Njhy;(Skin and Common Diseases)

njhpe;jpUf;fpwNjh> njhpatpy;iyNah> Njhiyg; gw;wpa ek;Kila rpe;jid fUtpypUe;Nj Muk;gpj;J tpLfpwJ. gpwf;Fk; Kd;dNu> fUg;gh rptg;gh> vd;fpw mbg;gil re;Njfj;Jld;> Mh;tkha; gpwf;fpw Nfs;tp> rhFk; tiu mijg; NgZtjpy; njhlHfpwJ.

etehfhPf #g;gH khHf;nfl; cyfpy; /Ng\d; moF vd;W ve;jj; jiyg;gpy; vLj;Jf; nfhz;lhYk; /Ng\pay;> Nyhrd;> rd;\;fPhPk;> tpl;lkpd; cs;s Nrhg;> kha;riu]H cs;s Mrhg; vd;W Vuhskhd mapl;lq;fs; nfhl;bf; fplf;fpd;wd. ,j;jid rpj;jpuq;fSk; tiuaj; ;Njhy;;;; ; vd;w Rth Rj;jkhfTk;> Mnuhf;fpakhfTk; ,Ue;jhy;jhd; KbAk;.

Me;jj; Njhiyg; gw;wp vspa tpsf;fq;fSld; mwpKfg;gLj;j tUk; njhlHjhd; .. ;epy;> ftdp> Njhy; ;

Njhiyf; ftdpj;jhNyNghJk;! cs;Ns ,Uf;Fk; kw;w cWg;Gf;fs; vg;gb ,aq;Ffpd;wd vd;W bjhpe;J nfhs;syhk;. ,sikf;Fk;> Kjikf;Fk; ,Uf;Fk; kw;w cWg;Gf;fs; vg;gb ,aq;Ffpd;wd vd;W njhpe;J nfhs;syhk;. ,sikf;Fk;> KJikf;Fk; ,Uf;Fk; tpj;jpahrq;fis ;RUf;fq;fs;; ; %ykhfj; njspthfr; nrhy;yp tpLk; Njhy;> kw;w Neha;fis ntspg;gLj;JtjpYk; fpl;lj;jl;l xU fz;zhbahfr; nray;gLfpwJ. jpdrhp Kfk; ghHg;gH khjphp> ek;kpy; vj;jid NgH ek;Kila Njhiyf; ftdpf;fpNwhk;?

,d;wpypUe;J ftdpf;f Muk;gpAq;fs;.

mjw;F ,e;jj; gFjp cq;fSf;F cjtp nra;Ak;.

XU Nfs;tpAld; ,e;j gFjpia Muk;gpf;fpNwd;.

,jak;> %is> Njhy; ,tw;wpy; vJ kdpj tho;Tf;F> capH tho;jYf;F Kf;fpakhd mq;fk; vd;W epidf;fpwPHfs;?

,jakh? %isah? Njhyh?

,jakpy;yhj tho;f;ifia (ep[ ,jak;) vg;gb fw;gid nra;J ghHf;f KbahNjh> mNj khjphpjhd; Njhy;!

ek;Kila clypd; (Adults) nkhj;jk; vilapy;> fpl;lj;jl;l 8% Njhy;jhd;. Njhypd; Ntiy> cjypd; cs;SWg;Gfis %bg;ghJfhf;Fk; ;rl;il ; kl;Lky;y> mJjtpu> clypd; ntg;g epiyia rkr;rPuha; itj;jpU;ggJ> bjhLjiy (typahdhYk; rhp> fhjy; tUly; MdhYk; rhp) czHj;jtJ> Rw;wg;gWr; #o;epiyfspypUe;J cliyg; ghJHfhg;gJ> vd;W ePz;L nfhzlNl NghFk; Njhypd; ;nghWg;Gfspy; ; kpf Kf;fpakhd nghWg;g xU kdpjDf;F address jUtJjhd;!

fUg;gh> gsgsd;D> fd;dj;Jy FoptpO;eJ vd;W Mis milahsk; fhl;l cjTk; Kf;fpa KfthpNa Njhy;jhNd?

Njhypd; epwj;jpNyh> juj;jpNyh Vw;gLk; rpd;d khWjy;fs; $l> clYf;Fs; ntW VNjh G+fk;gk; xd;W ntbf;fg;NghfpwJ v;dgijf; fhl;btpLk;!

