct daily exposure to the sun shine is sufficient for a healthy sun-bath, For a healthily tanned skin, a gradual increase of exposure is recommended.

The prevention of sun damage to the skin, which not only causes wrinkles, but may lead to skin cancer, requires the reduction of exposure time. Enjoy the summer in the shade, or by wearing a hat and covering up, that way too, can sunburn be prevented!



While it is the least fun approach to take, prevention is probably the most effective measure to avoid damage to our skin and body.

# ...and when it's too late?

When you have already overdone it and your skin screams and screeches? Then it might be time to think of Homeopathy.

## What is Homeopathy?

Homeopathy is one of the complementary or alternative medical approaches. It is a gentle aid to good health!

Homeopathy aims at treating the entire person, holistically, and not just the disease.

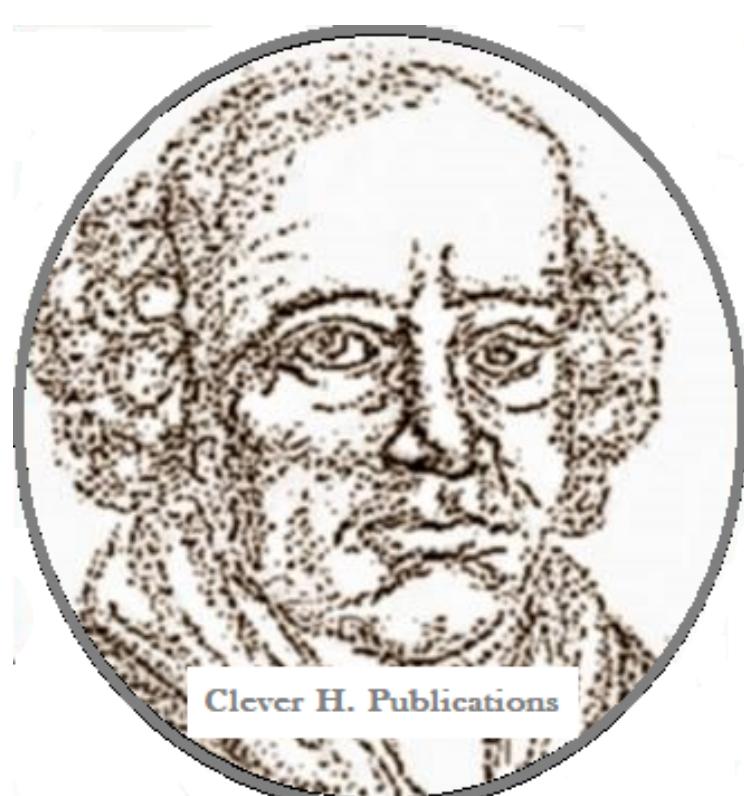


The principle of homeopathy is to treat the symptoms of an illness or disease with a remedy that produces similar symptoms in a healthy person.

Remedies are produced by diluting and rhythmically shaking them. This process makes their action gentle and increases their effect.

Carefully selected, the remedy stimulates the healing abilities of the body and as such promotes recovery.

The founder of this complementary treatment approach is the German Doctor Samuel Hahnemann (1755 - 1843).



# Homeopathic Remedies for Sunburn

*Arsenicum album*: This remedy is indicated where the skin dry, rough and scaly. The skin burns, is swollen and may itch. There may also be a rash, like little pimples. Scratching makes the symptoms worse and increases the pain. It likely feels good to apply warmth to the area of the sunburn.

*Belladonna*: There is an intense redness, throbbing, burning of the skin when Belladonna is indicated. The heat of the skin radiates, can be felt on touching. This sunburn wants to be cooled. Anything that is applied that is warming makes the symptoms worse.

*Calendula officinalis*: This remedy is a fabulous wound healer. The sunburn needing this remedy has a stinging sensation, and there is a feeling of warmth on the affected area. This is a major remedy for scalds and burns that are superficial, as generally are those from sunburn. Calendula accelerates the healing process of the skin.

*Cantharis*: Cantharis is needed where the skin burns, feels raw and has produced blisters. These blisters may itch, but burn when touched. Applying cold to the sunburn sooth the skin.

*Causticum*: This sunburn injured skin is painful and may itch. There is a red-ish rash that prickles like there were many little pins pricking the skin. This is the remedy for when the scars open up again and do not heal very well.



*Hypericum perforatum*: The sunburn that needs this remedy has developed painful blistering. The blisters are small and itch.

*Rhus toxicodendron*: This remedy is needed where there is blistering with burning and itching. The vesicula of this sunburn are large.

*Urtica uhrens*: Sunburn that requires Urtica has a violently itching, stinging, and burning sensation. There may be swelling, numbness, and the sensation of ‘pins and needles’ prickling about the affected area. There may be an emergence of a rash that looks like nettle rash.



# Home remedies to ease symptoms

The actual gel of the *Aloe vera* plant can be bought at many health food stores, pharmacies or stores that have a cosmetics section. This is convenient as it comes in a tube or other container and usually fits into any bag or luggage. Who is lucky enough to have the plant in the garden, can extract the gel and use this. The gel, applied directly onto the burnt skin, helps soothe the pain and symptoms associated with sunburn. This can be applied as and when needed.





