

A REVIEW ON: "SKIN ECZEMA"**Rutuja D. Sul^{*1}, Sonmali Siddhesh², Meghna H. Raykar³ and Mahesh Gawade⁴**

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ABSTRACT

In present article represent the symptoms, treatment and types of eczema. Eczema is a condition in which patches of the skin become inflamed and itchy, cracked and rough. Some types is also called a blisters. Different types of stages of eczema affect 31.6 million peoples in United States which equals more than 10% of the populations. Eczema is the commonest inflammatory skin disease of childhood affecting 15 to 20% of children in the UK at any one time. UK is characterized by a profusion of treatments aimed at diseases control evidential basis of these treatment is often, unclear, most people with atopic eczema are managed in primary care where the least research.

Eczema is a common chronic skin condition that can lead to recurrent infections and poor quality of life if left untreated this activity reviews the evaluation and management of eczema. This paper gives an overview of the natural history, clinical features, and treatment of atopic dermatitis.

KEYWORDS: Eczema, atopic dermatitis, atopic eczema, treatment prevention, epidemiology. Is. Also called.

INTRODUCTION

Atopic eczema is a chronic inflammatory skin disorder which usually develops in early childhood. Definition- Eczema is chronic relapsing, pruritic, inflammatory eczematous eruption that usually starts in early life. The causes of A.E remain unclear, but are likely to be multifactorial in nature, involving genetic, socioeconomic and environmental factors. Recent reports demonstrated that indoor air pollution, outdoor exposure to allergens and environmental tobacco smoke are considered to be environmental factors. A.E is major global public health problem, affecting 1% to 20% all people worldwide. The prevalence A.E adults is about 1% to 3% and 10% to 20% in children. Since 1960's the prevalence of A.E has

increased more than 3-fold. Eczema is a common, chronic, non-infectious skin condition. The main symptom of this inflammatory disease is a very itchy rash. It often affects children. In many cases eczema gets better as the years go by, and it may go away for a while or disappear altogether. Eczema is generally not a serious condition, but there is a potential for complications, such as a secondary bacterial or fungal infection of the eczema rash. More than 31 million Americans live with some sort of eczema. The most common form of eczema is atopic dermatitis. It accounts for most cases of eczema, affecting nearly 10 million children and more than 16 million adults in the United States. Because atopic dermatitis often develops in the first six months of life, people may call it baby eczema. Common sites for infant atopic dermatitis include scalp, ears, cheeks, elbows or knees. In older children and adults, it often affects areas with creases. This includes the back of the neck, upper eyelids, elbows, wrists, hands, back of the knees, and ankles.

TYPES OF ECZEMA

- **Atopic dermatitis** is the most common type of eczema. The other types of eczema include.
- **Asteatotic eczema:** Asteatotic eczema, also called xerotic eczema or eczema craquelé, is a form of eczema that occurs when the skin becomes abnormally dry, itchy and cracked. It is often found in elderly people, though it is not uncommon for people in their 20s. This type of eczema causes fine cracks in the skin. It usually affects older people in low-humidity environment.



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Asteatotic eczema

- **Contact dermatitis:** contact dermatitis is mainly happened when you touch a substance that irritates skin or causing allergenic reaction. About 80% of contact dermatitis is caused by an irritant, such as chemicals in cleaning or personal care products. The chemicals actually damage the skin. Other irritants include scratchy wool clothing, metal fixtures on clothing, and over-washing your hands. Contact dermatitis can appear as an itchy, red rash. In this photo, the irritation is likely due to a ring or to soap residue trapped beneath the band. Contact dermatitis is a red, itchy rash caused by direct contact with a substance or an allergic reaction to it.



Contact dermatitis

- **Dyshidrotic eczema:** Dyshidrotic eczema causes small, intensely itchy blisters on the palms of hands, soles of feet and edges of the fingers and toes. While the actual cause of dyshidrotic eczema isn't known, it is more common in people who have another form of eczema and tends to run in families, suggesting a genetic component. Dyshidrotic eczema is most common in younger adults, typically between the ages of 20 and 40. People can have a single flare-up of dyshidrotic eczema, but it's more common for it to come and go over long periods of time.



Dyshidrotic eczema

- **Nummular eczema:** Nummular eczema, also known as discoid eczema and nummular dermatitis, features scattered circular, often itchy and sometimes oozing patches. The word “nummular” comes from the Latin word for “coin,” as the spots can look coin-shaped on the skin. This type of eczema causes round coin shaped spots to form on skin. It looks different from other types of eczema and can itch a lot.



Nummular eczema

- **Neurodermatitis:** it is similar to atopic dermatitis it causes thick pop upon skin. Intense itching —and the scratching it causes — lead to the symptoms of Neurodermatitis. This is a common type of eczema that affects about 12% of the population. This leads to scaly patches of skin on the head, forearms, wrists, and lower legs. It occurs due to a localized itch, such as from an insect bite.



