

How to Treat Inflamed Skin

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Inflamed skin could be treated with numerous topical treatments and even home remedies contingent on the harshness or reason of the rash. It is best counselled to refer a dermatologist when a rash perseveres for more than 24 hours.

Medical Treatments

Topical: Those are treatments which could be applied onto the skin in a straight line. They include antifungal or antibacterial creams; corticosteroids which reduce the inflammation, anti-itch creams or calamine lotions that have hydrocortisone as an ingredient to decrease itching. Immunomodulators which are absorbed at the immune system are also an option.

Oral: Oral medications for skin inflammation have to be taken on a doctor's medicine only. For some sensitive reactions, generic antihistamines are prescribed, as are oral antifungal and antibiotics tablets for bacterial infections. For more severe circumstances like psoriasis, the dermatologist might prescribe an injection.

Medicinal Plants: The use of plants and those extracts to treating skin inflammation has been proved to yield results in positive vibes. Calendula (marigold), Matricaria (chamomile) and flowers are lengthily used in treatment of skin inflammation and conditions such as dermatitis and eczema.

Other plants used to treat skin inflammation include witch hazel, aloe vera, yarrow and evening primrose oil, ribwort plantain leaf/herb; herbs like fenugreek seed, purple coneflower sage leaf etc all have anti-inflammatory properties.

Home Remedies: Some cases of skin inflammation can be preserved provisionally with the help of home remedies. Though, those are only destined for topical relief for a brief period. Persevering circumstances must be treated by a dermatologist.

Some of the options are:

Cold Compress: A cold and wet compress can help ease the redness and itching. Soak a clean napkin in cold water or use an ice pack on the affected area for relief. A bath with a hypoallergenic soap or made with anti-inflammatory ingredients can also reduce the inflammation.

Oil Massage: Tea tree oil is very effective in commerce with skin inflammation due to its qualities of antimicrobial. It is also anti-inflammatory, so it can be used with seborrheic dermatitis as well. Massage the oil mildly into the scaly areas and other scalp.

Diet: It is very important to avoid inflammation causing foods such as margarine, french fries, sweetened fizzy drinks and colas, and other fried food, red meat and refined flour used for pastries and breads. These foods are associated with in turn inflammation and weight gain, which clues to chronic diseases like diabetes. The following foods can be measured anti-inflammatory as they have antioxidants that reduce inflammation:

Nuts such as almonds and walnuts, Tomatoes, Olive oil, Fruits and berries like oranges, strawberries, blueberries, mackerel and salmon, pineapple and lemon juice, cherries, Fatty fish such as sardines, Greens like spinach and kale.

Tips

- Always avoid eating foods that you have an allergy too.
- Wear clothes that are soft and smooth, preferably made from natural fibres like hemp and cotton.
- Meditate or exercise to keep your stress levels down.
- Anti-allergy medication or Carry an antihistamine when you travel.
- At times, exposure of affected areas to light, it might be also help.
- Take a supplement of vitamin D as it can relieve the inflammation, especially in conditions like eczema.

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