



Eczema: Cure or Suppression?

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Eczema, a skin condition that shows itself in many different forms, is a common problem, and can be extremely uncomfortable emotionally and physically. The most typical signs of eczema include local inflammation on the skin with dry, red, scaly, weeping and often itchy eruptions. Eruptions can appear anywhere on the body, and can be linked to a variety of factors, from environmental or food allergies to genetic predispositions, yet there are many cases where no known cause can be found.

Conventional medicine usually approaches this condition with the use of steroid based topical creams, which generally relieve the condition considerably. **So, why would one bother to look for an alternative treatment?**

The use of steroid creams has a known list of potential side effects, but most importantly, when one looks from a homeopathic perspective, one understands the deeper risks involved in long term steroid use.

In homeopathy, it is understood that the eruptions on the skin represent an underlying disturbance in the patient's health. There is an *internal* disturbance, which the body is displaying as symptoms on the skin. The body produces these eruptions in an attempt to throw the disturbance out of the system, through the skin. When a topical steroid cream is applied, the eruption is treated from the *outside* and is suppressed or pushed in to the body.

What happens when the condition is pushed inside the body is that it looks like the problem is gone. However, it is merely redirected to a deeper part of the system. The most common place for the disturbance to end up after suppressive treatment is the lungs. So, it is not uncommon to see a person who has had a lot of steroid/cortisone use, develop lung problems such as asthma, frequent coughs, pneumonia, etc. It is also common that, because this is a suppressive treatment, when they stop using the creams, all their symptoms come back; therefore no cure has taken place.

Eczema is usually a chronic condition and must be addressed by a professional homeopathic physician who can take the time to find the most suitable remedy. Homeopathic remedies do not cause side effects and are safe for everyone including babies and children.



Some examples of homeopathic remedies used for eczema are:

Graphites when eczema affects palms or folds of joints, behind the ears, honey like discharge

Sulphur skin is red, rough and itchy, eczema made worse by heat and bathing/washing

Rhus tox often blistering appearance, itchiness worse at night and during damp weather, improve with warmth

Metallicum album skin is dry and burning, worse cold applications

You can also try adding flax seed oil (natural anti-inflammatory), vitamin C and B, and zinc.

Calendula cream is a steroid free moisturizer that alleviates itching and repairs damaged skin tissue.

Homeopathic medicine is an internal therapy, that works on the inner disturbance first, and when this is cleared up, the skin naturally recovers without suppression of symptoms. However, while the conventional method is often very quick to take effect, homeopathic medicine (in chronic conditions) is sometimes slower to achieve the desired result. Because homeopathy deals with the root of the problem, the end result is a **cure, not suppression**. So, while it may take longer, in the end it is worth it.