



What Is Prickly Heat ? Its Symptoms, Causes, Treatment With Best Home Remedies.

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SKIN CARE

The ghamories are called prickly heat in English. It is normal to be arrogant in the summer season. Sweat flows through excessive amount of body heat during the summer season. If this sweat is not cleaned during the time, it is dried in the skin of the body, which causes the sweat glands to close and the body starts becoming impaired.

About prickly heat

Prickly heat in scientific language is called miliaria rubra. It is a type of skin disease. In rainy season, most people complain about prickly heat. There are small and red pimples and heat rash on the body of a prickly heat person, which often happens to be itchy. Many times, due to constipation in the stomach, there can also

be an outburst on the body.

Prickly heat often goes on chest, armpits, hands and feet. This disease may seem to any person. People living in hot cities are more prey to it. Prickly Heat In Babies gets more because they sweat more and therefore they need to be very cautious.



Symptoms of prickly heat

- Itching of the body
- Burning sensation in the body
- Red-pink, small grains emerge on the body
- Sweating more
- Prick
- Feeling exhausted



Causes of prickly heat.

People are also complaining of heat exhaustion and irritability in the sun due to prickly heat. Danger can be caused due to prickly heat.



Treatment of prickly heat.

Wear cotton and loose fitting clothes.

Drink plenty of water and take bath

After a while after returning from home, take a shower.

Let the parts of the body feel fresh air.

Apply polythene clay on the body.

Boil neem leaves in water and take bath with this water.

Mix camphor in coconut oil and massage the whole body with this oil.

Home remedies of prickly heat.



Cold Compress - Even after cooling down on the prickly heat-affected area, it is possible to get relief immediately. Wrap some pieces of ice in the cloth and apply it on the affected area. Do this for about 10 minutes continuously. Do this every four to six hours. This will cure prickly heat.

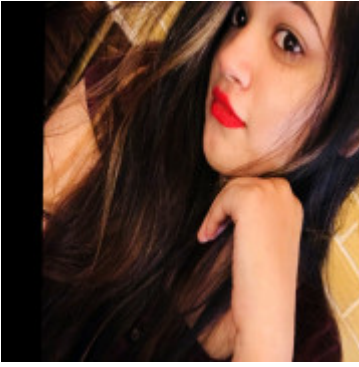


Fuller's clay - Multani clay is also a good home remediation of gourmery. Multani soil cleanses the burning of prickly heat and it also removes itching. For the treatment, add spoonful of rose water to 5 spoons of Mulani soil and apply this coating on the affected area. Make this solution once a day.



Aloevera - Aloe vera is also a great source for gambling. Take the pulp of leaves of aloe vera and place it in the affected place. Leave about 20 minutes and wash after that. Grief will be cured by doing this twice daily.

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About Author:

Vidhi mistry

Dr. Vidhi who has made wholeheartedly contribution to the welfare of many people through Ayurveda is one of the million people who was inspired by her father and her own life incident to choose the correct path in her life. Born in a family of renowned physician Dr. Madan Gulati and Dr. Saras Gulati, she was brought up under the shadow of Ayurveda. This was not just a reason to choose Ayurveda as her career but one of her childhood events also molded her into a true believer of Ayurveda.