

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

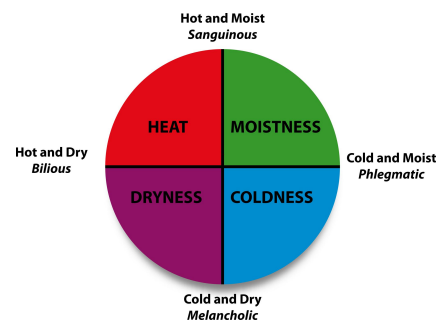
Scratching frequently results in the skin becoming hard, leathery, raw, darker than normal, and permanently scarred; infections can appear on the skin. Scratching can also result in open sores developing, which are sensitive to the touch, and susceptible to infection. Eczema may affect the eyes, resulting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



Treatment and 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 Factors

- 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.

Medication

Herbal Remedy

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

Tibb Medication

Livotibb tablets - This regulates the function of the liver, so help it clear the body of metabolic toxins.

Haemoclear syrup - This acts as a blood purifier.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

| | |
|--------------------------------------|--|
| MEATS | beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal |
| VEGETABLES | brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes |
| FRUITS | (all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas |
| NUTS | peanuts |
| GRAINS & SEEDS | barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds |
| DAIRY PRODUCTS | egg white, sour milk, yogurt |
| OILS | coconut oil, corn oil, sesame oil |
| SPICES, HERBS & SEASONING | basil, prunes, poppy seeds, tamarind |
| DRINKS | sour fruit juices, tea (black), coffee, ice, sour milk |
| FLAVOURANTS | |
| CONDIMENTS & SPREADS | balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar |
| CONFECTIONARY & DESSERTS | |
| CEREALS | cornflakes, mielie meal, millet |

COLD & MOIST FOODS

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|--------------------------------------|--|
| MEATS | Duck, rabbit |
| VEGETABLES | Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini, |
| FRUITS | Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon |
| NUTS | Macadamia nuts |
| GRAINS & SEEDS | Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed |
| DAIRY PRODUCTS | Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine |
| OILS | |
| SPICES, HERBS & SEASONING | Cardamom, coriander, cumin, vanilla |
| BEVERAGES | Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos |
| SWEETENERS | Fructose, glucose, rose syrup |
| CONDIMENTS & SPREADS | |
| CONFECTIONARY & DESSERTS | Custard, ice cream, rose syrup, sago |
| CEREALS | Pronutro, rice crispies |

HOT & DRY FOODS

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|--------------------------------------|--|
| MEATS | Chicken, lobsters, prawns, all small bird meat, Oily fish |
| VEGETABLES | Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper |
| FRUITS | Avocado, Grapes |
| NUTS | Cashews, hazel nuts, pecan nut, walnuts |
| GRAINS & SEEDS | Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad |
| DAIRY PRODUCTS | Eggs |
| OILS | Mustard Oil |
| SPICES, HERBS & SEASONING | Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon, |
| BEVERAGES | Alcohol, Grape juice, Herbal teas |
| FLAVOURANTS | Pungent and bitter flavourants |
| CONDIMENTS & SPREADS | Chili sauce, mustard sauce, peri-peri sauce |
| CONFECTIONARY & DESSERTS | |
| CEREALS | |

HOT & MOIST FOODS

| | |
|--------------------------------------|---|
| MEATS | Buck, goat, goose, lamb, liver, mutton, turkey, |
| VEGETABLES | Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips |
| FRUITS | Bananas, dates, guavas, mangoes, peaches, papaya, |
| NUTS | Almonds, brazil nuts, pistachios, apricot kernels |
| GRAINS & SEEDS | Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat |
| DAIRY PRODUCTS | Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin, |
| OILS | Castor oil, olive oil, sunflower oil |
| SPICES, HERBS & SEASONING | Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper |
| BEVERAGES | Green tea, hot water, juices (see fruit), Herbal Teas |
| FLAVOURANTS | Honey, molasses, sugar, salt |
| CONDIMENTS & SPREADS | Mayonnaise, |
| CONFECTIONARY & DESSERTS | Biscuits, cakes, chocolate, liquorice, vermicelli |
| CEREALS | All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix |