

Effectiveness of Emotional Liberation Breathing Technique on Tinea Versicolor

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Abstract

Skin diseases are among the most prevalent conditions in present scenario. There are many reasons behind the occurrence of these conditions such as environmental changes, hormonal changes, lack in physical activities etc. Among all, the most common cause is lack of immunity and hormonal imbalance. Along with this modern lifestyle with lack of physical activity also results in several skin conditions.

In this article, we have discussed about Tinea versicolor which is a skin condition occurring due to fungal infection. In context to treatment for skin conditions, we are always advised to take long termed medication. But in this article we have focused on the significance of emotional liberation breathing technique. It is one of the most prevailing technique, which is continuously being used by many researchers for treatment of various medical conditions. As breathing itself has number of significance on various systems of body. So, ELB has good significance in making skin detoxic and disease free.

Keywords: *Tinea Versicolor; Emotional Liberation Breathing Technique; Immunity; Hormonal Imbalance*

Introduction

Tinea Versicolor is a condition of skin caused by fungal infection. It is generally caused by type of yeast that lives on the skin. When yeast growth starts extending, skin starts becoming worse resulting in rashes later on causing further skin infections. It is not contagious in nature and yeast occurs naturally on the skin. The exact cause of this disease is not known but according to some studies it may be due to hormonal changes, weak immune system, hyperhidrosis, hot climate etc. Tinea versicolor does not affect people of any particular caste, creed or religion. But it is more likely to affect the teenagers and young adults due to continuous hormonal changes [1].

Signs and symptoms

Signs and symptoms of tinea versicolor are appearance of white, pink, red, brown colored patches on the skin. These patches are generally darker or lighter comparing to the skin color. The spots may generally be present on neck, chest, back and arms. The presence of skin patches is due to acidic bleach from the growing yeast that causes different color of the skin. These spots disappear during cool weather and gets worse during hot and humid weather. The patches may be dry and scaly and may cause itching to the person.

Diagnosis

Diagnosis of tinea versicolor is done by inspecting the skin patch with an ultraviolet light, which make the affected area appear like a fluorescent coppery orange color if this condition is present. The other method to diagnose this condition is by taking a small skin patch by scraping some skin and scales from the affected area. After this these patches are being observed under the microscope to rule out the presence of this disease. In small children's this skin patch is taken by wrapping a tape on the affected area and then removing out the tape. Then this tape is being examined under microscope.

Treatment of Tinea versicolor is application of topical anti-fungal ointments and anti-fungal medications. Topical anti-fungals: these products are directly applied to skin in the form of lotion, shampoo, cream, foam and soap. These products keep the growth of yeast under control. These products contain ingredients such as clotrimazole, ketoconazole, miconazole, terbinafine etc.

Antifungal pills are used to treat serious and recurrent cases. These are only recommended under supervision to avail quicker results. After medication person has to be supervised as these medications may have side effects. The chief complaints of person such as itching and pain can be resolved quicker but patch disappearance may take certain time may be some months.

Recurrent episodes of tinea versicolor are very common after terminating the medical management. So, it is advised to the affected person not to discontinue the treatment immediately. Even after the symptoms are abolished patient is advised to take proper care of hygiene and medication once a week which will prevent the reoccurrence of this condition again and again.

Certain tips are given to affected person to manage tinea versicolor:

1. Reducing sun exposure which may trigger or worse the condition.
2. Application of sunscreen lotion for going out in the sun. It is advised to use the product having SPF (Sun protection factor) more than 30.
3. Wearing light fitting clothes.
4. Wearing breathable fabrics such as cotton to decrease the effect of sweating.
5. Avoid using oily skin products.
6. Usage of antifungal shampoo for couple of days prior to sun exposure if person needs to go out in the sun.

Emotional liberation technique (ELB)

(ELB) is a natural technique purely based on breathing to promote good health by removing out all the negative emotions from body and mind. It increases your ability to feel and resolve the effects of past. This helps to eliminate negative effects of these emotions on our mood, thoughts, decisions, relationships, behavior and physical health. By learning this technique to breathe correctly, we can remove out our painful stress and memories. According to other research articles it is based on principle of rebirthing and adds the benevolent energy of Divine mother, the live force of universe [2].

This technique is implemented from about an hour and plus. Throughout the process, you can access and release stored negative emotions and embrace the awareness of love, which is what you truly are. Later on when patient stops breathing they go for sleep [3].

Physiology behind ELB

Continuous breathing for about an hour more is going to increase oxygen levels in the blood as breathing increase the level of oxygen inhaled. Oxygen is a natural pain reliever while sometimes increase oxygen contribution to release of tension by reducing the sensitivity of amygdala and cortisol level and increasing serotonin and melatonin level. This process also decreases the dopamine dependency and different types of addictions.

The aim of this research article is to make the patients suffering from tinea versicolor and general population aware regarding the significant results of emotional liberation breathing technique which plays a very key role in treating respiratory conditions, metabolic conditions, psychological conditions and skin condition. As this condition is mostly due to hormonal imbalance resulting in skin disease. The medical treatment is provided for a longer duration of time as there are many chances of reoccurrence. The emotional liberation breathing technique is a latest advance technique which is working successful for many conditions. This is very helpful in increasing the immunity, strength and endurance of the respiratory tract. After implementing this technique the immunity of the person increases (oxygen travels through your bloodstream by attaching to haemoglobin in your red blood cells. This in turn then enriches your body to metabolize nutrients and vitamins) as well as there is improvement in the hormonal imbalance also. As in this patient is advised to go for continuous breathing for more than an hour resulting in increasing the level of oxygen in the blood. As oxygen is a natural pain reliever decreasing the effect of tension.

The benefits of emotional liberation breathing technique is it detoxifies and release toxins from the body. Releases tension relaxes the mind/body and brings clarity. In addition to this it also relieves pain, massages you organs, increases immune system, improves posture, quality of life, increases digestion, assimilation of food, strengthens the lungs, makes heart strong, assists in weight control and elevates mood [1].

Conclusion

In this study we have focused on the use of emotional liberation breathing technique for Tinea Versicolor (skin condition). As we discussed above, that only medical management is provided to the patient for the relief but again after the treatment there is reoccurrence of the condition in many cases. So, patients are being advised to be on medication even if symptoms have disappeared. But no one has work till yet on increasing the immunity of the body by which the hormonal imbalance will also be normalized. In this study we have made an effort to implement physiotherapy technique for skin condition.

As during our pilot study we come to know that this technique is very helpful in removing the disease from its roots. So, there are less chances of reoccurrence. Before this no study has been doing implementing physiotherapy technique on skin condition as this was the first trial to work on skin conditions. It not only helps in overcoming this problem along with this patient got many other benefits also as there was increased glow on the skin, decrease in weight, increase in digestion power, increase in immunity etc. Future studies could be done on other skin conditions with same technique or with other technique to come up with significant results [4].

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