

Dry Skin

What is Dry Skin?

Although dry skin is not generally a serious condition, it may be uncomfortable, leaving the skin looking unsightly. When the condition is serious or severe, it is called *ichthyosis*.

Signs and Symptoms

Dull looking, scaly and flaky skin, with fine lines and wrinkles; the skin feels unusually tight and uncomfortable, especially after washing; itchiness; a grey, ashen skin is evident in people with a dark complexion. Exposed areas of skin, like hands and face, are mostly affected. Chapped and cracked skin are signs of severely dehydrated skin.

What Causes Dry Skin?

There are many factors that may contribute towards dry skin:

Environment: long-term exposure to extremes of high and low temperatures.

Air-conditioners and heaters: these reduce the moisture present in the air, and contribute towards skin dryness.

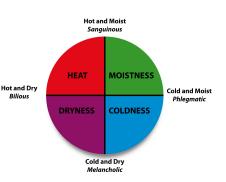
Hot baths and showers: taking baths and showers in very hot water for long periods of time causes skin dehydration.

Harsh soaps and detergents: these strip natural oils from the skin.

Medications: dry skin may result from side effects of certain medications.

The Tibb View of Dry Skin

According to Tibb, dry skin is associated with **dryness with coldness**, as the skin lacks moisture. Most peoples' skin becomes thinner and drier with age because of a natural increase in cold and dryness qualities. Dry skin is more prevalent in people with a melancholic dominant/sub-dominant temperament, with people with a melancholic/bilious temperament being at greatest risk due to their inherent qualities of dryness.



Management of Dry Skin

Treatment and management is aimed at **reducing the excess dryness with coldness** associated with dry skin, by implementing Tibb Lifestyle Factors that **increase the qualities of heat and moistness**. This assists Physis in addressing both the symptom and the causes of dry skin.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods -** such as sweet potato, banana, almonds and brown bread, **followed by Cold & Moist foods -** like butternut, carrots, pumpkin seeds and rice.
- Eat less of Hot & Dry foods such as bittergourd, grapes, chickpeas and cinnamon, and the least amount of Cold & Dry foods like beef, tomatoes, lemon, peanuts and beans.
- Eat a balanced diet that includes vegetables, fruits, grains, seeds, and nuts raw wherever possible.
- Consume plenty of yellow and orange vegetables. (These are high in beta-carotene, a precursor of the skin-improving vitamin A).
- Drink at least two litres of water every day to keep the skin well hydrated.
- Do not drink soft drinks or eat sugar, chocolate, potato chips, or other junk foods.
- Avoid regular or excessive alcohol and caffeine intake.

Other Lifestyle Advice

- Always moisturise the skin after cleansing. Apply pure olive or almond oil liberally to the skin.
- Avoid cigarette smoking, and exposure to second-hand smoke.
- Avoid harsh soaps, cold creams, or cleansing lotions.

Herbal Remedies

- Mash two ripe bananas. Add two tbsp of honey. Mix well. Apply on dry skin. Leave it for 20 min. Wash off with warm water.
- Take one tablespoon of aloe juice in a glass of water daily.

Cold & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

Cold & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice					
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
all small bird	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

Hot & Moist Foods

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buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran	
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks	
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli	
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas		1	vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)				nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						