

# NATURAL REMEDIES FOR ECZEMA



# Introduction

Eczema is not a single illness, but rather a name for a group of diseases connected due to similar symptoms. Skin rashes and autoimmune disorders can be described in this way.

Usually, dryness appears on hands, elbows, feet, knees, and on the face. Rashes on contaminated areas start to itch and become even more inflamed when scratched. This illness is not infectious, but it is long-lasting.

Moreover, its intensity may change during the lifespan. Some children may overgrow the allergy while others remain highly vulnerable. The current disease can cause additional illnesses. Symptoms and intensity of skin inflammation are specific to each patient.

There is a variety of eczema types. Besides the most popular case, atopic dermatitis, there are about six other disease

variants, different in their methods of treatment and side effects.

All of them should be identified with the help of a specialist to ensure a specific approach for each case. Atopic dermatitis is a most widely spread type of disease. It is common among children and is often associated with asthma and hay fever.

Other types can be triggered by contact with an allergic substance, stress, improper moisturizing, insect bites, temperature shifts, pressure and even genetic predisposition.

Each case is different in its look and side effects. The only common thing for them is that they are types of sore and dry skin that should not be scratched.

There is no single opinion regarding the cause of eczema. According to the latest research, various types of illness are caused by their different principles. Particularly, for the children of eczema-ill parents, the probability of developing the illness is much higher.

The risk doubles in cases where both parents have the illness. Besides that, an impressive list of external sources can affect bodies of vulnerable people and trigger the inflammation.

Sources of danger can be divided into internal and external types. Allergenic chemicals, temperature, food, and dust can cause a skin metamorphosis from outside, while stress and hormonal shifts influence symptoms from within.

Eczema is mostly spread among children. They are more difficult to handle as well. As dermatitis is cured according to the evaluation of causes, the process can be obscured when it comes to a child.

In this case, it is common for grown-ups to minimize the contact of a vulnerable kid with an acknowledged list of triggers of dermatitis. One should pay attention to the time and situation in which a probable physical and mental stress took place.

Eczema is a specific type of disease. For each person, a source of contamination is specific, as well as the place where the rashes appear and their type.

Nevertheless, symptoms may be the same among different people, especially in the case where they are relatives. Its main symptom is itching, and one also may experience various manifestations from slightly irritating to dangerously annoying.

The second case urges an ill person to scratch the infected part of skin until it bleeds, and thus to worsen his/her state of health. The type of skin inflammation can vary. Itching and inflammation either disappear totally or come back in each case of contact with the undesired matter.



It is highly recommended to visit a local doctor to distinguish an eczema type and thus to decide on methods of its treatment.

Conventional treatment of eczema includes a combination of basic steps directed to stabilize the condition of the patient and minimize the effect of illness on the human body. This illness is caused mainly by a specific allergic reaction to an external trigger.

The first step for each person is thus to identify what is causing their disease and minimize unnecessary interaction

with it. One also should avoid the use of substances known as possible dermatitis triggers.

Moreover, it is highly recommended to take special care of yourself; specifically, to humidify the skin, avoid stressful situations and refrain from scratching. Remedies can also be used according to the situation to minimize the inflammation.

Antibiotics are applied to protect persons in cases of extreme skin infections. Antihistamines work for prevention and assist in reducing itching. The corticosteroid-inclusive drugs can be divided into ones for internal and external use.

The external use, in this case, is highly preferred, while the internal use results in a variety of side effects and should be used only in cases of emergency. With certain types of dermatitis, immunomodulators and wet dressing can be used as well.

At the same time, a lack of cure afforded by conventional medicine urged society to address a natural treatment of this illness. In certain cases, long-term homeopathy treatment

can become more productive while presuming a lesser amount of side effects.

Such approach evaluates the personality of a patient, his preferences, mental state and even family issues. There is a variety of products of daily consumption that may positively influence the progression of the disease. They include kimchee, rice, soybean food, and oat.

Additional nutrition with vitamins B, D and E and consumption of iodine-inclusive food can also be useful. Specific bathing ingredients minimize the risk of inflammation by water. In peculiar cases, probiotics positively influence the condition.

Besides that, a variety of home-made recipes revolves around skin moisturizing. Eczema mainly disrupts the skin's process of self-fattening and self-moistening so one may use various oils to recreate the balance.

Eczema cannot be cured. Yet, it can be taken under control to the extent that one barely sees the symptoms. For each



person, there is the inner trigger that makes a disease active; identifying the cause may assist in self-care.

The flow of illness is also individual. At the same time, there is no single opinion regarding the ways of self-care, as both traditional and natural medicine have their own strong and vulnerable sides. In most cases, eczema can be handled under the condition that a source of skin inflammation is unavailable.

## **Types of Eczema**

Do you know which type of eczema you have? There are many types of eczema and those with one type of eczema tend to get another. Some of the main forms of eczema are listed here.

## **Atopic Eczema**

You are born with a genetic tendency to develop atopic eczema, but the environment can also be a possible cause. It is a sign of an overactive immune system.

