



SKIN DISEASE ECZEMA: ITS VARIOUS ASPECTS AND TREATMENT MODALITIES

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ABSTRACT

Skin is important organ of human body and it play great role towards the protection of internal organs from the adverse environmental conditions, skin composed of two layers outer layer epidermis and inner layer endodermis. These two layers facilitate excretion of sweat and other waste products through blood vessels and sweat glands. When these systems get affected by microbial infection, contact of infected substances to the skin layers or due to the allergic reaction; then some abnormal symptoms appeared over the outer skin layer such as; skin lesion (patches), burning sensation and itching, this abnormal condition is called Eczema which also involve pruritus and red colored spot. This article overviewed general aspect of Eczema.

KEYWORDS: *Eczema, dermatitis, epidermis, topical, skin patches.*

INTRODUCTION

Eczema is a common skin disorder and large number of population is affected with this disease world widely, in this disease the ability skin vessels to bear pressure of noxious substance decreases due to which these vessels becomes more sensitive for a particular substances and this over sensation leads inflammatory responses towards the skin layer; dermatitis and consequently eczema. The substances used over skin for various purposes such as; cosmetic items, soap, cloths, perfume, body lotions, powder, oil, dyes, hair colour, face wash, face cream, shampoo, conditioner and topical preparations does not affects skin adversely in general condition, but in Eczema due to the contact dermatitis skin get affected after come in contact with such substances which further causes edema & burning sensation.

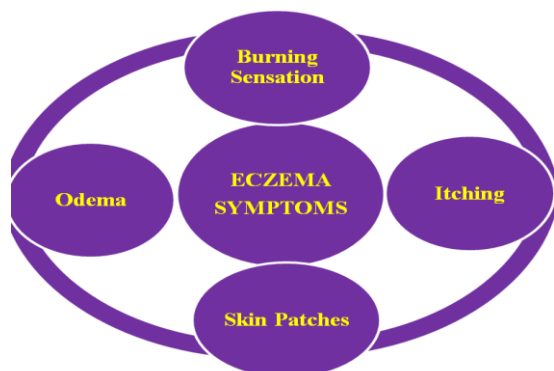


Figure 1: Symptoms of Eczema.

Causes of Eczema

In Ayurveda it is considered as severe skin disease like leprosy; where patches of skin become inflamed, itchy, red, cracked and rough. Eczema is disease of *Pitta dosha* associated with burning sensation. The main causes of Eczema are as follows:

- Indiscipline life style.
- According to Ayurveda the main cause of Eczema is Dietetic Incompebility viruddha aahaar.
- Incompatible Food Combinations (*Viruddha Aahaar*): liquid, oily, heavy and spicy food.
- Avoidance or delaying excretory movement.
- Exercise just after excessive food consumption, sun burns and fire burns.
- Excess consumption of packed food, curd, fish, salt and soar substances.
- Sex even in the condition of indigestion and day time sleeping habits.
- Hereditary transformation.
- Intake of sea foods continuously along with milk.
- Skin contact with cold water just after heavy sunburn.

Symptoms of Eczema

The symptoms of Eczema appeared over dermis which is mainly two types:

- **Erthematus or Papular Stage:** congestion and edema makes radish patches over skin.
- **Spongiosis or Vesicular Stage:** The excess deposition of liquid at Malpighian level separates cells from each other; which appeared as sponge due

to the liquefaction. This liquid of skin adversely dried and deposited as light yellow colour patches.

If eczema persisted continuously then liquid excrete out from infected patches and this condition is called Pustular Eczema.

- Itching sensation
- Burning Sensation
- Discharge from Boils, irregular patches which are bad to touch observed in Eczema.
- The patches of Eczema occur at back side of body, neck, face and chest.

Treatment of Eczema

If patches of eczema become red then affected parts advised to lift upper side. Application of substance like; dusting Powder over patches which offer cooling sensation, the such formulation in following composition may offer beneficial role:

Table 1. Composition of topical formulation used for Eczema.

S. No.	Name of component	Amount (in parts)
1	Boric Acid	10
2	Salicylic Acid	2
3	Tale Powder	88
1	Corpoor	2
2	Zincoxide	16
3	Starch	82

Some other treatment approaches

- *Madhur Virechana* with *Churna* of *Haritaki*.
- *Sindure*, black & white *Zeera*, *Curcumin*, *Sulfur*, *Mercury*, in equal amount mixed with *Ghee* (4 parts), then applied topically.
- Extract of leaves of *Neem* should be consumed daily morning and evening.
- *Arogya Vardhini Vati*, *Panchtikta Ghrita Gugglu*, *Sulfur*, *Rasmanikya*, *Amlaki Rasayana* with honey offer beneficial effects.
- *Khadirarisht*, cow urine, *Haritaki Churna*, *Panchnimmadi Churna* should be consumed.
- *Marichadi* oil, *Mahasindure* oil, *Kanakshiri* oil, *Vazrak* oil, *Mahavazrak* oil should be applied topically over the affected area.
- *Khadradi Churna* and *Vijayasar Churna*, offer relief if consumed daily.
- *Shwetari Ras*, *Talkeshwar Ras*, *Maha Talkeshwar Ras*, *Rajeshwar Ras*, *Chandranan Ras* and *Sarweshwar Ras* with honey also beneficial in disease.

SUMMARY

Use of beans, wheat, garlic, *Till Taila*, *Neem* oil, oil of agar, *Khdri*, *Punarva*, *Triphala*, *Jayphal*, pulses recommended for the disease along with *Vamana* & *Nasya Karma*. Ayurveda also suggested use of horse,

camel, donkey and cow urine for the treatment of Eczema.

However Ayurveda also described practices which should not be followed in eczema such as; intake of *Virudh Aahar*, bird's meat, curd, milk, *Madira*, *Til*, etc. Excessive sex, habits of day time sleeping, exposure to sun light and prevention of excretory impulses must be avoided.

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