



Eczema or Atopic Dermatitis

What is Eczema?

Eczema is an itchy inflammation of the skin. It is a chronic disorder which may be associated with asthma or hay fever.

Signs and Symptoms

Red to brownish-gray colored patches form on the skin, most commonly in the skin folds; thick, cracked or scaly skin; severe itching, especially at night; small, raised fluid filled bumps appear when the skin is scratched.

Complications

Scratching frequently results in the skin becoming hard, leathery, raw, darker than normal, and permanently scarred; infections can appear on the skin. Scratching can also result in open sores developing, which are sensitive to the touch, and susceptible to infection. Eczema may affect the eyes, resulting in itching in and around the eyelids. This may lead to permanent eye damage.

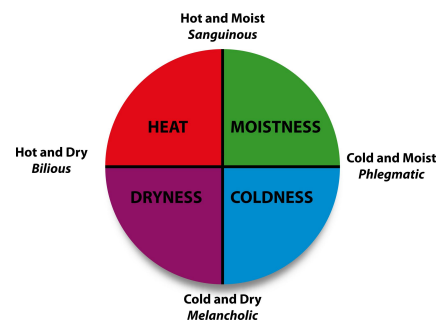
What Causes Eczema?

The exact cause of eczema is unknown, but its predisposition is thought to have a hereditary or temperament component. Stress and other emotional disorders may worsen eczema. Eczema is more common in children.

The Tibb View of Eczema

Eczema is linked to qualities of **heat with either dryness or moistness** as it is an inflammatory skin condition which present with itchy skin either associated with dry, scaly skin, or the presentation of discharge through damaged skin. Eczema may affect children of any temperament. The presentation of the eczema often differs according to the temperament.

Melancholic children present with dry flaky skin, phlegmatic/sanguinous temperamental combination are more likely to develop “wet” eczema, and bilious children present with red, raw and highly inflamed skin.



Management of Eczema

Treatment and management is aimed at **reducing the excess qualities** associated with eczema, by implementing Tibb Lifestyle Factors that will either **increase the qualities of cold and moistness** in patients with symptoms of **excess heat and dryness**, and **cold and dryness** in patients with **excess heat with moistness**. This assists Physis in addressing both the symptoms and the causes of eczema.

Tibb Lifestyle Factors

In Eczema associated with qualities of heat with dryness:

Food and Drink

- Eat **mostly Cold and Moist foods** - such as cucumber, watermelon, carrots and broccoli, **followed by Cold and Dry foods** - like yogurt, citrus fruit and coconut oil.
- Eat **less Hot and Moist foods** - such as ginger, white flour products, cheese and sugar, and the **least amount of Hot and Dry foods** - like eggs, fish, walnuts and garlic.

In Eczema associated with qualities of heat with moistness:

Food and Drink

- Eat **mostly Cold and Dry foods** - like yogurt, citrus fruit and coconut oil, **followed by Cold and Moist foods** - such as cucumber, watermelon, carrots and broccoli,
- Eat **less Hot and Dry foods** - like eggs, fish, walnuts and garlic and the **least amount of Hot and Moist foods** - such as ginger, white flour products, cheese and sugar.

Additional dietary Advice for Eczema associated with both heat with dryness and heat with moistness

- Avoid cashew nuts, pecan nuts, peanuts, cheese and other dairy products, pickles, processed meats, chocolate, wheat, strawberries, fats and fried foods.
- Try a gluten free diet for six weeks. Slowly reintroduce gluten foods one at a time back into your diet, and note any changes.
- Drink Rooibos tea (without milk and sugar). This has cooling properties and is rich in antioxidants.
- Avoid simple sugars and white flour products. Opt instead for brown variants and use honey, xylitol or Stevia to replace sugar.
- Camomile can be taken internally, as it strengthens and calms nerves. It can be used as well as on the skin to reduce skin inflammation.

Other Lifestyle Advice

- Use non-perfumed moisturising lotions for bathing, such as aqueous creams or Episone-E. Add a half cup of boiling water to five Rooibos teabags, add to Episone-E lotion, and apply to the affected skin as a moisturiser. This helps reduce itchiness and inflammation. A tablespoon of honey can be added.
- Keeping the home humidified helps relieve symptoms of eczema linked to heat with dryness.
- Taking fewer showers and baths reduces the loss of the natural skin protective oils.
- Take measures to keep the colon clean. Use regular enemas to help rid the body of toxins.

Herbal Remedy

- Drink two to three tablespoons twice daily of pure Aloe Vera juice. This can also be applied directly over the skin.

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		hazelnuts			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									
												oats		
												puffed wheat		
												taystee wheat		
												weetbix		