Njhypd; fl;likg;ig;g gw;wpj; njhpe;J nfhs;tJ> gpd;dhy; ehd; vOkg;nghFk; gy tp\aq;fisg; Ghpe;J nfhs;s cq;fSf;F cjTk;…

1. Nky; Njhy; (Epidermis)
2. fPo;j; Njhy; (Dermis)
3. nfhOg;Gg; gFjp (Subcutaneous fat)

vd;W %d;W Kf;fpa cs;-nujg;Gfshfj; Njhiyg; gphpf;fyhk;!

,tw;wpy; kdpjDf;f Kf;fpa mlahskhd ;epwj;ij; ; nfhLf;Fk; gFjp vJ?

fUg;Gf;F mLj;J vd;d fyH Njhy; kUj;Jt hPjpahf rpwe;jJ vd;W Nfl;Bue;Njd;

re;Njfkpy;yhky; mJ ek;Kila g;uTd; fyH jhd;. Njhy; Gw;WnehNah fUg;Gj; NjhiyAk; g;uTidAk; mz;lNt mz;lhJ.

Cly; KotJk; gutpapUf;Fk; Njhypd;> Fzhjpraq;fs; ,lq;fSf;Fj; jf;fgb NtWgLfpd;wd. cjhuzj;jpw;F> jiykPJ ,Uf;Fk; Njhypd; Nky; epiwa kapw;fw;iwfs; (Hair follicles) ,Uf;fpd;wd. ghjq;fspy; mJ Absent.

cs;sq;iffspYk;> ghjq;fspYk; ,Uf;Fk; Njhypd; jbkd;>[h];jp> mNjkhjphp> tpuy; Edpfspy; ,Uf;Fk; Njhy; Vushkhd euk;G ,iofSld; ,Ug;gjhy;> mjd; njhL czHT kpf mjpfk;> kw;w gFjpfspy; ,Uf;Fk; Njhiy xg;gpLk;NghJ.

kdpjDila taJ Vw Vw> Njhypd; jd;ikAk; khwpf;nfhz;NlapUf;fpwJ. XU Foe;ijapDila Njhy;> nfhOg;ig mjpfkhfTk; (fat layer) nfuhl;bd; vdg;gLk; ghJfhg;G layer I nkypajhfTk; nfhz;bUf;Fk;. TaJ Vw Vw nfhOg;G Fiwe;J> Nky; Njhy; >fPo;Njhy; Mfpait RUq;fp> ,Og;G rf;jp (elasticity) Fiwe;J fhzg;gLk;. NjhYf;Fg; NghFk; ,uj;j Xl;lKk; Fiwaj; njhlq;Fk;. Njhiyg;ghJfhf;Fk; xU tpj ghjfhg;G vz;izj; jd;ikAk;Fiwaj; njhlq;Fk;. Mjdhy; rUF Nghd;w fha;e;j jd;ikAld; Njhy; fhzg;gLk;!

Njhiyf; fz;zhbAld; xg;gpl;Nlhk; my;yth?

Njhiy kw;w Neha;fisf; fz;lwpAk; fz;zhbahf kUj;Jtj;Jiw vg;gb cgNahfpf;fpwJ

Njhy; kw;w Neha;fisf; fz;lwpAk; fz;zhbahfg; gad;gLfpwJ vd;w nrhy;ypapUe;Njd;

Ntdy; fl;b vd;wiof;fg;gLk; clk;G #L rk;ge;jg;gl;ltp\aj;jpypUe;J> mdPkpah vdg;gLk; uj;j Nrhif tiu Njhy;fspy; gpujpgypf;ff;$bait! kQ;fs; fhkhiy fz;fSf;fg;Gwk;> cs;sq;ifapy; jhd; njspthf njhpAk;.

**f;u];l; ( Crust):** ve;j ,lq;fspy; vy;yhk; Njhy; NlNk[; MfpapUf;fpd;wNjh mq;nfy;yhk; Njhd;WtJjhd; f;u];l;. fha;e;j ,uj;jj; Jspfs;> rPo; ,tw;Wld; rpy Njhy; jputq;fspd; cutk;jhd; f;u];l;. ,J vg;NghJk; Njhypd; Nkw;Gwk;jhd; Njhd;Wk;.

**VNuh\d; (Erosion):**  Njhypd; xU gFjpNah my;yJ KotJNkh rpjykie;J fhzg;gLtJjhd; vNuh\d; vdg;gLfpwJ. njhw;W fpUkpfshNyh> mOj;jk; kw;Wk;> ntg;g epiyahNyh Njhy; ghjpf;fg;gLk;NghJ vNuh\d; Vw;gLfpd;wJ.

