



# Herbal Medicine for Dermatology

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## Abstract

In this paper, I have illustrated the Herbal Vegetable Pharmacy for Skin and Hair diseases. In this way, we can recognize how to develop Herbal Drugs for skin and hair diseases.

**Keywords:** Skin, acne, eczema, psoriasis, leprosy, seborrhea, skin fungus, hair, hair loss prevention, hair growth.

## Introduction

In this paper, I have included the Menu for Cure of hair and skin illnesses from Herbal Method. For these menu, from Dr. Hooshidar's books and research has been rooted.

### Skin

Apply 100 grams of leaves in 2 liters of boiled water in the bath with a sponge and massage the body. It relieves physical fatigue and prevents sagging of the skin.

For loose skin, mix 60 grams of lavender, 30 grams of lily of the valley and 500 cc of apple cider vinegar and leave it for a month. Then strain it and add 500 cc of distilled water and apply it to the face and loose skin. This solution removes skin wrinkles and strengthens the skin and is also useful for thin and delicate skin.

Body scaling: Mix the ash of the sycamore bark with water and use in a poultice.

Lavender cream helps to smooth the skin and remove the red spots under the skin and strengthen it.

How to make Lavender Cream: 100cc distilled water, Lavender 20g, sweet almond oil 30g, pure white wax 20g, borax 1 tsp: Melt

sweet almond oil and white wax with heat, mix the hyacinth in distilled water and boil and smooth. Add a teaspoon of borax to it, then let it dissolve on a gentle heat. Then we put it in the oven and put it in the oven, and then the heat is turned on.

### Acne

Boiled the root of Adam's burdock to thicken, put in a balm on the pimples. Lay the flowers and stems of Irsa (white lily) in fennel sweat and place on the boil. Mix 10 g in 100 cc of boiled water with wheat germ flour and a little salt and put on the face for 10 minutes as a mask. For pimples, mix the whey with the oil of the roses and place it on the pimples.

Place a tablespoon of psyllium seeds in a glass of chicory sweat with a little lettuce and place on the pimples.

To treat boils, 3 grams of Chinese mint plant in 200cc of boiling water and brew for 20 minutes. Wash the pimples with this vegetable. To treat facial acne, one gram of honeysuckle in 200 cc of boiled water should be taken 3 cups a day. For pimples of youthful pride and to disinfect pimples, boil 30 grams of pterygium nut, 5 grams each of anise, basfaj and Shirazi thyme in one liter of water, wash the skin.

## Eczema

For eczema, boil 6 grams of bolag oti in 200 cc of boiling water for 20 minutes and drink a cup a day.

For Eczema, brew 30 grams of thyme, 20 grams of mountain wreath and 20 grams of sage in one liter of water and then wash yourself in the bathtub. For Gangrene, brew 5 grams of chameleon leaves in 200 cc of boiling water for 20 minutes and drink a cup every 8 hours. To treat skin diseases, boil 2 grams of pcan root in 100 cc of water and drink one cup every morning.

To heal old wound, use Abron Kabir lafe poultice with barley flour. To dry chronic wounds, grind 15 grams of Nejbar root, 15 grams of Irsa root, 40 grams of licorice root, 10 grams of Meso, 10 grams of Gnar and 10 grams of oak and boil them in 500 cc of water until the water is reduced by half. Then wash the wound once or twice a day.

## Psoriasis

Boil 30 grams of the leaves in a liter of water and wash the wound once a day.

## Leprosy

For leprosy, the poultice of plantain leaves should be used.

For leprosy, mix asheq gum with vinegar and leave it on the spot.

For leprosy, boil 100 grams of mackerel in one liter of water and wash it.

For leprosy pound amla and eat half a teaspoon of black seeds a day.

One gram of Anagalus in 100 cc of boiled water should be taken 2 cups a day and wash the wounds with boiled water.

Eat 10 pecan seeds with a glass at night for one week in a month and repeat every month.

## Pepsi

7 grams of spring grass and 2 to 3 grams of its eggs should be taken with a glass of milk for 10 days.

To treat pus, put the powder on the wound.

## Seeker

To treat scabies, mix saffron with vinegar and put it on the skin carefully and under the supervision of a doctor.

## Skin fungus

Thyme infusion is antibacterial and antifungal. Brew 3 grams in 200 cc of water for 20 minutes, drink a cup and wash your face with the rest. For skin fungi, boil 2 grams of zenian in 100 cc of water and wash the wounds.

## Hair & hair strengthening

To make hair black, boil 20 grams of Agathi flowers in 100 cc of boiling water for half an hour, strain and add baby soap powder to it and wash your head. To blacken hair, massage 2 grams of Eshga plant in 100 cc of boiled water. Massage the hair with pecan infusion

to blacken the hair.

To strengthen hair roots, boil 50 grams of papaya root in one liter of water, massage the hair with that water, or soak 100 grams of papaya root and 100 grams of nettle in one liter of willow sweat, then heat it on a gentle heat. Smooth and massage the hair. How to prepare item oil: Soak 50 grams of leaves in 100 cc of sweat and then gently heat with 200 grams of sesame or olive oil.

To strengthen and darken the hair, soak 20 grams of oleam in 200 cc of wet nettle sweat, after 2 days, chop it and add 100 grams of sesame oil to it, and then put it on a gentle heat until the nettle sweat evaporates. Massage the hair with this oil. To strengthen the hair, boil 100 grams of wild thyme in one liter of water and massage the head. For hair loss, massage the head with thyme oil. How to prepare thyme oil: Put 20 grams of thyme with 200 grams of sesame oil in a jar and close it tightly. If it is summer, leave it in the sun for 14 days, otherwise, let the jar boil in water for 4 hours. After cooling, cool, filter and use.

## Bald hair

For baldness and hair growth, mix 100 grams of watercress juice with 25 grams of alcohol and massage the hair. For baldness, dissolve 20 grams of chubak in one liter of boiling water and wash your head. Dissolve 20 grams of absinthe in a liter of boiled water and wash your head. Absinthe oil can also be used and massaged on the head, it is useful for baldness. Boil 25 grams of black seed, 25 grams of cloves, 25 grams of Saad and 150 cc of alcohol. Boil in 300 grams of olive oil until the water runs out, then massage the head.

To prevent hair loss, boil thyme and nettle equally in willow sweat and massage the head well before taking a bath. To prevent hair loss and strengthen it, eat lettuce, carrot and a little alfalfa with food. To treat ringworm, infuse 2 grams of absinthe in 200 grams of boiling water for 15 minutes, drink one cup and massage the head with the addition. Washing your hair with pounded mace leaf prevents hair loss. Mix fresh leaves with willow sweat and wash your hair, or boil 100 grams of dry mace leaves in one liter of water and massage your hair.

## Result

From above, it will be understood by herbal methods, some illnesses related to skin and hair illnesses has resolved. As a recommendation, these methods can be used in pharmaceutical and cosmetics methods [1,2].

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Written informed consent was obtained from the patient for publication of this case report and any accompanying images.

## Conflict of interest

The authors have no conflicts of interest to declare.

## References

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