*Quark or curd cheese* is an old home-remedy effective in soothing the symptoms of the burnt skin. This soft white cheese is mixed with some milk to form a smooth textured paste that is then thickly applied to the burnt skin. A bandage or a towel can be used to cover the area. An alternative to quark is cream (as in whipped cream).



*Apple cider vinegar* can be applied to sunburn that has not yet formed blisters. This can help soothe the pain and avoids inflammation. Take some cotton wool, soak it with apple cider vinegar and gently dab the affected skin. The soothing effect will take a while to be felt. Repeat as and when needed.

If there is *honey* at the breakfast table, there is a great remedy to sooth sunburn. The honey helps moisturize the skin and prevents inflammation. Dab onto the sunburn and gently spread on the affected area.

If it is the nose that has been strongly burnt by the sun, *lemon juice* can be dabbed onto the nose and left over night. This can avoid the unsightly peeling of the skin on this sensitive area.



# Beware of Heat/Sun-stroke

A frequently underestimated health hazard caused by extended exposure to heat and sunshine is the so called ‘heat-stroke’ or ‘sun-stroke’. This may occur when the body overheats following physical exertion during high temperatures or in a hot environment, or when one has been out in the sunshine for too long.

A heat-stroke is an acute heat injury that requires **immediate medical attention!**

Major internal organs, may become damaged as a result of a heat stroke.

Common symptoms of a heat stroke are dizziness, throbbing headache, fainting, confusion, and even seizures can occur. There is commonly also great exhaustion, nausea, heavy breathing, and an unusually accelerated heartbeat.

# **HEAT STROKE IS A MEDICAL EMERGENCY!**

If you suspect that someone may have contracted a heatstroke, DO NOT HESITATE - CALL AN AMBULANCE OR VISIT A&E!

## **1st aid for heat-stroke:**

In order to alleviate symptoms there are a couple of things you can do, while you wait for the ambulance to arrive.

1. Immediately move the individual with the suspected sunstroke out of the sun into the shade, better into a cool environment.
2. Provide some form of cooling by applying ice packs to the neck, the back, the groin and armpits of the sufferer. Provide an ice bath or a cold shower. You can also pour cold water over the skin, and provide ventilation by fanning air for example.

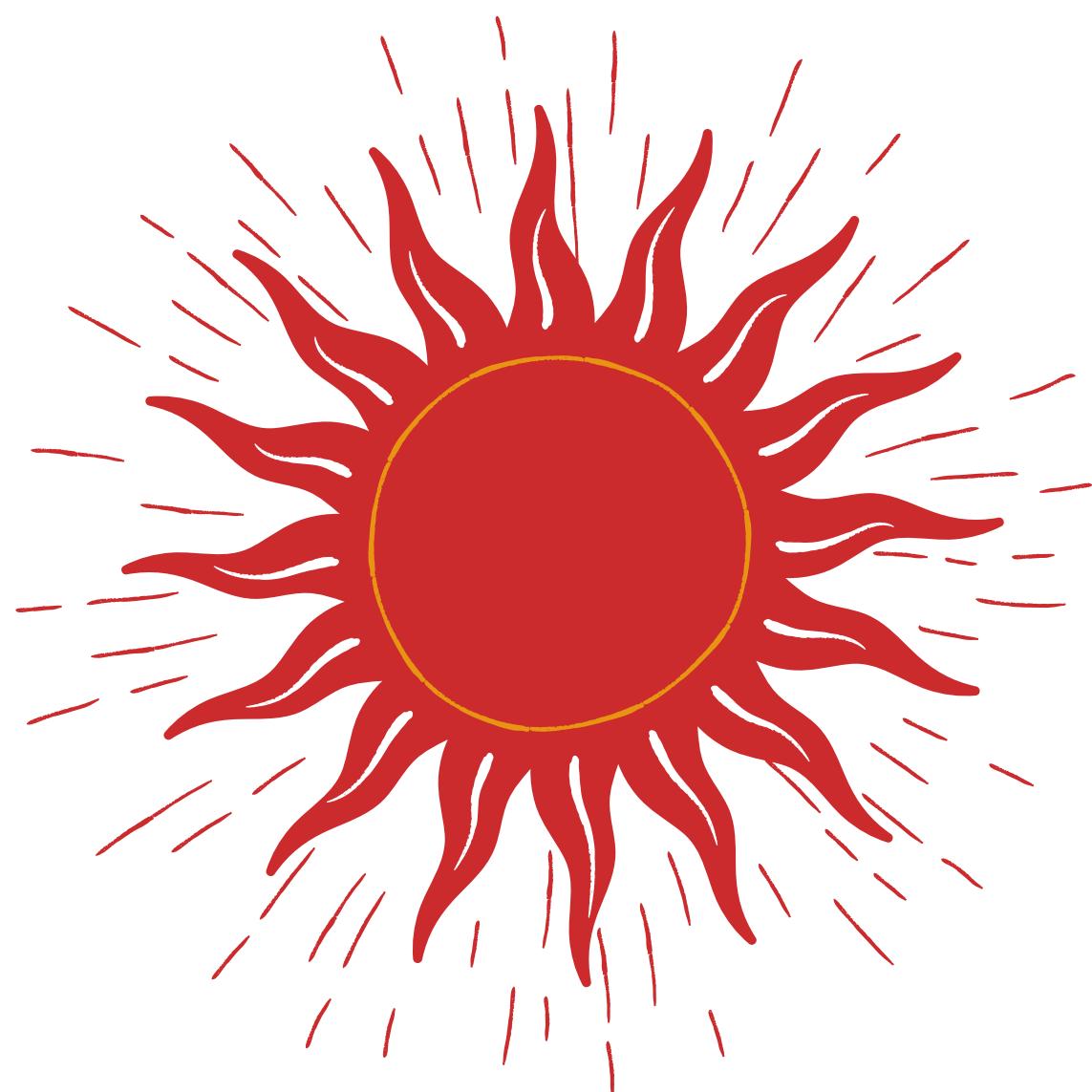
The above mentioned measures will assist in reducing the body's core temperature which, in the event of a heat-stroke, may well exceed 40 degrees Celsius, and will in turn alleviate some of the suffering for the individual. Someone with a heatstroke rarely actually sweats, and his or her skin usually feels dry and hot, this is most probably due dehydration. ***Therefore, it is very important that when out in the sunshine or a hot environment, to keep rehydrating by drinking enough water.***