**khf;A+y; (Macule):** ve;j tbtpYk; tuf;$ba> epwkw;w> 0.4 ,Q;r;f;F Fiwthd Rw;wsT nfhz;l gFjpiaj;jhd; khf;A+y; vd;fpNwhk;. XU nghpa ir]; khf;A+y; khjphp ,ug;gij Ngl;r; (patch) vd;fpwhHfs;.

**ehl;A+y; (Nodule) :** 0.2ypUe;J 0.4 ,Q;R tiu Rw;wsT nfhz;l fl;b - ehl;A+y; vdg;gLfpwJ. rpyrkak; NjhYf;F mbapy; tsu Muk;gpj;J NkNy njhpAk;.

**g];l;A+u; (Pustule):** rPo; fl;b

**];NfH-];fhH (Scar):** ehHky; Njhy; rpy ,lq;fpsy; ehHg;nghUl;fshy; epug;gg;gl;L Fk; khwpapUf;Fk;. ,ij ]fhH vd;fpNwhk;.

,q;Nf nrhy;yg;gl;bUg;git> mbf;fb Njhy; re;jpf;fk; rpy khw;wq;fisf; Fwpj;jit. Neha;fisg; nghWj;J> ,d;Dk; Vuhskhd khw;wq;fs; Njhypy; Vw;gLk;

Njhypy; Vw;gLk; rpy mrhjhuzkhd khw;wq;fisg; gw;wp nrd;w thuk; ghHj;Njhk;. ,e;j thuk;> cyfpy; gpwe;j mj;jid [PtuhrpfSk; mDgtpj;J mt];ijg;gLk; xU Njhy tpahjpiag; gw;wp ghHg;Nghk;.

Itch vd;W Mq;fpyj;jpy; Miof;fg;gLk;> nrhwp> rpuq;fhy;> Vw;gLk; mhpg;G jhd; mU. ,l;r;rpq; (Itching) vd;whNy mhpg;G vd;W jhd; ek;kpy; gy NgH epidf;fpNwhk;. Scratching vdg;gLk; ,hpg;G czHT> J}z;lg;gLtjw;F fhuzkhf ,Ug;gJjhd; Itch mhpj;jy; mjpfkhfp> rpy NgUf;F Njhypy; ntl;Lf; fhzq;fs; $l Vw;gLk;!

XU Njhy; tpahjpapd; rpf;dyhf kl;Lk; mhpg;gig vLj;Jf; nfhs;s KbahJ. Rpy rkaq;fpsy; clypy; Vw;gLk; NtW gy Neha;fspd; ntspg;ghlhfTk; mhpj;jy; ,Uf;fyhk;. ];Nfgp]; vdg;gLk;. njhw;W G+r;rpfs;> tp\ [e;Jf;fb> xt;thik (alergy), ehk; mbf;fb gad;gLj;Jk; rpy urhazg; nghUl;fs; (gpdhapy; Nghd;wit)> mNlhgpf; nlHkil;b]; vdg;gLk; Njhy; tpahjp> KjpatHfSflF ,Uf;Fk; cyHe;j Njhy; Mfpait $l mhpg;Gf;Ff; fhuzkhf ,Uf;ff; $Lk;.

kQ;rs; fhkhiy> <uy; rk;ge;jg;gl;l Neha;fs;> rpWePuf ghjpg;G> yPNfhkh vdg;gLk; tpahjp> ijuha;L rk;ge;jg;gl;l Neha;fs;> lahgB];> Nfd;rH> fHg;g fhyj;jpd; filrp ehl;f;s Mfpait $l mhpg;ig mwp Fwpfshff; nfhz;bUf;Fk;.

Mdhy; mhpg;G fHg;g fhyj;jpy; njd;gl;lhy; mij VNjh mrhjhukhd tpahjpahf vLj;Jf; nfhz;L gag;glj; Njitapy;iy. Jtpu kUe;Jfs; $l rpy rkak; mhpg;ig Vw;gLj;jyhk;. ,J jdpg;gl;l cly; Vw;Wf; nfhs;Sk; jd;ikia nghUj;jJ.

