

# Effect of Naturopathy and yogic intervention on Eczema - A case report

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## ABSTRACT

Eczema is one of the common most skin disorder, mainly characterized itchinness, dry skin, inflammation and irritated skin. Among different form of eczema, hand eczema is the common most. Complementary and alternative medicine is the most frequently used and widely accepted mode of treatment for the skin disorders which mainly involves natural diet, hydrotherapy, sunbath, acupuncture and yoga. In the present case Yoga and Naturopathy treatment modality has given the best result in a very short span of treatment. Hence it can be studied in future with bigger sample size.

## I. INTRODUCTION

Eczema, otherwise known as Atopic dermatitis, is a common skin condition that occurs due to interactions between genes and the environment. It is mainly characterized by pruritus, disrupted epidermal barrier function, and immunoglobulin E-mediated sensitization to food and environmental allergens.

The 3 classical stages of eczema are, infantile, childhood, and adulthood. The characteristic feature of acute and sub-acute lesions of atopic dermatitis are intensely pruritic, erythematous papules and vesicles with excoriations and a serous exudate. Chronic atopic dermatitis is characterized by lichenified plaques and papules with excoriations.<sup>1</sup>

Among all, Hand eczema (HE) is one of the most frequent form of skin disease with high social and economic impact for the individual and the society.

Clinically, Erythema, vesicles, papules, scaling, fissures, hyperkeratosis, and symptoms of itch and pain are the most common characteristic feature of HE. The prevalence of HE is estimated to be up to 10% in the general population. About 50% of all patients with hand dermatitis seek dermatological treatment, and about 5% of those are on sick leave from work.

It is found that the prevalence of HE among women is higher than among men. Recent studies shows that the high frequency of HE in

women in comparison with men is caused by environmental and not genetic factors.<sup>2</sup>

It is observed that, in many countries such as Korea (68.9%), France (49%), Germany (46%), United States (34%), Belgium (31%), UK (26%), and Sweden (25%), there is a documented increase in the proportion of the general population who use Complementary and Alternative Medicine (CAM) for a variety of ailments. There is a growing interest in CAM as a primary, maintenance, or simultaneous treatment for Atopic Eczema (AE) and demonstrated that there was a statistically significantly higher interest in treating AE with CAM interventions than psoriasis.

CAM therapies like Acupuncture, aromatherapy, bath therapy, chromotherapy, homeopathy, hypnotherapy, massage therapy, phytotherapy, and relaxation techniques are known to be used for treating AE.<sup>3</sup>

Yoga is one of the most important treatment modality for all lifestyle related disorders. Yoga includes variety of techniques that use Sequential Muscle Relaxation (SMR), meditation, yoga, breathing techniques, Qigong, Reiki, Shiatsu, and Tai chi to promote physical, mental, and spiritual well-being. Some techniques induce relaxation or reduce pain, whereas others improve strength, and balance and treat emotional and mental distress.<sup>4</sup>

## II. CASE REPORT

A 30-year-old female presented with the complaint of rashes over both palms and right foot associated with intense itching since 4 months got admitted in Sdm yoga and nature cure hospital, at Dharmasthal. The patient also complained of oozing from nonhealing wound present medial malleolus and dorsum of right foot. associated with burning sensation, since 4 months.

There were dry scaly lesions over bilateral palms and also on right foot. A foul smell was present, with a thick serious discharge and mild edema. There was tenderness over the lesions with elevated local temperature and surrounding indurations.

Routine hematology (Hb, TC, DC, ESR) and urine investigations were within normal limits.

The patient was administered relevant naturopathy and yogic interventions for the detoxification and

rejuvenation of the body.

**Treatment Protocol**

Days	Morning Treatment	Afternoon Treatment
Day 1	Steam bath	Neutral Hip bath
Day 2	Enema, Sauna bath	Neutral immersion bath with epsom salt
Day 3	Neutral Under water massage	Neutral immersion bath with epsom salt
Day 4	Reclining steam bath	Neutral immersion bath with epsom salt
Day 5	Full body oil massage	Neutral douche to whole body
Day 6	Deluxe hydro massage	Neutral immersion bath with epsom salt
Day 7	Salt glow oil massage	Neutral spinal spray
Day 8	Steam bath	Neutral immersion bath with epsom salt

\* All the days patient is advised to go for Ganjiturmeric application once in a day to the affected area.