**Heat stroke is a medical emergency!**

**Visit A&E or call an ambulance!**

Much like with sunburn, prevention is a priority in heat-stroke, and mind you, preventing is easier than handling the sun-stroke.



**PREVENTION avoids the PAIN &  
SUFFERING!**

Avoid the midday sun, and if its very hot, stay inside and go out later, when temperatures have dropped and the sun is not at its highest in the sky! If you must go out and cannot avoid it:

**KEEP DRINKING NON-ALCOHOLIC FLUIDS!** If dehydrated, the body's cooling system breaks down as the body loses its hydration by sweating. **KEEP DRINKING!** The colour of your urine can act as an indicator of how well you are hydrated. The lighter in colour your urine is, the better. If it is dark, you must increase your fluid intake.

Do not exert yourself, physically, as in exercising or undertaking outdoor activities, during the midday hours (11am to 3pm). Avoid the sun and heat during the hottest hours!



# Remedies for Sunstroke

**These remedies can help alleviate symptoms while you wait for the Ambulance or are on the way to the hospital.**

*Aconite*: All sudden, acute affections respond to Aconite. This will calm the patient, will remove restlessness & anxiety!

*Arnica*: When Arnica is needed there is high temperature with redness of the head, but coldness of the body. There is vertigo and a changeable pulse rate.

*Arsenicum Album*: Where there are symptoms of exhaustion, of confusion, and of faintness Arsenicum is indicated. There may also be muscle spasms when this remedy is needed.

*Belladonna*: This remedy is for when there is much heat and pulsation in the head. The pulse is changeable, and there is a sudden onset of palpitations, vertigo and throbbing. There may also be muscle spasms.

*Camphora*: In states of impending collapse this remedy is called for. The pulse is weak and small, and there are vertigo, feelings of faintness and possibly convulsions and spasms.

*Carbo vegetabilis*: This is a remedy for the person who feels worn out by the heatstroke. The vital power is reduced due to the loss of body fluid (dehydration). The pulse is feeble, almost imperceptible. Breathing is heavy.



*Gelsemium sempervirens*: is indicated when there is headache from the exposure to sun. There is dizziness, drowsiness & trembling. The pulse is slow and there may be palpitations.

*Glonoine/Glonoinum*: There are marked symptoms that call for this remedy. Characteristic are pulsation, convulsion, and dizziness. There is confusion, nausea and palor. The blood-pressure shows irregularities, and palpitation comes concomitant with dyspnoea. The pulse is low and feeble.

*Lachesis muta*: Lachesis is indicated for headache, paleness, vertigo, faintness and arrhythmia which appear from the sunstroke.

*Natrium carbonicum*: This is a remedy where there is much exhaustion, vertigo, headache and an inability to think clearly.

*Natrium muriaticum*: With Natrium mur. there is a throbbing, one-sided, congestive headache, that is experienced as of multiple hammers hitting the head. There is fluttering of the heart with an intermittent pulse, and violent palpitation.



# How to take a homeopathic remedy

## Dosage, Repetition & Potency

For self-prescribing, potencies of 6D/X, 12 D/X, 6C, or 30C are safe to use.

The decimal potencies are suited for more frequent administration than are the centesimal ones.

Sunburn & Heatstroke in the acute stage demand the remedy intake as follows: 6 to 8 globules / drops every 15 minutes up to 5 times; then proceed as such: 6 to 8 globules / drops or 1 tablet 3 times a day for up to 3 days

# Where to get homeopathic remedies?

Homeopathic Remedies are widely available for purchase via online pharmacies, in health food stores or directly from homeopathic remedy manufacturers or suppliers. Even many regular pharmacies nowadays have a decent stock of homeopathic remedies

Online search engines will give you the information you need.



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