

# **Dermatitis - signs and symptoms, useful and dangerous products, folk remedies**

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**Abstract.** Dermatitis is an inflammatory reaction of the skin to an external irritant.

**Key words:** Dermatitis, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

## **Types of dermatitis:**

- contact type of dermatitis occurs when an irritating substance comes into direct contact with the skin;
- toxicerma - the irritant has entered the body and affects it from the inside;
- seborrhea;
- allergies [1] ;
- eczema [2].

## **Causes:**

The most common causes of simple dermatitis can be radiation and temperature exposure, pressure and friction of the skin, contact with acid and alkali, and biological burns from plants. Allergic dermatitis appears some time after contact with the irritant. Atopic dermatitis can be transmitted genetically and occurs when exposed to irritants in food, air, or direct contact.

## **Symptoms:**

simple forms of dermatitis manifest themselves in the form of pain, burning, itching and blisters on the skin, while chronic forms are accompanied by the appearance of swelling, peeling, cracks, and necrosis of the skin.

## **Useful products for dermatitis**

The main principle of the diet for manifestations of dermatitis is “the exclusion of foods that can provoke allergic skin reactions.” In addition, you should consume foods that promote the process of renewal and regeneration of skin cells:

- porridges cooked in water (oatmeal [3], rice [4], millet, corn [5], buckwheat [6], pearl barley);
- vegetables (turnips, zucchini [7], squash, cabbage [8]);
- boiled meat (turkey, beef, rabbit, lean pork);

- fruits without allergens, rich in plant fiber [9] and B vitamins [10] (unsweetened sour apples [11] with green skin, pears [12] and plums [13], gooseberries, currants [14], watermelon [15]);
- goat milk, natural fermented milk products (for example : yogurt [16] with probiotics, starter cultures and kefir);
- certain types of fish with a high content of omega-3 fatty acids [17] (sardines, herring, salmon, anchovies);
- oolong tea, which is rich in antioxidants [18] and tannins [19];
- natural juices, fresh juices and fruit drinks from fresh fruits, vegetables and berries;
- seaweed;
- purified water [20] (at the rate of 30 ml per kilogram of body weight per day);
- vegetable oil (sunflower [21] and olive [22]) – up to 30 grams per day.

### **Traditional medicine for the treatment of dermatitis**

- essential dill oil, a teaspoon twice a day;
- lemon juice [23], diluted with water in a one to one ratio;
- infusion of the following herbs: black elderberry, prickly hawthorn, root with leaves of parsley [24], lavender, nettle [25], chicory herb (a mixture of herbs is formed in equal proportions of ingredients);
- infusion of blackberry leaves [26] ;
- decoction of oak bark with honey [27];
- grated raw potatoes [28] (apply the mass wrapped in gauze to the areas of dermatitis for several hours);
- geranium oil;
- periwinkle decoction;
- lemon balm tea [29] ;
- infusion of Japanese Sophora;
- infusion of cornflower flowers;
- compress of freshly prepared aloe juice;
- dandelion juice [30] in decoction;
- celery root juice;
- ointment made from licorice root and butter [31].

## Dangerous and harmful products for dermatitis

These include all foods that are known to cause illness. In addition, products that contain coarse fibers, as well as spicy, hot, spicy foods, which poison the already damaged mucous membrane of the oral cavity. Also, be sure to exclude from your diet smoked and pickled foods, fast food products (burgers, crackers, chips, French fries), foods high in sugar and simple carbohydrates [32] (baked goods, cakes, pastries and other sweets). For chronic types of dermatitis, you should not eat many types of fish, eggs, soy products, caviar, mushrooms, beets [33], carrots [34] and tomatoes [35], chocolate and cocoa bean products, honey, red berries, citrus fruits, nuts, wheat and rye bread.

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