



From Practice - For Practice

ICHTHYOSIS VULGARIS

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Ichthyosis is a hereditary disorder of keratinization, commencing most commonly in the first year of life. It occurs in two forms:

1. Autosomally dominant ichthyosis is the most frequent and less severe form. It represents the least severe defect in the synthesis of profilaggrin and filaggrin, exhibiting a very dry skin with powdery scales, in some cases occurring with thicker, dark grey to greenish scales or follicular elevations. The hollows of the joints remain unaffected; the furrows of the hands increase in both number and depth.
2. X-chromosomal recessive ichthyosis affects only the male sex, and arises from a deficiency of steroid sulphatase. Its incidence is 1:6000. It exhibits

coarse brownish scaling, with involvement of the hollows of the large joints. There are frequently birth complications and undescended testes. A significant differentiation between the two forms is the fact that, in this form, there is a clear improvement in the state of the skin during the summer.

The syndrome of Refsum is another particular form which manifests between the ages of ten and twenty.

As well as with ichthyosis, we find polyneuropathy, bone anomalies, hardness of hearing and cerebellar symptoms occurring. The cause of this is an increased storage of phytanic acid, with a deficiency of phytanic acid oxidase.

The best treatment is total avoidance of vegetables, butter, fruit and a reduced consumption of animal fats.

For Natural Medicine, particularly Isotherapy, the differences between the individual forms are mostly insignificant. Generally ichthyosis is a disease on which it is difficult to make much of an impression. The individual symptoms may simply be improved. It is of great importance to optimise the balance of unsaturated and saturated fatty acids.

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Suggested treatment:

- 1) During the whole period of treatment, ALKALAN powder: 2 x 1/4 tsp. to be dissolved in warm water and drunk twice daily; CITROKEHL 5-10 drops to be taken twice daily; unsaturated fatty acids as fish-oil capsules in the form of LIPISCOR (5-10 capsules twice daily), and evening primrose oil as Biofrid®-Plus capsules (5 twice daily) to be taken.
Additionally it is advisable to avoid saturated fatty acids, but in their place to take vitamins, e.g. once weekly an injection of VITAMIN B KOMPLEX SANUM N, and an oral dose of Vitamin B2 (10-20mg. daily), plus a daily dose of Vitamin A (2-3000 i.u.). A short-term dose of Vitamin B3(niacin) should also be considered, particularly in cases of diabetes.
- 2) At the same time, start with FORTAKEHL 5X, 5 drops twice daily for 2-3 weeks (a remedy having a strong tuberculine action), then change over to
- 3) SANKOMBI 5X, 8 drops twice daily. Please always follow the pattern 5-2-5-2-5, i.e. 5 days on SANKOMBI, then 2 days on FORTAKEHL, then 5 days on SANKOMBI, and so on.
- 4) Alongside SANKOMBI, prescribe additional oral doses of SANUKEHL Myc. 6X, 5 drops twice daily.