



# Eczema

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# Eczema

Eczema has become one of the common skin diseases in today's times. The etiology can be multi-factorial. That is not the purpose of this blog. I will try to explain some natural solutions, that can help you with this chronic skin condition. But, if you want to find a permanent solution, a detailed consultation with me, or if you already have another homeopath you trust, can give you great results. But, first, let's look at some of the natural solutions that have helped my patients as well as so many people who have used them.

A deficiency of Vitamin A is often associated with several skin disorders, including eczema. Since Vitamin A enhances the maintenance and repair of skin tissue by acting as an antioxidant, it helps to protect cells from free radical damage. You can find good sources of Vitamin A in fish liver oils, asparagus, broccoli, carrots, apricots, kale, papayas, pumpkin and yellow squash.

I often prescribe B-complex vitamins as anti-stress vitamins. Vitamin B helps in the growth and maintenance of the body, especially the skin. The richest food sources of B vitamins include brewer's yeast, rice bran, wheat germ, eggs, whole grains, broccoli, spinach and other leafy green vegetables.



Vitamin C is another powerful antioxidant that improves skin health and minimizes the effects of eczema. It has the ability to combine with toxic substances in the body and help remove them. You can find Vitamin C in all types of citrus fruits, berries and green vegetables.

Vitamin D is another powerful antioxidant. My patients have found it particularly helpful with the itchiness, dryness and redness that so often accompanies their eczema. Food sources of Vitamin D include fish liver oils, eggs and dairy products.

Finally, I highly recommend increasing your intake of Vitamin E. Used in many topical treatments for eczema, vitamin E really does improve the skin's appearance. It helps to reduce soreness and dryness by moisturizing the skin internally. Also an antioxidant, it works to prevent cellular damage from free radicals particularly significant for eczema sufferers. You can find Vitamin E in dark green leafy vegetables, cold pressed vegetable oils, seeds, nuts and whole grains.



# Homeopathic Medicines

The homeopathic remedy, ARSENICUM ALBUM, is usually prescribed for someone who's eczema is so itchy that the sufferer scratches the area until it's red, raw and often burning. The person also feels physically weak and cold. The sufferer also has many fears and anxieties and is prone to restlessness. Symptoms are worse after midnight, when getting wet or when cold. Symptoms are improved in warm rooms.

The person usually in need of the homeopathic remedy, SULPHUR, is prone to skin disorders in general. The eczema is intensely itchy, has eruptions that ooze foul-smelling pus and the patient may scratch until the point of burning and bleeding. The eczema tends to worsen when exposed to wool, in warm settings, while bathing, at night and around heat. The condition improves with cold water applications. The areas that are most commonly affected are those that typically sweat; including the feet, the face, the knees, and the hairline. The personality here although often intellectual, may be lazy and unconcerned with appearance.

I will prescribe the homeopathic remedy, GRAPHITES, to eczema that shows pronounced red, itchy spots that produce honey-like pus. The patient's skin tends to be coarse, thickened and cracked, especially on the heels. The eczema is worse with heat and at night. Cold compresses usually improve the eczema.

Lastly, NATRUM MURIATICUM, is indicated when the eczema has small and itchy blisters that produce a caustic pus, making the affected area raw. The person will be very thirsty and crave salt. Emotionally, there is unresolved or suppressed grief, and yet the person does not like consolation when sad. Symptoms are worse around warmth, during menstruation, and when eating salt.

# Small Remedies

Ars sulph flavum

Morgan nosode: Infantile

Morgan bacillus: Young children; moist type with scratching, exudates on its face & bleeds after the failure of Graph, Psorinum, Medorrhinum

Croton tig

Insulinum: Eczema with chronic liver trouble; Allergic Eczema

Cocculus ind: Nervous type

Vinca minor: Drainage remedy

Tarentula hisp: Chronic dry eczema, with itching & burning, after Ars & Sulph have failed.

Antimonium Crudum: Eczema with gastric derangements. Pimples, vesicles and pustules. Urticaria, measles like eruptions. Scaly, pustular eruptions with burning and itching worse at night.

Astacus fluviatilis: Urticaria.-Nettle-rash over whole body. Itching. Crusta lactea, Erysipelas, and liver affections with nettle-rash.

Bovista: Urticaria on excitement. Eczema moist: Formation of thick crusts. Pimples over the entire body; scurvy; herpetic eruptions. Pellagra.

Cornus Circinata: Vesicular eruption associated with chronic liver disease or aphthous stomatitis. Vesicular eczema of face in infants.





**Croton tiglium:** Pustular eruption, especially on face and genital with fearful itching. Vesicular erysipelas. Herpes zoster, smarting pain of the eruptions. Diarrhoea and skin affections alternate with each other.

**Dolichos:** Intense itching .Herpes zoster Often associated with liver problems.

**Dulcamara:** Herpes zoster, Pemphigus. Vesicular eruptions, Little boils, urticaria, brought on by exposure or sour stomach. Humid eruption on face, genitalia, hand etc.

**Iris versicolor:** Herpes Zoster, associated with gastric derangements. Pustular eruptions, Psoriasis; patches with shining scales. Eczema with nightly itching.

**Juglans cineria:** Red eruptions like flush of scarlatina. Jaundice with pain about liver and right scapula. Pustules. Eczema, especially on lower extremities, sacrum & hands. Erythema and erysipelatous redness.

**Skatol:** Acne with autointoxication dependent upon intestinal decomposition.

**Triosteum perfoliatum:** Itching welts. Urticaria from gastric derangements.

**Arbutus:** with Gout

**Fraxinus americana:** Infantile

**Oleander:** Scalp

**Viola tric:** Childhood, scalp involved

**Urea:** Gouty areas with eczema

**Skookum chuck:** Dry skin, dry eczema

# Herbal Solutions

- Identify personal triggers such as certain foods, skin irritants and allergens that are affecting your symptoms. Also important is keeping your skin cool and moisturized. Try to avoid hot baths and showers, harsh soaps and try to reduce scratching effected areas of the skin.

The following topical herbal remedies should help act as palliative treatment while homeopathy can treat and cure the underlying cause of the eczema itself.

- Chamomile topical creams are wonderful at working to relieve inflammation and suppress an overactive immune response. (Research shows chamomile cream is nearly as effective as 0.25-percent hydro-cortisone cream). Search for a cream with Chamomile to relieve the burning or itching associated your eczema.
- Chickweed cream also has similar effects to topical hydro-cortisone. Chickweed cream helps cool the itching and helps to promote healing. Creams containing the plant St. John's wort also have anti-inflammatory benefits as well as anti-bacterial effects. I suggest using a cream containing five percent St. John's wort standardized to contain 1.5 percent hyperforin and use twice daily.

