

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.

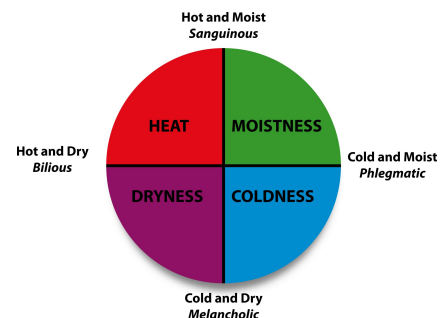
Hot baths and showers: taking baths and showers in very hot water for long periods of time causes skin dehydration.

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 moisture**. 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.

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 meat	bitter melon	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and bitter flavourants	chilli sauce			spicy dishes		
	celery	grapes		hazel nuts			chickpeas	cinnamon		grape juice				mustard sauce	
	green pepper			pecan nuts			fenureek seeds	cloves, garlic		herbal teas				peri-peri sauce	
	leek			walnuts			gram flour	green/red chilli		(see herbs)					
	onion						mustard seeds	fenureek							
	red pepper						papad	lavender							
	yellow pepper							nutmeg							
										oregano					
										paprika					
					parsley										
				rocket, rosemary											
				saffron											
				tarragon											

Hot & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes	
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				vermicelli		nutri-k
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)						
turkey	turnips			wheat	fresh cream		marjoram							
				macaroni			mint, sage							
				dill seeds			soya sauce							
					thyme, turmeric									
					watercress									
					white pepper									