**Diet Protocol**

	7:30 AM	9 AM	11 AM	2PM	4PM	6.30 PM
Day 1	Carrot Juice	Barley Water	Boiled vegetables+ Kichdi+ papaya+ Butter milk	Carrot Juice	Barley Water	Boiled vegetables+ Chapathi+Papaya+ Buttermilk
Day 2	Carrot Juice	Barley Water	Raw vegetable salad+ sprouts+ papaya + Buttermilk	Carrot Juice	Barley Water	Raw vegetable salad+ sprouts+ papaya + Buttermilk
Day 3	Carrot Juice	Barley Water	Papaya + Buttermilk	Carrot Juice	Barley Water	Papaya + Buttermilk
Day 4	Carrot Juice	Barley Water	Papaya + Buttermilk	Carrot Juice	Barley Water	Papaya + Buttermilk
Day 5	Carrot Juice	Barley Water	Papaya + Buttermilk	Carrot Juice	Barley Water	Papaya + Buttermilk
Day 6	Carrot Juice	Barley Water	Papaya + Buttermilk	Carrot Juice	Barley Water	Papaya + Buttermilk
Day 7	Carrot Juice	Barley Water	Raw vegetable salad+ sprouts+ papaya + Buttermilk	Carrot Juice	Barley Water	Raw vegetable salad+ sprouts+ papaya + Buttermilk
Day 8	Carrot Juice	Barley Water	Raw vegetable salad+ sprouts+ papaya + Buttermilk	Carrot Juice	Barley Water	Boiled vegetables+ Chapathi+Papaya+ Buttermilk

### III. RESULTS

After the 5<sup>th</sup> day of treatment body started responding to treatment. Symptoms like Itching and oozing from the palms, edema, erythema reduced comparatively. Scaliness of the skin found be reduced drastically.

Patient got discharged from hospital after 8 days of treatment (she could not continue due to her family issues) and was given follow up regarding yoga, diet and some of the basic Naturopathy intervention for the period of 3 months.



### IV. DISCUSSION

Naturopathy modalities mainly include hydrotherapy treatments i.e immersing the body in water under the tub along with magnesium sulfate salt.

Magnesium is found to be counter irritant in case skin conditions. In most of the skin conditions the stratum corneum (SC) layer is

compromised, such as dermatitis and psoriasis. Magnesium mainly helps in ameliorating- or subduing inflammatory response.<sup>5</sup> Hydrated magnesium ion potentially penetrate through the 10 Å pores formed by protein sub units in the lipid membrane or by means such as hair follicles.<sup>6</sup>

Permeability of the skin to magnesium ions depend on integrity of the SC or pathways

associated with appendages, glands, hair follicles and hydration state.<sup>6</sup>

Most of the skin diseases are linked to dysregulation of the inflammatory response. Inflammatory targets like lipoxigenase, cyclooxygenase-2, and inducible nitric oxide synthase has been shown to downregulate inflammatory response in the body and also inflammatory cytokines will be inhibited by the use of curcumin. So this can be used effectively for the inflammatory skin conditions like eczema, psoriasis etc.<sup>7</sup>

The full body oil massage involves elimination of toxins from the body. Thus it contributes in detoxification process.

The sudation therapies like steam bath, sauna bath, reclining steam bath and salt glow oil massages also helps to eliminate toxins out of the body. These treatments generally open the pores of the skin, helps in elimination of toxins. These treatments also bring natural sweating which contributes its therapeutic value.

The main goal in treating eczema managing the stress and improving immunity. The practice of Asana, pranayama, breathing techniques and meditation and prayer plays a vital role in boosting immunity and managing stress levels.<sup>8</sup>

## V. CONCLUSION

Eczema, being a skin ailment has impact on body and mind. Naturopathy and Yoga therapies play a vital role operating the body at physical, mental, emotional and spiritual level. The goal of treatment is detoxification of the body, rejuvenation and allowing the body to heal by itself.

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