

ECZEMA OR DERMATITIS

It is a chronic inflammatory condition of the skin causing a distinctive pattern of symptoms such as itching, scaling, thickening of skin and discoloration of skin.

CAUSES

- 1) Heredity.
- 2) Can be associated with asthma.
- 3) Allergic - dust mites, detergents, rubber, nickel plated jewellery.
- 4) Stress - physical or emotional.
- 5) In babies diaper rash or napkin eczema is possible.

DIETARY MANAGEMENT

- 1) Do not scratch especially with long nails. It may lead to secondary infection.
- 2) Avoid foods you are allergic to.
- 3) Avoid nickel plated jewellery, cosmetics, and other articles that give you skin complaints.
- 4) Do not self medicate.

DO

- 1) You can apply non-medicated ointments like petroleum jelly to soothe the irritation.
- 2) Yoga will help to relax and de-stress yourself.
- 3) When washing or bathing, use less soap than usual. After bathing, apply lubricating cream on the skin while it is damp.
- 4) Avoid eggs, fish, peanuts and soy.
- 5) Avoid dairy products, sugar, white flour, fried foods and processed foods.
- 6) Avoid the excess fat from meat - buy lean and preferably organic.
- 7) Avoid sugar, gluten (wheat, barley, rye and oats) and raw eggs.
- 8) Avoid soft drinks and oranges (if allergic to oranges).

CONSUME

- a. Drink plenty of water.
- b. Consume lots of fresh and raw fruits and vegetables.
- c. Eat healthy diet, including five portions of vegetables per day, brown rice, millet, oily fish and a little fruit (no oranges).
- d. Consume diet rich in vitamin A and zinc, helps in regeneration of the skin.
- e. Diet rich in vitamin A:
 - i. Liver oils of fish, egg, milk and milk products,
 - ii. Yellow orange colored fruits and vegetables; green leafy vegetables are good source of - carotene.
- f. Foods rich in zinc:
 - i. Shellfish, beef and other red meats, eggs and seafood, nuts, sea plants especially Japanese sea plants.
- g. Increase intake of vitamin C, it helps maintain healthy skin:
 - i. Milk and milk products, citrus fruits, green vegetables
 - ii. Fruits and vegetables when fresh have maximum of vitamin C.
- h. Have coriander leaves frequently, its high in vitamin C and helps to maintain healthy skin.
- i. You can have 3-4 strands of saffron in milk, it is beneficial for skin.
- j. Basil leaves (tulsi) are said to be helpful in skin ailments, eat 3-4 fresh leaves daily.
- k. Breast feed your child; breast milk increases the immunity of your child and helps preventing eczema in future.

CONSULT PHYSICIAN

- a. In case of prolonged duration or change in rash pattern take physicians opinion immediately.
- b. If symptoms get worse or if you see any Signs of infection (fever, redness of the affected area, pain) occur, see your physician immediately.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .