

# Nutritional Therapy for Eczema

## 湿疹的中医食疗方

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### Keep eczema at bay with these simple recipes.

Eczema, also known as dermatitis, is an allergic reaction towards the buildup of heat and toxins in the body. These culpable elements may be induced by irritants and/or stimulants found in certain foods and medicines. Other possible triggers of eczema are animal fur, pollen, paints, mothballs, climate change and severe mood swings.

While primary aetiologies can be attributed to endocrine imbalances, metabolic disorders, psychological factors and genetic reasons,

nutritional imbalances – namely deficiencies in vitamin B6 and fatty acids – can precipitate and/or aggravate the condition.

#### Differentiating Symptoms

The human body is made up of 70% water. Poor circulation of our bodily fluids will result in a “damp” constitution. Common symptoms of eczema include heaviness in limbs, water retention, hypofunctioning of the spleen and stomach, poor appetite and loose stools.

Acute eczema is usually marked by a sudden onset followed by a rapid course. It is generally identified by hot, inflamed patches with blistering,

weepy vesicles. On the other hand, chronic eczema causes itchiness and runs over a longer course. This weakens the skin, thus producing a coarse, thick, scaly, scabby or sloughy appearance. Even though there is little or no secretion, the skin chaps and bleeds easily when scratched. Excessive growth of hardened skin (or keratosis) may also occur.

#### Relieving Acute Conditions

##### 1. Green Bean, Barley and Seaweed Soup

###### Ingredients:

- 30g seaweed
- 50g barley
- 50g green beans

###### Method:

- Wash the green beans and barley before soaking separately for 6 hours. Soak the seaweed till it expands. Rinse well and set aside.
- Place all the ingredients in a pot and add 1500ml of water. Bring to a boil and simmer for 2 hours. Ready to serve.

**Properties:** Eliminates dampness



### 患上湿疹不好受! 流液瘙痒太难看! 中医食疗助缓症!

湿疹是指由于热毒而造成身体过敏反应，这些热毒可能是由致敏和刺激的药物和食物所引起，而接触动物皮毛、花粉、油漆、樟脑丸，或者气候变化和情绪剧烈波动等，也可引起湿疹。另外，体内营养失调或缺乏维生素B6、脂肪酸，也容易诱发湿疹或加重湿疹。再者，内分泌紊乱、代谢障碍、精神因素、遗传等，都是湿疹发

病的主要因素。

#### 症状特征

人体有七成是水份，若体内水液运行不畅，人体便会处于“湿”的状态，湿疹症状包括四肢沉重、水肿、脾胃功能欠佳、胃口差、大便稀薄等。“急性湿疹”发病急，病程短，皮肤潮红灼热、肿胀、渗液显著，如水疱糜烂。“慢性湿疹”病程久，皮损粗糙肥厚，或兼有少量渗液、脱屑瘙痒，手抓出现血痂、角化、皲裂。

#### 急性湿疹食疗方

##### 一、绿豆薏米海带汤

#### 材料:

- 绿豆50克
- 薏米50克
- 海带30克

#### 做法:

1. 将薏米和绿豆洗净，分别浸泡六小时。同时，将海带浸泡于水中，待膨胀后洗净，备用。
2. 将以上材料置入锅中，注入清水1500cc，以大火煮沸后，转小火煮2个小时，即可饮用。

**功效:** 清热利湿。

#### 二、夏枯鱼腥草茶

#### 材料:

- 夏枯草20克
- 鱼腥草30克
- 蜜枣3枚

#### 做法:

1. 将夏枯草和鱼腥草洗净。
2. 接着将以上材料置入锅中，注入清水1500cc，以大火煮沸后，转小火煮1小时，加入少许糖（湿疹病，最好少吃糖），即可饮用。

**功效:** 清热解毒，防过敏。

through diuresis and clears away heat.

## 2. Self-heal and Heartleaf Tea

### Ingredients:

- 20g common selfheal (or *xia ku cao*)
- 30g heartleaf (also known as lizardtail or fishwort)
- 3 honey dates

### Method:

- Place all the ingredients in a pot after washing the selfheal and heartleaf.
- Add 1500ml of water and bring to a boil. Simmer for an hour and add a little sugar to taste before serving (do so sparingly as it is best to limit sugar intake when one has eczema).

### Properties:

Detoxifies the body, clears away heat and prevents allergy.

## Relieving Chronic Conditions

### 1. Mulberry, Lily Bulb and Red Date Tea

#### Ingredients:

- 20g mulberry
- 10 red dates
- 30g dried or fresh lily bulbs

#### Method:

- Wash and soak the mulberry.
- Soak the dried lily bulbs till they expand. Rinse well and set aside. If fresh lily bulbs are used, simply wash and set aside.
- Soak the red dates till they expand. Pit and wash the flesh well. Set aside.
- Place all the ingredients in a pot and add 1500ml of water. Bring to a boil and simmer for 2 hours. Add a little sugar to taste before serving.