M];g;hpd;> ngd;rpypd;> ghHgpl;fNul;]; Nghd;w kUe;J tiffs; mhpg;ig cz;lhf;ff;$bait vd;W nlHkl;lhyrp];Lfshy; milahsk; fhzg;gLfpd;wd.

mhpg;gij; jLg;gjw;fhd l;hPl;nkd;l; vd;gJ> mJ vjdhy; te;jJ vd;fpw Diagnosis-Ig; nghUj;jJ. XU rpwpa mstpy; mhpg;g ,Ue;jhy;> fhHl;b Nfh];l;uha;L fphPk;f;s> mhpg;igf; Fiwj;J Njhy; tPf;fj;jijAk; jtpHf;Fk;. Kpf mjpf mstpy;> mhpj;jy; ,Ue;jhy; cldbahf Njhy; ey kUj;Jtiu mZFtJ eyk;. Self medication vdg;gLk;; ekf;F ehNk jpl;lk; $lNt $lhJ Njhiyg; nghUj;jtiu!

ntapy; fhyk; Muk;gpj;J tpl;lNy NtHf;FUfspd; (Prickly heat) njhy;iy Muk;gpj;JtpLk;. Clypy; Ruf;fk; tpaHitj;Jspfs;> NjhypNyNa jq;fptpLtjhy; Vw;gLk; Njhy;tpisTjhd; NtHFU my;yJ gphpf;`Pl; vdg;gLfpwJ. mijg; gw;wp njhpe;j nfhs;SKd; tpaHit vg;gb tufpwJ vd;gijj; njhpe;J nfhs;shyhk;.

Njhypy; ,Uf;fk; tpaHitr; Rug;gpsfhy; ntspNaw;wg;gLk; tpaHit> ehsq;fs; my;yJ fhy;tha; vdg;gLk; duct fs; %ykhf Njhypd; Nkw;gFjpf;Ff; nfhz;L tug;gLfpd;wd. kpf mjpfkhd ntg;gj;jpypUe;J cliyAk;> NjhiyAk; fhf;Fk; nghUl;L> Njhypd; Nkw;gFjpf;F mDg;gg;gLk; ,e;j tpaHit> cliy $y; gz;z cjTfpwJ. kpf mjpfkhd ntg;gk; jtpu> gjl;lk;> Nfhgk;> my;yJ Moj;jk; (Stress) fhuzkhfTk; tpaHit Ruf;fyhk;.

tpaHit Kf;fhy;thrp jz;zPhjhd; vd;whYk;> Nrhbak; FnshiuL cg;Gk; NtWgy Ntjpg;nghUl;fSk; mjpy; mlf;fk;. MfNtjhd;> mjpfkhf tpaHit Ruf;Fk;nghJ> ,oe;j jz;zPH kw;Wk; cg;ig <Lfl;l> mjpfkhf jz;zPH + cg;G NrHf;fr; nrhy;fpNwhk;. Nkhhpy; ,J vspjhff; fpilj;JtpLfpwJ. MfNtjhd; ntapy; fhyj;jpy; kw;w ve;j FspHghdq;fisAk; tpl NkhUf;F kTR mjpfk;!

,e;j khjphp Ruf;fg;gLk; tpaHit> NjhypNyNa rpy rkak; jq;fptpLtjhy;> Vw;gLk; mhpg;Gk;> Fj;jy; khjphpahd cWj;jYk; (Prickling) NtHf;Fufis cz;lhf;Ffpd;wd. NtHFUfis cz;lhf;Ffpd;wd. NtHFUfs;> kpfr;rpwpa nfhg;Gsq;fshfTk; ,Uf;fyhk;. Nghpa rpte;j gFjpfshfTk; Njhy; Nkw;Gwj;jpy; fhzg;glyhk;. KJFk;> njhilfSk;jhd; mjpfkhf NtHFUfshy; ghjpf;fg;gLk; gFjpfs; vd;W kUj;jtHfshy; fz;lwpag;gl;bUf;fpd;wd.

cliyf; FspHr;rpahf itj;jpUg;gJk; tpaHit jq;fhky; Jilj;J dry Mf itj;jpUg;gJk; NtHf;FUitj; jLf;f cjTk;> VHfz;b\d; trjpahdtHfSf;f NtHFU tuhky; jLf;Fk; rhjdk;! fhHbNfh];l uha;Lfs; cs;s Nyh\d;fSk;> NtHf;FU tuhky; jLf;Fk;.

tpaHitahy; tUk;NtHFUfisg; gw;wp nrd;w ,jopy; ghHj;Njhk;

ek;kpy;> rpy NgUf;F ,g;nghJjhd; vd;wpy;yhky;vg;NghJk; tpaHj;Jf; nfhz;Nl ,Uf;Fk;. ,e;j mjpf tpaHj;jy; jd;ikf;F i`g;gH`pl;Nuh]p]; (Hyperhidrosis) vd;ghHfs; Njhy; kUj;Jt epGzHfs;.

