

Scrofula - signs and symptoms, useful and dangerous products, folk remedies

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Abstract. Scrofula is popularly called **exudative diathesis** or **scrofula**. This pathology mainly affects children, but sometimes adults are also affected by this disease. Some dermatologists consider scrofula to be a form of diathesis, but there is an opinion that scrofula is one of the manifestations of tuberculous skin lesions.

Scrofula appears in the form of a rash on the skin. This pathology also signals decreased protective functions of the body. The disease often affects people with low body weight and those living in poor living conditions. Some experts associate this pathology with metabolic disorders and blood diseases.

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

Causes of scrofula

The development of scrofula is provoked by different types of mycobacteria, including tuberculosis bacillus. This disease can have different clinical forms and affect the lymph nodes, bones and joints. But most often scrofula affects the skin. There are many hypotheses regarding the causes of this pathology:

- unsanitary living conditions;
- long absence of a shower;
- excessive consumption of sweets;
- hypovitaminosis;
- genetic predisposition;
- side effects when taking medications;
- reaction to certain foods;
- *Mycobacterium tuberculosis*;
- bad habits;
- poor nutrition.

Typically, scrofula is a banal reaction to sweat, dust or food; it is one of the manifestations of atopic dermatitis.

Symptoms of scrofula

The first signs of the disease appear in the form of peeling and itchy skin, usually on the scalp. Pathology in the form of exudative diathesis can appear even in newborns, reaching its peak closer to 1 year. Infants with this form of scrofula may have enlarged lymph nodes, there may be swelling, such children can be too phlegmatic or, on the contrary, irritable.

As a rule, in the period from autumn to spring, exacerbation begins and the following appear on the skin:

- hives;
- diaper rash;
- eczema [1] ;
- milky crust in the area of the eyebrows and scalp.

Scrofula as a form of scrofula manifests itself in the form of:

1. fever;
2. enlarged lymph nodes;
3. rapid weight loss;
4. heavy sweating;
5. redness of the eyes;
6. small yellowish nodules in the skin;
7. general malaise;
8. inflammation of the mucous membranes;
9. runny nose with purulent discharge;
10. discharge from the ears;
11. hearing impairment;
12. digestive disorders.

In some cases, in adults, golden-colored crusts may appear behind the ears and on the scalp and face; patients are bothered by severe itching, and when scratched, a moist, pinkish surface appears under the crust.

Complications with scrofula

With incorrect or untimely therapy in patients, golden crusts begin to quickly spread and affect the cheeks, nose, forehead, neck and other areas of the body. The crusts begin to crack, causing severe pain.

Complications can also include purulent inflammation of the middle and outer ear and hearing loss. Possible complications of this disease include pronounced scarring and pain in the neck.

Scrofula can complicate the course of other pathologies, increasing the susceptibility of patients to bronchitis, rhinitis, and inflammation of the adenoids. Secondary bacterial infection of the skin is also possible, which requires antibiotic therapy.

Prevention of scrofula

Scrofula is not transmitted by airborne droplets or by contact with a sick person. In order to prevent the development of this pathology, it is necessary to wash regularly, live in normal living conditions and eat a balanced diet.

Preventing scrofula in children is quite simple; it is enough to adhere to the following preventive measures:

- periodically ventilate the children's room;
- make sure that the baby's room is clean;
- walk outside with your child every day;
- breastfeed your baby for as long as possible;
- restriction in high-calorie foods;
- do not include baked goods and sweets in the diet of small children;
- in the autumn-winter period, give the baby vitamins;
- visit your pediatrician regularly;
- adhere to the rules of personal hygiene;
- You should not wrap your child up and allow him to sweat;
- When breastfeeding, the mother must monitor her diet.

Treatment of scrofula in official medicine

Scrofula of a scrofulous nature is treated with anti-tuberculosis drugs for a long time, at least a year. In some cases, diathermocoagulation, radiotherapy and surgery may be necessary. During remission, patients are recommended to undergo sanatorium-resort therapy.

Scrofula in the form of atopic dermatitis requires a different treatment regimen:

1. first you need to identify the allergen [2] and eliminate it;
2. during exacerbation, patients are prescribed local steroids;
3. use of immunosuppressive drugs;

4. It is recommended to use ointments and products that prevent moisture loss from the skin;
5. To eliminate itching, patients are prescribed antihistamines and antipruritics.

During the treatment of scrofula you should temporarily avoid:

- taking hot baths;
- intense physical activity;
- emotional overstrain;
- using detergents that can cause dry skin;
- long baths;
- wearing fleece and wool clothing, which irritate the skin.

Useful foods for scrofula

If there is a genetic predisposition to scrofula, then the baby's diet should consist of the following products that reduce the allergenicity of the body:

- as many first courses as possible, to which you can add sorrel [3] and nettle [4];
- strawberries or compotes with this berry;
- chicory-based coffee drink;
- oatmeal [5] ;
- blackcurrant leaf tea [6];
- For sweets, you can give marshmallows and marshmallows;
- freshly squeezed vegetable and fruit juices;
- natural milk;
- still water;
- cornbread;
- birch sap [7] ;
- dried fruits compote;
- It is advisable to drink carrot juice [8] on an empty stomach;
- green salad;
- rosehip infusion [9].

Traditional medicine for scrofula

The presented pathology was common many years ago and our grandmothers successfully treated it with folk remedies:

- a real salvation from crusts and constant itching will be salt baths in the proportion of 200 g of salt per 6 liters of water;
- Baths with a decoction of black currant and nettle leaves effectively treat illness;
- 2 kg of dried pine needles are steamed in 100 liters of water and taken in baths;
- take mint infusion [10] and wipe the affected areas of the skin with it;
- 1/2 cup of chopped cabbage [11] is steamed with 200 ml of milk, add 1 spoon of bran. The resulting pulp is applied to the crusts twice a day;
- apply a piece of gauze soaked in infusion of calamus or oak bark to the affected areas of the skin several times a day;
- Melt 500 g of lamb fat, add flax oil [12] and crushed charcoal. Treat the crusts with the resulting ointment;
- apply crushed verbena officinalis root to areas affected by scrofula;
- good results in the treatment of scrofula can be achieved using medicinal verbena leaves. They are fixed on the affected areas for several hours;
- treat wounds with freshly squeezed cocklebur juice;
- baths based on chamomile decoction have antiseptic, analgesic and sedative effects [13];
- baths with the addition of walnut leaves [14];
- eat several rowan berries every day [15];
- to avoid the formation of cracks, it is necessary to lubricate the crusts with oil;
- drink a decoction of calendula flowers as tea [16];
- compresses and lotions from lungwort;
- A decoction of gorse relieves peeling well;
- If the ear is affected, turunda with lavender tincture will help.

Dangerous and harmful products for scrofula

During the treatment process, it is first necessary to exclude heavy foods that slow down the gastrointestinal tract and allergenic foods, such as:

- citrus;

- cocoa and chocolate;
- fast food;
- smoked meats;
- sweets;
- dairy products;
- animal fats;
- mushrooms;
- honey [17] ;
- nuts;
- store-bought yoghurts [18] with artificial fillers;
- seafood;
- sausages.

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