

Contact Dermatitis

Contact dermatitis is a type of skin inflammation that happens when your skin reacts to certain substances. There are two main types:

- 1) **Irritant Contact Dermatitis:** Caused by direct damage to the skin from substances like garden soil, cosmetics, rubber, medicated creams, ointments, pollen, or plants such as poison ivy. It is not contagious. Symptoms include pain, redness, itching, flaking, scaling, and thickened skin. Mild cases may show small rashes; severe cases can cause blisters and ulcers. Ongoing exposure can make the rash worse.
- 2) **Allergic Contact Dermatitis:** Occurs when your immune system reacts to a specific substance. Symptoms include redness, blisters, and itching, which may appear within hours or days. You may also have hives or swelling around your eyes and face. The location of the rash can help identify the cause. With treatment and avoiding triggers, symptoms usually improve in two to three weeks.

Anyone can get contact dermatitis, but it is most common on the hands and feet, especially for people who work in jobs with frequent moisture exposure, such as healthcare workers, hairdressers, chefs, gardeners, and herbalists. Wearing damp shoes, rubber or latex gloves, or repeated contact with harsh substances can damage your skin's protective layer.

Topical Remedies

- 1) Use fungal powder or plain vinegar on affected areas.
- 2) Mix 12 drops of tea tree or eucalyptus oil, 6 drops of geranium oil, and 2 tablespoons of bentonite clay until smooth. For a more fluid mix, add half a cup of apple cider vinegar and apply with a soft cloth.
- 3) Combine goldenseal root, vitamin E oil, and honey into a thin paste and apply directly to the skin.
- 4) Apply Aloe Vera gel to reduce inflammation and itching.
- 5) Evening Primrose oil (rich in gamma-linolenic acid) helps restore moisture to damaged skin.

Dietary Support

- 1) Eat flavonoid-rich fruits and vegetables, such as apples, cherries, blueberries, broccoli, kale, and spinach.
- 2) Consider supplements like zinc and vitamin D complex to support your immune system and skin barrier.

When to Seek Medical Advice

If your symptoms do not improve after one to two weeks, or if you experience severe itching, extensive rash, pain, or signs of infection, seek advice from a healthcare professional.