

# Homeopathy for eczema

Eczema is the most commonly referred condition to the NHS homeopathic hospitals. It varies in severity from a few small patches to a severe skin condition which can cover most of the body. Severe eczema in a child can have an affect on the whole family.

Complicated creaming and bandaging regimes are time consuming and children are often irritable and eat poorly as they feel so uncomfortable. Severe itching can interrupt sleep for everybody and children can feel stigmatised at school if their rash is visible.



## What is homeopathy?

Homeopathy works on the principle of using like to cure like. In other words the medicines are made, in miniscule amounts, of the same substance that would cause the symptoms.

For example, in homeopathy a medicine derived from onions can be used to alleviate watery eyes and a runny nose, which are symptoms that an onion might cause.

The medicines are derived mainly from plants and minerals. The active ingredient is diluted many times (making it completely safe) and succussed (shaken vigorously) to produce the medicine.

## Treatment on the NHS

You can ask your GP to refer you to one of a number of NHS homeopathic services in the UK.

There are hospitals, clinics and GPs taking referrals. To find out if there is an NHS service near you and for a free information pack, call the British Homeopathic Association: 0870 444 3950.

## What about the evidence?

At Bristol Homeopathic Hospital a six-year study of patient outcomes found that 82% of eczema patients under 16 reported improvement and felt "better" or "much better". In addition, a clinical trial of 118 eczema patients has shown that homeopathy is as effective as standard conventional treatments in the short term and is more effective than them in the longer term.

## The benefits of homeopathy

- Because the medicines are highly diluted, homeopathy is safe to use in babies, children and pregnant and breastfeeding women under the supervision of an appropriately qualified practitioner.
- Homeopathy treats the whole person and takes into account that each person is different – medicines are selected not just on the symptoms presented but on other aspects of the patient including lifestyle, eating habits and preferences, medical history and personality traits.
- Unlike the conventional medicines used to treat eczema, namely steroidal creams and antibiotics, homeopathic medicines have no side-effects.

## Where to find a regulated homeopathic practitioner

Members of the Faculty of Homeopathy are conventional doctors trained in homeopathy and are therefore regulated by the state. They hold the qualifications LFHom, MFHom or FFHom.

A full list of practitioners is available at [www.britishhomeopathic.org](http://www.britishhomeopathic.org) or by calling 0870 444 3950.

