

Diaper Dermatitis and its Homoeopathic Management

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Abstract: *Diaper dermatitis is one of the most common childhood skin diseases. This is an irritant dermatitis, where many factors involved producing inflammation of the diaper skin. Now a time mothers often use diapers for babies, at the same time diaper rash is the most common skin disorder seen in babies which is generally very painful and sore. Homeopathy is better and safer for diaper rash than topical medications.*

Keywords: diaper rash, homoeopathy, inflammation, irritant dermatitis, sore and skin diseases.

1. Introduction

Diaper dermatitis is a general term used to explain inflammatory process within the diaper area. Diaper dermatitis is one of the most common disorders that take place in infants with up to 35% of the infants affected at any given time. Most commonly it occurs at 6 - 12 months of age. The critical step in the development of diaper dermatitis is the occlusion of skin under the diaper, [1]. It is more common in artificially fed babies than those who have perineal hygiene. Its typical form is characterized by erythema on the convex surfaces, with the skin fold spared.

Etiology [2]:

- Bacterial infections due to urine soiled diaper.
- Detergents used in washing, produces ammonia and non alkaline product leading to rashes.
- Constant rubbing of the skin causes erosions.
- Recent antibiotic therapy.
- Prolonged warmth and moisture of the skin.

Clinical features [3]:

The skin of the convex surfaces such as buttocks, scrotal sac, mons pubis, or inner thigh -

- Appears red, parchment like.
- Scalded.
- May have pustular erosions.
- Retention of sweat makes moist and macerated.
- Lesions are sharply demarcated.
- Erythematous lesions are associated with elastic bands of diaper leading to contact dermatitis.

Differential diagnosis [4]:

- Contact dermatitis.
- Prickly heat or miliaria.

General management:

- Acute rash should be managed with cool wet compresses.

Preventive measures [5]:

- Homemade (nappies) diapers should be used made of single layer porous soft cloth. '

- Plastic diaper covers for nappies should be avoided.
- Synthetic, commercially available diapers should be avoided.

Related rubrics:

- 1) Murphy repertory [6]:
Children, diaper, rash, buttocks
- 2) Synthesis repertory [7]:
Extremities – Eruptions - Nates

Homoeopathic management [8, 9, 10]:

Frequent homoeopathic medicines used and their characteristic indications are as follows:

- 1) **Belladonna** - Fine complexion with delicate skin, dryness with redness and burning, throbbing pains, pains appear and disappear suddenly, wildly delirious, restless, sensitive, nervous, child jovial and entertaining when well but violent when sick.
 - Skin: uniform, smooth, shining bright red.
 - Present a burning sensation to examining hand.
 - Child cries out suddenly and ceases suddenly.
 - Rashes, sensitive to touch, child cries when touched.
- 2) **Borax** - Chilly patient, poorly nourished, aphthous ulceration of mucous membranes, fear of rocking or downward motion, sensitive to sudden noises, screams while nursing, startled easily.
 - Erysipelatous inflammation with swelling.
 - Itching.
 - Skin rashes in perianal, lower abdominal area and folds of groin region.
 - Urticaria like rashes, fungal infection.
- 3) **Graphites**- Chilly patient, takes cold easily, obese pale with tendency to skin affections and constipation, lumpy, thick, hard skin and glands, dislikes sweet, irresolute and lazy.
 - Moist eruptions in the groins.
 - Rash at the bend of thighs, nates and groins.
 - Eruptions oozing, discharging a watery, glutinous fluid, thin and sticky.

- Erysipelatous with burning and stinging pain, worse from heat.

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4) **Mezereum** - Chilly patient, better by eating, irresolute, angers easily but is soon sorry for it.

- Eruption with intolerable itching, worse in bed, shiny fiery red areola.
- Small vesicles with terrible itching.
- Tendency of the secretions to dry quickly, producing scabs from which thick pus oozes.
- Worse from warmth.

5) **Arsenicum album**- Chilly patient, pale weak, rapid, disproportionate prostration, burning pains better by heat (except headache), cadaveric odour of discharges and body, anxiety and restlessness, fretful and wants to be carried rapidly.

- Skin is thickened with popular eruptions.
- Skin dry, parchment - like, scaly.
- Worse from cold and itching and burning relieved by warmth.
- Skin gets blackish after scratching.

6) **Rhus toxicodendron**- Chilly patient, sore, bruised and stiff feeling all over the body, restless, can't rest in any position, red triangular tip of tongue, worse in damp, cold, rainy weather and during sleep, marked thirst, drowsy after eating, great apprehension at night, sad and anxious.

- Skin of the diaper area covered with numerous vesicles, with itching.
- Rashes and itching worse at night, better from warmth and in dry weather.
- Parts swollen and edematous.

7) **Sulphur**- Hot patient, kicks off the clothes at night, dirty, filthy, lean, thin, stoop shouldered, child who walks, and sit, stooping, desire for sweets, red orifices, does not want to be washed, when the best selected remedy fails to improve.

- Dry, scaly eruptions with easy suppuration.
- Itching and severe burning, worse from warmth of bed.
- Feels good to scratch, but scratching causes burning makes him worse.
- Soreness in folds.

2. Conclusion

Diaper dermatitis is a common and preventable condition. Emphasis on hygiene as well cleaning diaper skin and frequent change of diaper may decrease the risk. Early identification of diaper associated infections should be treated. Decrease in the prevalence rate of diaper dermatitis improves the quality of life of children. Homoeopathic medicines are act best when given on the basis of totality ^[11] &. Homoeopathic medicines are very effective for diaper dermatitis.

Conflict of interest

No conflict of interest.

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