



## Aloe Vera Detrimental Effects on Skin Diseases and its Effectiveness in the Medical Management of Eczema

Rios Strina\*

Department of Dermatology, University of Bahia, Salvador, Brazil

### DESCRIPTION

Millions of individuals throughout the world struggle with the skin ailment eczema. It is characterized by dry, itchy, and inflamed skin, and can be triggered by a variety of factors such as stress, allergies, and environmental irritants. While there are various treatment options available for eczema, many people are turning to natural remedies like aloe vera cream to help soothe and heal their skin. Since ancient times, aloe vera, a succulent plant, has been implemented for therapeutic purposes. It is known for its anti-inflammatory, antibacterial, and moisturizing properties, which make it an excellent choice for treating skin conditions like eczema.

Aloe vera cream is made from the gel of the aloe vera plant, which is extracted from the leaves and then mixed with other natural ingredients like coconut oil, shea butter, and vitamin E. These ingredients work together to create a rich and nourishing cream that can help to soothe and heal dry, itchy, and inflamed skin. One of the main benefits of using aloe vera cream for eczema is its ability to moisturize the skin. Eczema often causes the skin to become dry and flaky, which can be uncomfortable and even painful. Aloe vera cream can help to hydrate the skin, restoring its natural moisture barrier and preventing further dryness and irritation.

In addition to its moisturizing properties, aloe vera cream also has anti-inflammatory benefits. Eczema is an inflammatory condition, which means that the skin becomes red, swollen, and itchy. Aloe vera has been shown to reduce inflammation in the skin, which can help to alleviate these symptoms and promote healing. Another benefit of using aloe vera cream for eczema is its antibacterial properties. Eczema-prone skin is more susceptible to bacterial infections, which can worsen the condition and lead to further irritation. Aloe vera contains compounds like anthraquinones and polysaccharides, which

have been shown to have antibacterial properties. This can aid in the recovery process and allows preventing infection.

When choosing an aloe vera cream for eczema, it's important to look for a high-quality product that contains pure aloe vera gel and other natural ingredients. Some creams may contain synthetic ingredients or additives that can irritate the skin and worsen the eczema. It's also important to patch test any new product on a small area of skin before applying it to a larger area, to ensure that it doesn't cause any adverse reactions.

In addition to using aloe vera cream, there are other steps that people with eczema can take to help manage their condition.

Avoiding triggers, eczema can be triggered by a variety of factors, such as stress, certain foods, and environmental irritants like pollen or pet dander. By identifying and avoiding these triggers, people with eczema can help to prevent flare-ups and reduce symptoms.

Using gentle skincare products, people with eczema should use gentle, fragrance-free skincare products that won't irritate their skin. They should also avoid using hot water and harsh soaps, which can strip the skin of its natural oils and worsen the condition.

Managing stress, stress can trigger eczema flare-ups in some people, so it's important to practice stress-management techniques like meditation, yoga, or deep breathing exercises. Seeing a dermatologist, in severe cases of eczema, a dermatologist may recommend prescription creams or other treatments to help manage the condition.

In conclusion, aloe vera cream can be an effective and natural way to help manage eczema symptoms. Its moisturizing, anti-inflammatory, and antibacterial properties make it a great choice for soothing dry, itchy, and inflamed skin.

**Correspondence to:** Rios Strina, Department of Dermatology, University of Bahia, Salvador, Brazil, E-mail: rostrin@edu.br

**Received:** 29-Mar-2023, Manuscript No. JOD-23-21109; **Editor assigned:** 31-Mar-2023, Pre QC No. JOD-23-21109 (PQ); **Reviewed:** 21-Apr-2023, QC No JOD-23-21109; **Revised:** 28-Apr-2023, Manuscript No. JOD-23-21109 (R); **Published:** 05-May-2023, DOI: 10.35248/2684-1436.23.8.194

**Citation:** Strina R (2023) Aloe Vera Detrimental Effects on Skin Diseases and its Effectiveness in the Medical Management of Eczema. J Dermatit. 8:194.

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