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**SEBORRHEIC DERMATITIS CAUSES, SYMPTOMS AND TREATMENT:
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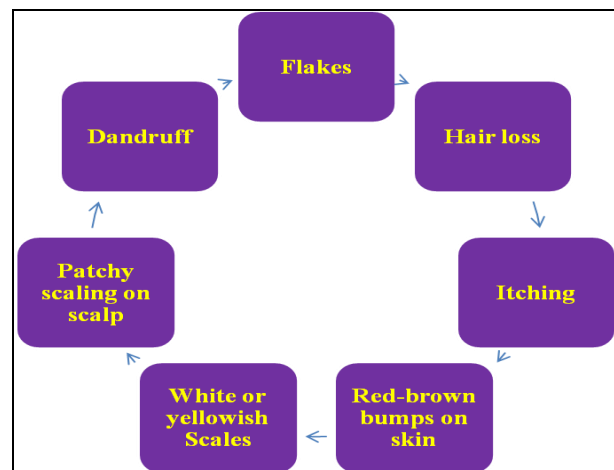
ABSTRACT

Seborrheic dermatitis is a superficial inflammatory disease of the skin involving patches over scalp, face and ears and erythroderma over chest. Researchers considered presence of *Pityrosporum ovale* yeast on the surface of the skin responsible for disease along with inherited inflammatory process. There are various treatment modalities available for the management of Seborrheic dermatitis like; shampoos containing zinc, selenium sulfide and salicylic, use of topical corticosteroids and creams. Alternative treatments options include essential fatty acids, plant oils and vitamins. This article highlights homeopathic and alternative treatment options for the Seborrheic dermatitis.

KEYWORDS: Seborrheic Dermatitis, homeopathy, dandruff, scalp.**INTRODUCTION**

Seborrheic Dermatitis is common dermatological problem mainly affect seborrheic areas. It covers scalp, face and upper part of chest. The disease involves clinical features such as; scaling, inflammation, pruritus and erythema along with other symptoms as mentioned in Figure 1. The literature revealed that large number of adult population is affected by Seborrheic Dermatitis. There are various factors which may cause Seborrheic Dermatitis such as; sebaceous secretions, fungal colonization in skin surface, genetic and unhygienic environmental condition, etc. Men are more susceptible for Seborrheic Dermatitis than women, person having other problem such as; AIDS and lymphoma may also easily get affected with disease. Seborrheic dermatitis clinically diagnosed on the basis of location and appearance of topical lesions. The lesion of Seborrheic dermatitis may be thick white or yellow greasy on the scalp in infants. It is presents as greasy, erythematous patches on the scalp in adolescents while in adults it is nasolabial folds over ears, eyebrows and chest. The common treatment approaches involves use of topical antifungal and anti-inflammatory agents. Systemic therapy may be used in severe condition when topical treatment not responds properly. The medical science also prescribed other therapies for the management of Seborrheic Dermatitis like; phototherapy, use of immune modulators and natural remedies. The homeopathic system also helps in the treatment of Seborrheic Dermatitis. The selection of treatment modalities for Seborrheic Dermatitis needs consideration of various

factors such as; patient compliance, age and socio-economical status of patient.^[1-4]

**Figure 1: Symptoms of Seborrheic dermatitis.****Homeopathic Treatments**

Homeopathy is holistic systems of medical science help to maintain normal health of an individual through its principles, this system of medical science offer relief in clinical symptoms and cure disease completely, it also take account of individual susceptibility towards treatment modalities. Homeopathy also used for the treatment of seborrheic dermatitis. Various homeopathic medicines are available for the treatment of seborrheic dermatitis, but selection of medicine depends upon causes and occurrence of disease symptoms, sensations and susceptibility of patient. Vinca minor, Arsenic

Album, Thuja, ammonium Mur, Sulphur, Mezerium, Merc Sol, Bryonia Alba, Graphites and Psorinum are some important homeopathic remedies which help in the management of seborrheic dermatitis.

- **Natrum Mur and Kali Sulph:** Natrum Mur and Kali Sulph are most preferential homeopathic medicine for seborrheic dermatitis. Natrum Mur is useful in seborrheic dermatitis when scalp layered by white scurfs. Kali Sulph is helpful when yellow scales are present.
- **Phosphorus:** Phosphorus is helpful when clammy sweat on the scalp with white flakiness, hair fall and itching on scalp.
- **Psorinum:** Useful in seborrheic dermatitis when there are conditions persisted such as; foul smell from scalp, rough and tangled hair, scalp may be itchy and dandruff smells badly.
- **Graphites Naturalis:** Graphites Naturalis is used when condition arises like; matting or falling of hair, copious scales on the scalp, scalp becomes humid, itching, bald spots on the head and dandruff with eczema.
- **Arsenic Album:** Arsenic Album may be used in seborrheic dermatitis when scalp is itchy, burns, sensitive, dry, rough, covered with dry scales and appearance of circular patches.
- **Sanicula:** Sanicula offer relief in seborrheic dermatitis when scaly dandruff occurs over the scalp, eye-brows and other hairy parts.
- **Calcaria Sul:** Used in seborrheic dermatitis when dandruff on the scalp with czema, pimples and hair fall occurs.
- **Thuja:** Thuja offer relief in seborrheic dermatitis when there is condition of white scaly dandruff along with dry hair.
- **Mezerium:** Mezerium may be used when itching occurs with loss of hair.^[5-7]

Homeopathic oral preparation

Study proved that homeopathic oral preparation containing potassium bromide, sodium bromide, nickel sulfate and sodium chloride help in the treatment of Seborrheic Dermatitis. Homeopathic oral preparation improves clinical severity of seborrheic dermatitis. The efficacy of formulation attributed to facts that; nickel-dependent enzyme system boosts by the preparation which correct error of nickel-dependent metabolic process associated with Seborrheic Dermatitis while bromide acts as an effective antipruritic agent.^[8-11]

Natural Treatment for Seborrheic Dermatitis

Natural therapies like; essential fatty acids, tea tree oil, nutritional supplements and herbal antimicrobial agents relieve symptoms of Seborrheic Dermatitis. Tea tree oil is one of the important natural agents used for the treatment of Seborrheic Dermatitis. Tea tree oil (*Melaleuca* oil) is an essential oil of the leaves of *Melaleuca alternifolia* possess antimicrobial property, reduces disease severity, help in the management of

clinical manifestation and also well-tolerated, therefore tea tree oil offer significant relief in Seborrheic Dermatitis.

Essential fatty acids such as; Gamma-Linolenic Acid (omega-6 category) is considered responsible for the growth of the skin and hair. Borage oil is a natural source of Gamma-Linolenic Acid offer relief in topical symptoms (skin lesions) of Seborrheic Dermatitis in infants.^[12]

Compounds offer beneficial effects in Seborrheic Dermatitis in combination

- **Aloe vera:** Offer anti-inflammatory, antimicrobial and immune-boosting properties.
- **α -bisabolol:** Possess anti-inflammatory properties.
- **Tea tree oil:** Acts as disinfectant, anti-inflammatory and anti-fungal agent.
- **Rosemary:** It has anti-fungal properties and enhances blood flow to the scalp.
- **Salvia officinalis:** Control dandruff.
- **Lavender:** Acts as disinfectant, anti-fungal and anti-inflammatory agents.
- **Thyme Extract:** It offers anti-fungal and antioxidant properties.
- **Willow extract:** Possess anti inflammatory and keratolytic properties.^[13,14]

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