

Eczema

The term 'eczema' is derived from a Greek word meaning 'to boil.' It refers to an inflammation of the skin which results in the formation of vesicles or pustules. It is the most common and most troublesome of all skin diseases.

Symptoms

Eczema in its acute form is indicated by redness and swelling of the skin, the formation of minute vesicles and severe heat. If the vesicles rupture, a raw, moist surface is formed. From this, a colorless discharge oozes, which forms skin crusts when it accumulates. The disease is usually worst at night when the heat of the body is retained by the bed-clothes.

The skin itches at all stages. IN the wet stage, it may become infected with bacteria. The healing of the condition is affected by scratching in response to the irritation. Scratching not only spreads infection but also lengthens the stage of dryness and scaling.

The Cure

Skin applications to cure eczema may give temporary relief. If the exudation is suppressed, some other more serious disease may develop. The best way to deal with eczema is to cleanse the blood stream and the body.

The treatment should start with a fast on orange juice and water from five to days, depending on the severity and duration of the trouble. Juice fasting will help eliminate toxic waste from the body and lead to substantial improvement. In some cases, the condition may worsen in the beginning of the fast due to the increased elimination of waste matter through the skin. But as fasting continues, improvement will manifest itself.

Fruits, salt free, raw or steamed vegetables with whole meal bread or chapattis may be taken after the juice fast. Carrot and musk melon are particularly beneficial. Coconut oil may be used instead of ghee. After a few days, curd and milk may be added to the diet. The patients may thereafter gradually embark upon a well-balanced diet of three basic food groups, namely (i) seeds, nuts and grains (ii) vegetables and (iii) fruits. The large proportion of the diet should consist of raw foods. Seeds and beans such as alfalfa, mung and soyabeans can be sprouted.

This diet may be supplemented with cold-pressed vegetable oils, honey and yeast. Juice fasting may be repeated at intervals of two months or so, depending on the progress being made, in chronic and more difficult cases of eczema, patient should fast atleast once a week till he is cured.

The patient should avoid tea, coffee, alcoholic beverages and all condiments and highly flavored dishes. He should also avoid sugar, white flour products, denatured cereals like polished rice, and pearled barley and tinned or bottled foods. He should eat only pure and wholesome foods.

Raw vegetable juices, especially carrot juice in combination with spinach juice, have proved highly beneficial in the treatment of eczema. The formula proportions considered helpful in this combination are carrot 300 ml. and spinach 200 ml. to make 500 ml. or half a liter of juice.

Eczema

The patient should get as much fresh air as possible. Restrictive clothing should not be worn. Two or three liters of water should be taken daily and the patient must bath twice or thrice a day. The skin, with the exception of the parts affected with eczema, should be vigorously rubbed with the palms of the hands before taking the bath.

Coconut oil may be applied to the portions with eczema. It will help the skin to stay soft. Walking or jogging should be resorted to in order to inactivate the bowels. Sun bathing is also beneficial as it kills the harmful bacteria and should be resorted to early in the morning, in the first light of dawn. A light mudpack should be applied over the sites of the eczema is also helpful. The pack should be applied for an hour at a time and should be repeated twice or thrice a day.

Water Treatment

In cases of acute eczema, cold compress or cold wet fomentations are beneficial. The affected part should be wrapped with a thick soft cloth. The cloth should be moistened with cold water (55 o - 60 o F) every 15 to 30 minutes for two hours at a time. The bandage should be left intact, keeping the cloth cold. There may be intensification of itching or pain initially but this will soon subside. A cold compress may be applied twice daily for a week or so.

Reference

Shri H.K. Bakhru. (1999). Natures Cure.