



## HOME REMIDIES

### **SANTHOSH HERBAL HEALTH CENTRE**

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# Eczema Home Remedies

## Herbal Remedies:

**Shilajit (Asphaltum) :** Shilajit in Sanskrit means "conqueror of mountains & destroyer of weakness". It has been said that there is hardly any curable disease which cannot be assisted with the aid of Shilajit. Shilajit is useful as aphrodisiac, rejuvenator, alterative tonic, respiratory, stimulant, internal antiseptic, diuretic, renal and bladder stones, nervous diseases, amenorrhoea, dysmenorrhoea, menorrhagia, eczema, and anorexia

**Neem (Azadirachta indica) :** One of the most powerful blood purifiers and detoxifiers in Ayurvedic usage, Neem is often used to maintain healthy skin. There is plenty of scientific backup for Neem's immune enhancement properties as a booster of the macrophage's effectiveness. Neem is used for external applications in skin diseases. Scientific studies indicate that Neem boosts the immune system by energizing lymphocytes cells to respond to infection and other challenges to the body's immunity

**Haemafine Syrup:** Haemafine syrup is herbal remedy for all types of skin diseases through blood purification. It not gives a natural glow to the skin but also improves complexion and provides an ultimate cure for acne, pimple, eczema, nose bleeding.

## Care for Your Skin

- Bathe only with a mild soap, such as Dove, Basis or Oil of Olay. Use a small amount of soap when bathing. Keep the water temperature cool or warm, not hot.
- Moisturizers help keep your skin soft and flexible. They prevent skin cracks. A plain moisturizer is best.
- Try not to scratch the irritated area on your skin even if it itches.
- Too much heat and sweat can make your skin more irritated and itchy.
- Eczema can flare up when you are under stress. Learn how to recognize and cope with stress.

## Prevention:

Dietary restrictions that may help avoid flare ups include eggs, fish, peanuts, and soy. This is very individual and should be discussed with your health care provider. Control of stress, nervousness, anxiety, and depression may help prevent flares of eczema.

## Advice:

- Coconut oil may be applied to the portions with eczema. Carrot juice and spinach juice in combination is highly beneficial for eczema. Drink plenty of water and take fruit juices like orange.

- Its been reported that drinking tomato juice (not the cocktail) clears up the eczema in a matter of days. If you need to, add some pepper or your favorite spice to give the juice flavor.

## **Home Remedies:**

1. Add 1 teaspoon camphor to 1 teaspoon sandalwood paste and apply on the affected areas.
2. Rub a nutmeg (hard aromatic seed of an East Indian tree) against a smooth stone slab with a little water and make a paste. Apply to affected area.
3. Coconut oil may be applied to the portions with eczema. Carrot juice and spinach juice in combination is highly beneficial for eczema. Drink plenty of water and take fruit juices like orange.
4. Its been reported that drinking tomato juice (not the cocktail) clears up the eczema in a matter of days. If you need to, add some pepper or your favorite spice to give the juice flavor.