It is most common in children and signs show up within the early months of life. A vast majority will grow out of this by puberty.

Atopic eczema is becoming increasingly common. Statistics for the United Kingdom alone show us that children of school age make up to 20 percent and adults up to 5 percent of all atopic eczema sufferers.

In this case, the body produces vast quantities of the protein IgE which is a protein that acts on behalf of the protective cells of the immune system. It causes allergic reactions.

We all have this protein but with atopic eczema much more is produced due to the heightened sensitivity to certain substances either by touch, by consuming certain foods and fluids and by inhalation and breathing airborne particles.

The problem is due to the immune system being overactive which leads to inflammation of the skin. With atopic eczema you may develop irritant contact eczema as well and be predisposed to hay fever and asthma.

The most common allergens found in those with atopic eczema are house dust mites or bed bugs as they are better known, pollen, pet fur, skin and feathers.

Other allergens include yeasts found on the body and foods such as cow's milk, soya, wheat, nuts and eggs.

Ideally, find out what you are allergic to and avoid it at all costs. Have a blood test to help diagnose causes.

Flareups will show themselves in the form of dry hot and itchy skin around the neck, knees, wrists, face and eyelids.

## **Asteatotic Eczema**

More common in older people, normally found on the leg, it results in a red itchy appearance.

## **Discoïd Eczema**

All age ranges tend to suffer from discoïd eczema, but it is found mainly in older men. Adults tend to react to stress and alcohol in excess. In children and younger people, it is common in those with a tendency to atopic eczema.

## **Seborrhoeic Eczema**

Mainly found in adults where there are large areas of sweat glands in the body. It is caused by too much pityrosporum, which is a harmless yeast formed in the body. An anti-yeast treatment will help.

It is found mainly on the scalp, face, armpits and groin due to the larger number of grease glands. The condition can vary from mild where there is flaky skin to severe where the skin becomes itchy, oily and inflamed.

For scalp problems, anti-yeast shampoos can help to control it. For severe cases, coal tar shampoos and selenium shampoos are often used.

Babies are prone to this form of eczema in the form of cradle cap on the scalp and the folds of the skin. As their skin is so delicate you need to be sure of the products used. Some recommended products include emollient creams, antifungal creams and steroid creams.

Aqueous cream mixed with salicylic acid can help soften hard scaling from cradle cap. Wash this out afterwards with shampoo specifically for your baby. A natural alternative is to rub olive oil on the scalp. this is a traditional remedy that has been around for years.

## **Irritant Contact Eczema**

This is very common and is caused when there is contact with a substance that triggers hypersensitivity followed by an allergic reaction due to the skin being irritated.

Those with occupations that require the hands to get wet repeatedly such as hairdressers, food workers, cleaners, those that handle food, nurses and health workers are the main groups who suffer from irritant contact eczema.

This is due to constant contact with certain substances and chemicals found in everyday products that we use around the house and in the workplace.

Around 85 percent of the culprits are soap, detergents and food. Bleaches, rubber, skin medications, hairdressing chemicals and perfumes are particularly common causes along with paints and many products used for craft making such as glues.

It is unrealistic to try and avoid many of these problems as they are in the workplace and everyday tasks, so it is advisable to use protective gloves. As the rubber in most of these gloves can make it worse, you should use the gloves with cotton inners or buy a separate pair of thin breathable cotton gloves to wear inside the rubber gloves. This will help and avoid excessive sweating as well which can happen when wearing the rubber gloves for a long time and lessen the chance of an outbreak.

The appearance is the same as normal eczema and it is treated the same as allergic contact eczema. Keeping the hands moisturized to avoid as much cracking and splitting of the skin is important. Try to find organic, chemical-free barrier creams as steroid creams have been known to make eczema worse in some people.

## **Allergic Contact Eczema**

You can have a patch test to determine possible causes if you are prone to any of these irritant issues.

The immune system identifies certain substances that touch the skin as a foreign body and the skin reacts to these. Symptoms include weeping, itching and redness on the skin surface. Symptoms normally occur around the immediate area of contact and then spread as the immune cells start to go to work.

It is important to observe the symptoms at the onset as you can better determine the cause and avoid it in the future. There are products we use in our everyday lives that we are unaware of. Just a few of these are listed below with a sample of what they are used for:



## **Those you may be aware of:**

Perfume -

- Nickel - jewelry, studs on trousers, bra clips, butterfly earring backs
- Plants - allergic reactions caused by touch and breathing as in hay fever

## **Those you may not be aware of:**

- Rubber - some of our clothing and shoes contain rubber and other chemicals
- Epoxy resins - hobby craft adhesives
- Colophony - used for plasters
- Paraphenylenediamine - some henna products and hair dyes that are black
- Potassium dichromate - leather products
- Cetearyl alcohol - emollient creams
- Neomycin - antibiotic
- Fusidic acid - antibiotic
- Steroid creams - hydrocortisone
- Lanolin – moisturizer

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