

## **Eczema 1 : Could you have too much fire in you?**

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The term eczema is the name given to a variety of skin diseases. Eczema and Dermatitis are synonymous. Dermatitis means, vaguely, inflammation of the skin. Eczema is of Greek origin and means to "Boil Over". Whether you prefer to use Eczema or Dermatitis, it is the most common skin condition. In the Allopathic School of Medicine, Eczema and/or dermatitis becomes very confusing to understand with lots of different variations. Exogenous, meaning from the outside, which has different types such as irritant or allergic. Endogenous, meaning from inside, has even more variations such as, seborrhoeic, pompholyx (eczema of palms and soles), discoid or nummular, hypostatic (Varicose), atopic, Juvenile plantar dermatosis, pityriasis alba, asteatotic eczema, exfoliative dermatitis (Eczema all over), photosensitive. If by now you are confused, then you are not alone! From the Naturopathic and Wholistic School of Health, Eczema, is an inflammatory skin condition whose main symptoms are intense itching and redness. Its primary cause is excessive metabolic heat. In Eastern Medicine, specifically in Tibb-Arabian/Persian tradition it is called "Nar-Farsi" Fires of Persia, indicating its key feature of an over active bile system or too much fire, heat in the blood system

### **What can you do to calm the fire?**

#### **Useful tips:**

**Relax:** Anxiety and stress exacerbates the fire and increases acidity

**Water:** Drink 6 to 8 glasses of filtered or pure water to cool down. Water quenches the fire.

**Vegetables:** Lots of vegetables and the jejunum vegetable juices to help detox.

**Exclude Cow milk** products and replace with goat's milk products

**Exclude wheat** products and in their place use barley and other products

**Exclude** White sugar, white flour products, fried foods, fizzy drinks and alcohol.

**Do not use** meat, fish and eggs. © Copyright Mohsin Health Group. 2009