

ECZEMA

Compiled by

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(2010)

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IMPORTANT

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Introduction

Eczema is a skin disorder involving inflammation and severe itching as well as the formation of blisters, weeping sores, scabs, and loss of dry skin scales. The terms "eczema" and "dermatitis" are often used interchangeably.

Common types of eczema include:

- 1) Varicose eczema - present in people with varicose veins.
- 2) Contact eczema - this type is in consequence of contact with some chemical substance, or other irritant, in the home or at work.
- 3) Atopic eczema - this type mainly affects babies and infants and is associated with asthma and hay fever.

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Supplements

Multi-vitamin - 1 x daily - with extra supplementation as follows:

- Vit A - 10,000 iu, 3 x daily for 6 x days on, 1 x day off
- Vit B Complex - 100 mg (timed release pref.) 1 x morning, and 1 x evening
- Vit C - 1,000 mg (timed release pref.), 2 x daily
- Vit E - 400 iu, 3 x daily
- Oil of Evening Primrose - 500 mg, 2 x caps, 3 x daily (Starflower Oil caps can be substituted)
- Zinc - 15-30 mg daily with food; Some authorities recommend 50 mg, 3 x daily with food
- Selenium - 20 mcg daily

- Pollen - max strength at directed by manufacturer
- Propolis - cream and tabs are recommended for dry eczema - **NOT RECOMMENDED FOR WET or WEEPING ECZEMA**
- Honey - useful for eczema sufferers who have nervous tension. Honey's tranquilizing properties are obtained from 1 x tsp, 6 x daily
- Acidophilus - 3 - 6 caps daily

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Tissue Salts

- Ferr Phos - For 1st stage of the inflammation. Ferr Phos is good for chronic eczema.
- Kali Mur - For small, white dry scales on the skin and a white-coated tongue.
- Kali Phos - For scabs with offensive irritating secretions causing rawness and soreness of the affected areas.

Itching with a crawling sensation, gentle friction agreeable, excess causes sore, chafed skin, bloody, watery secretions, excessive, offensive perspirations.

Itching of scalp; back of the head sore as if hair was pulled.

Eczema in nervous individuals.

- Kali Sulph - Discharge of yellow, effete matter, eczema suddenly suppressed with the symptoms of Kali Sulph.
- Nat Mur - White scales, eruptions with watery contents from eating too much salt.
- Nat Phos - With symptoms of acidity, secretions creamy, honey-coloured, golden-yellow scabs. Crusta lactea about ears of little children.
- Nat Sulph - Vesicles, eruptions containing yellowish, watery secretions. Yellow scales.
- Calc Phos - Eruption of the skin, with yellow-white scabs and vesicles (aluminous, white of egg contents), anaemia, bloodlessness of the skin. a cachectic eczema worse from changes of weather.
- Calc Flour - Due to venous hyperaemia, worse in damp weather, better at night. Squamous eczema with thickening and cracking of the skin. Eczema of anus consequent to haemorrhoids.

Tissue Salt Dosage

4 x tabs, hourly in acute conditions

4 x tabs, 3-4 x daily in chronic conditions

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Aromatherapy

Dab areas with cotton wool soaked in a blend of Sweet Almond oil enriched with chamomile (100g per litre) and of Borneo Camphor (50-100g per litre)

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Homoeopathy

- Graphites - Skin cracked and weeping

- Sulphur - Much itching, uncontrollable desire to scratch, which then results in burning and smarting
- Natrum Muriaticum - Eczema at the borders of hair

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Further Recommendations

Tissue Salt - Selection Guide												
Legends: "#" = After Consensus; "s" = after Schuessler; "-" = After Others "+" = Consider adding, depending upon symptoms												
Condition	1 Calc Fluor	2 Calc Phos	3 Calc Sulph	4 Ferr Phos	5 Kali Mur	6 Kali Phos	7 Kali Sulph	8 Mag Phos	9 Nat Mur	10 Nat Phos	11 Nat Sulph	12 Silica
Eczema		#	#				#		#		#	#
Eczema - wet								-				
Skin ailments - minor	#		#				#		#		#	
Skin Diseases (chronic)									+			
Skin - dry		#					#		#			
Skin - fissures, cracks, chapped	#	#					#		#			
Skin - itchy										-		
Skin - scaly	#						#		#		#	
Skin - wrinkled		s										

End

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