Neurodermatitis

CAUSES OF ECZEMA

Eczema (atopic dermatitis) is caused by a combination of immune system activation, genetics, environmental triggers and stress. Researchers do not know the definitive cause of eczema, but many health professionals believe that it develops from a combination of genetic and environmental factors. Children are more likely to develop eczema if a parent has it or another atopic condition. If both parents have an atopic condition, the risk is even higher.

Some environmental factors may also bring out the symptoms of eczema. These include:

Irritants: These include soaps, detergents, shampoos, disinfectants, juices from fresh fruits, meats, and vegetables.

Allergens: Dust mites, pets, pollens, and mold can all lead to eczema. This is known as allergic eczema. **Microbes:** These include bacteria such as *Staphylococcus aureus*, viruses, and certain fungi.

Foods: Dairy products, eggs, nuts and seeds, soy products, and wheat can cause eczema flares. **Stress:** This is not a direct cause of eczema, but it can make the symptoms worse.

Hormones: Females may experience increased eczema symptoms when their hormone levels are changing, such as during pregnancy and at certain points in the menstrual cycle.

SYMPTOMS OF ECZEMA

1. Infant eczema symptoms

The following atopic dermatitis symptoms are common in babies under the age of 2.

- Rashes on the scalp and cheeks
- Rashes that bubble up before leaking fluid
- Rashes that can cause extreme itchiness, which may interfere with sleeping

2. Childhood eczema symptoms up

The following atopic dermatitis symptoms are common in children age 2 and above:

- Rashes that appear behind the creases of elbows or knees.
- Rashes that appear on the neck, wrists, ankles, and the crease between the buttocks and legs.
- Bumpy rashes.
- Rashes that can become lighter or darker.

Skin thickening, also known as lichenification, which can then develop into a permanent itch. Most people with the condition develop it before the age of 5 years. An estimated 60% of children will no longer show symptoms by adolescence. African, American and Hispanic children may have more severe eczema than children who are white.

3. Symptoms in adults

The following atopic dermatitis symptoms are common in adults

- Rashes that are scaly than those occurring in children.
- Rashes that commonly appear in the creases of the elbows or knees or the nape of the neck.
- Rashes that cover much of the body
- Very dry skin on the affected areas

TREATMENT OF ECZEMA

A dermatologist, allergist, or primary care doctor can help you identify the correct treatment

for eczema. You may also find it helpful to combine more than one treatment.

Medications

Oral over-the-counter (OTC) antihistamines may relieve itching. They work by blocking histamine, which triggers allergic reactions.

Examples include

- Cetirizine (Zyrtec)
- Diphenhydramine (Benadryl)
- Fexofenadine (Allegra)
- Loratadine (Claritin)
- Cortisone (steroid) creams and ointments can relieve itching and scaling. But they can have side effects after long-term use, which include:
 - Thinning of the skin
 - Irritation
 - Discoloration
- Low-potency steroids, like hydrocortisone, are available over the counter. In severe cases, a doctor may prescribe oral corticosteroids. These can cause serious side effects include an increased risk of developing cancer, infection, high blood pressure, and kidney disease.

Table 1: frequencies of different types of Eczema DRUGS.

Type of eczema	Number of cases	Percent
Discoid eczema	36	3.4
Atopic dermatitis	208	19.7
Seborrhoeic dermatitis	181	17.2
Asteatotic eczema	7.0	0.7
Pityriasis alba	111	10.5
Hand eczema	96	9.1
Juvenile plantar dermatosis	15	1.4
Contact dermatitis	240	22.7
Photoallergic contact dermatitis	10	0.9
Polymorphic light eruption	10	0.9
Dyshidrotic eczema	53	5.0
Unclassified	26	2.5
Lichen simplex chronicus	62	5.9
Total	1055	100.0

- Azathioprine (Imuran)
- Cyclosporine.
- Methotrexate.
- Mycophenolate mofetil.

Oral steroids, such as prednisolone or prednisone. The U.S. Food and Drug Administration today approved Dupixent (dupilumab) injection to treat adults with moderate-to-severe eczema. immunosuppressant tablets –to suppress your immune system, such as azathioprine, ciclosporin and methotrexate. Alitretinoin – medicine to treat severe eczema affecting the hands

TOPICAL CREAMS AND LOTIONS FOR ECZEMA

- Avène Restorative Skin Cream
- Dove DermaSeries Fragrance-Free Body Lotion
- CeraVe Daily Moisturizing Lotion
- Eucerin Eczema Relief Body Cream
- Dailylaine Intensive Care Body Lotion
- CeraVe Healing Ointment

CONCLUSION

The prevalence of AE is steadily increasing, currently ranging 1%-20% of the general population. AE may be caused by genetic factors and may be influenced by environmental factors. Most AE patients have a chronic, relapsing disease course characterized by remission and intermittent flares. In the future, with better understanding the pathogenesis of AE, revolutionary treatment options, including targeted biologic therapies, are being introduced. Most AE patients have a chronic, relapsing disease course characterized by remission and intermittent flares. therefore, controlling symptoms of chronic AE is still challenging.

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