**Properties:** Eliminates heat and calms nerves.

### 2. Lily Bulb, Lotus Seed and Green Bean Soup

#### Ingredients:

- 10 red dates
- 30g fresh lily bulbs
- 30g fresh lotus seeds
- 50g green beans

#### Method:

- Soak the red dates till they expand. Pit and wash the flesh well. Set aside.
- Wash and soak the lotus seeds for 3 hours. Drain and set aside. Wash and set aside the lily bulbs.
- Soak the green beans for 2 hours and rinse well.
- Place the green beans and red dates in a pot. Add 1500ml of water and bring to a boil. Simmer for 45 minutes. After adding the lily bulbs and lotus seeds, boil for another 15 minutes. Add a little honey to taste before serving.

**Properties:** Eliminates heat, fortifies the spleen and calms nerves.

### 3. Rice Bean and Lotus Root Soup

#### Ingredients:

- 30g rice beans
- 200g lotus root
- 100g carrots
- 200g lean meat

#### Method:

- Wash all the ingredients. Cut the lotus roots into slices and carrots into cubes.
- Cleanse the lean meat with salt.

- Place all the ingredients in a pot and add 2 litres of water. Bring to a boil and simmer for 2 hours. Add a little salt to taste. Serve the ingredients and soup.

**Properties:** Eliminates heat, detoxifies the body and promotes diuresis.

## Other Preventive Methods

1. Find out what triggers the condition and undergo a comprehensive health check to ascertain problem areas. Examine your environment and living habits to see if there are any allergens that may increase your susceptibility towards eczema.
2. Avoid oily, sweet and allergy-causing foods like fish, shrimp, crab, onion and garlic, as well as beverages like strong tea, coffee, alcohol, etc. Choose foods that can be easily digested and are beneficial to the spleen and stomach – for example, lean meat, red dates and black sesame, in addition to fresh greens and fruits to maintain healthy bowels.
3. To prevent skin irritation, avoid vigorous scrubbing, hot showers and harsh body care products. Minimise contact with animal fur, feathers, man-made fibres, fiberglass, etc. Do not scratch affected areas or risk getting an infection. Lastly, one can improve recovery by overcoming psychological stressors and seeking active treatment.

## 慢性湿疹食疗方

### 一、桑葚百合红枣茶

#### 材料:

- 桑葚子20克
- 干或新鲜百合30克
- 红枣10枚
- 糖适量

#### 做法:

1. 将桑葚子洗净浸泡。
  2. 干百合浸泡于水中，待膨胀洗净，备用。如果用新鲜百合，只需用水洗净，备用。
  3. 将红枣浸入水中，待膨胀后，去核洗净皱皮缝隙的灰尘。
  4. 将以上材料置入锅中，注入清水1500cc，煮沸后，转小火煮2小时，加入少许糖，即可饮用。
- 功效:** 清热安神。

### 二、百合莲子绿豆汤

#### 材料:

- 新鲜百合30克
- 新鲜莲子30克
- 绿豆50克
- 红枣10枚

#### 做法:

1. 将红枣浸入水中，待膨胀后，去核洗净

皱皮缝隙的灰尘。

2. 莲子洗净，泡浸于清水中大约3小时，倒掉清水，备用。新鲜百合只需用水洗净，备用。
3. 绿豆浸泡于清水2小时，洗净，除掉沙粒灰尘。
4. 先将绿豆和红枣一起置入锅中，注入清水1500cc，煮沸后，转小火煮45分钟，然后加入百合和莲子，再煮15分钟，最后加入少许蜂蜜，即可饮用。

**功效:** 清热健脾安神

### 三、赤小豆莲藕汤

#### 材料:

- 赤小豆30克
- 莲藕200克
- 红萝卜100克
- 瘦肉200克

#### 做法:

1. 将赤小豆洗净备用。
2. 莲藕洗净，切成片状；红萝卜洗净，切成块状。
3. 瘦肉用盐洗净。
4. 将以上材料一起置入锅中，注入清水2000cc，煮沸后，转小火煮2小时，加

入少许盐，即可饮汤食料。

**功效:** 清热解毒利尿

## 注意防治

1. 尽可能寻找发病原因，全面检查身体状况，看看有无内脏器官疾病及慢性病灶？检讨自己的工作环境和生活习惯，是否会引起湿疹？
2. 切忌饮食致敏和刺激的食物，比如鱼、虾、蟹等过敏性食物，浓茶、咖啡、酒类、葱、蒜等刺激食物。同时，要避免吃油腻食物和甜食，应多吃健脾胃易消化的食物，比如：瘦肉、红枣、黑芝麻、新鲜蔬菜和水果等，以保持大便通畅。
3. 避免过度对皮肤的各种刺激，比如过度洗拭身体、热水烫洗、肥皂水的刺激。再者，避免接触易使皮肤受刺激的动物皮毛、羽毛和其他人造纤维、玻璃丝等物质。另外，不要大力搔抓患处，以防感染。还有，消除各种精神因素，积极配合治疗，有望痊愈。