

Lupus

What to look for

- [Profound fatigue](#)
- Muscle or joint aches
- Skin rash.
- Sun sensitivity.
- Weight loss.
- Nose, mouth, or throat ulcers.
- Enlarged [lymph nodes](#).
- Poor circulation in fingers and toes.
- [Bald patches](#).
- Discoloured urine, or frequent or blocked urination.

Lupus is a disease of the immune system in which the body fights part of itself instead of concentrating on the invaders only. Discoid lupus erythematosus (DLE), causes a skin rash that is particularly sensitive to sunlight. The other kind, systemic lupus erythematosus (SLE), is more serious.

It affects the skin and other vital organs, often causing a raised, scaly butterfly-shaped rash across the bridge of the nose and cheeks that can leave scars if it goes untreated. This type of lupus may also damage the connective tissue in the joints, muscles, and skin, as well as the membranes surrounding the lungs, heart, kidneys, and brain.

This disorder can afflict people on and off and for different periods of time. It's intensity can range from annoying to debilitating.

Causes

The causes for lupus are unknown. All that researchers know for sure is that the disease is associated with abnormalities of the immune system.

Environmental elements, ranging from viral and bacterial infections to severe emotional stress or overexposure to sunlight may help trigger the disease.

You will need to contact your doctor for a proper diagnosis and tests.

Traditional Treatment

Your doctor will no doubt suggest you take a Pain Killer for any pain associated with the joints and a medication for the rashes.

Alternative/Natural Treatments

There are a number of alternative solutions for relieving the symptoms of this disorder.

Dietary Considerations – Researchers suggest to avoid any foods that may cause food allergies.

Try cutting down on red meat and dairy products, and increasing consumption of fish high in omega-3 fatty acids. Alfalfa may aggravate the symptoms so avoid this food.

The following supplements may benefit lupus patients:-

Vitamins [B5](#), [C](#), and [E](#); and preparations of [slippery elm](#) (Ulmus fulva). Beta carotene may help as well. Receive professional advice for suggested dosages.

Personal Care

Avoid sun exposure by wearing protective clothing and sunscreen.

When to seek further professional advice

- You have several of the symptoms listed in the description section
- You have a family history of lupus