cs;sq;if (Palms) cs;sq;fhy; (soles) mf;Fs; (Armpits) njhil mbtapWld; NrUk; gFjp (aroin) Mfpaitjhd;> ,e;j mjpf tpaHitf;F mbf;fb MshFk; gFjpfs;. ghjpf;fg;gl;l ,lq;fs; ntSj;Njh> ,sQ;rptg;ghfNth (pinkish) fhzg;gLk;. kpf mjpfkhd ghjpg;G Vw;gLk;NghJ. me;jg; gFjp kpf kpUJthfTk;> nrjps; nrjpshfTk; khwptpLk;. (Fwpg;ghf cs;sq;fhy;fs;)

rpy rkaq;fspy;> xU tpjkhd Jhehw;wKk; ,e;j ghjpf;fg;gl;l gFjpfspypUe;J ntspg;glf; $Lk;. Ghf;Bhpah> kw;Wk; <];Lfshy; ,e;j Jhehw;wk; Vw;gLfpwH. ,e;j <ukhd gpRgpRg;ghd cs;sq;iffs;> cs;sq;fhy;fs; vjdhy; Vw;gLfpd;wd vd;gijf; fz;Lgpbj;J tpl;lhy;> ,e;j mjpfg;gbahd tpaHitiaf; Fiwj;J tpl KbAk;.

nghJthf [{uk; (fever) fhuzkhfNth> gjw;wj;jpd; fhuzkhfNth> ,e;j mjpf tpaHit my;yJ tpaHj;Jf; nfhl;Ljy; Vw;gl;lhy; mJ ehHky; MfNt vLj;Jf; nfhs;sg;gLk;.

mNj rkak; mbf;fb fhuzkpy;yhky; ,e;j khjphp tpaHj;jf; nfhl;LtJ cly; cs;SWg;Gfspy; Vw;gl;bUf;Fk; NehiaNah> khWjiyNah> ntspg;gLj;Jfpw tp\ak; vd;gjhy; cldbahf kUj;Jtiu mZf Ntz;baJ mtrpak;.

,uj;jj;jpy; rHf;fiuapd; msT Fiwe;jhNyh> ijuha;L ghjpg;GfshNyh> tpaHitiaf; fl;Lg;gLj;Jk; euk;Gfs; ghjpg;gile;jpUe;jhNyh> ,e;j tpaHj;jf; nfhl;Ljy; tuyhk;. ,uj;jg; ghpNrhjid %yk; ,ij vspjhff; fz;Lgpbj;Jtpl KbAk;.

mYkpdpak; FNshiuL nrhy;A+\id> ,utpy; G+rpf; nfhs;tJ %yk; ,e;j mjpfg;gbahd tpaHitia (cs;sq;if> fhy;> mf;Fs;) xusT fl;Lg;gLj;j KbAk;. nkj;jpdikd; (methenamine) nrhy;A+\Dk; ,jw;F cjTk;. Jhehw;wj;ijj; jtpHf;f FNshHn`f;]pbd; (chlorhexidine) cs;s ypf;tpl; Nrhg; Nghl;L Fspg;gjd; %yKk; N\t; nra;J mf;Fisr; Rj;jkhf itj;Jf; nfhs;tjd; %yk; ,e;j Jhehw;wj;ijf; Fiwf;f KbAk;.

rpy rkaq;fspy;> tpaHitr; Rug;gpfis mWit rpfpr;ir %yk; vLf;fTk; nrathHfs; ,e;j tpaHj;Jf; nfhl;LjYf;F.

Mdhy; ve;j khjphpahd l;hPl;nkd;l; vd;gij cq;fs; Njhy; kUj;JtHjhd; KbT nra;a Ntz;Lk;.

Njhy; rk;ge;jg;gl;l Neha;fspy; ,d;Wk; vd;Wk; vd;nwd;Wk; ‘jiy’ aha gpur;ridahf ,Ue;J tUtJ jiyKb nfhl;LtJjhd;. TOf;ifj; jiy ahUf;Fj;jhd; gpbf;Fk;?

Kb nfhl;Ltjpy; Mz;> ngz; tpj;jpahrk; ,y;iy. Mdhy; tOf;if jiy ngz;fs; ghHg;gJ kpfTk; mhpJ. Vndd;why; ngz;fSf;Fk;> Foe;ijfSf;Fk; mt;tsT vspjhf Kb nfhl;lhJ. XU Mz; tajf;F te;jTld; mtd; clk;gpy; Mz;l;Nuh[d; vd;w MHNkhd;fs; mjpfkhf Ruf;Fk;. ngz;fSf;F <];l;Nuh[d; Ruf;Fk;. ,e;j ghoha; Nghd Mz;l;Nuh[d; mjpfkhf Ruf;fj; njhlq;Fk; NghJ Kb nfhl;lj; njhlq;FfpwJ. tajhdhy; kl;Lk;jhd;