

Integrated naturopathic and yogic approaches in the management of seborrheic dermatitis: A case report

Abstract

A 42 year old female patient with seborrheic dermatitis (SD) was admitted to the hospital and underwent 14 days of integrated naturopathic and yogic treatment. With the concern of the patient SCORing atopic dermatitis (SCORAD), Dermatology life quality index (DLQI), atopic dermatitis impact score (ADIS), weight, vital parameters were measured before and after treatment. She expressed with good prognosis and reduction in signs and symptom. Results observed more than 10% improvement in all the parameters measured. Psychological factors like stress and sleep quality improve after treatment. This reduces the chances of reappearance of SD. Approaches in the current study shows that SD can be managed successfully without side effect.

Key words

Dermatitis, skin disease, dermatological disease

Date of Submission: 24-06-2025

Date of Acceptance: 04-07-2025

I. Introduction

Seborrheic dermatitis (SD) is chronic inflammatory dermatological conditions which mainly affect the sebum rich skin areas like scalp, face, chest, back and axilla. 11% of the world population is affected with SD and generally observed under any age group, more worsen in male. SD was clinically diagnosed based on the location of the dermatitis and the type of patches. Affected area exhibit papulosquamous disorder patten with scaling and erythema which is not contagious. SD is more observed in people with oily skin, dark skin, and person with family history of dermatitis (1). Research shows that malassezia organism which is part of normal skin flora act as a co-factor and lead to T-cell depression, increased sebum levels, and activation of the alternative and complimentary pathway(2). With proper diagnosis and management cure is possible but the chances of exacerbation are most common. This may be due to the psychological factors like increased stress levels and fear of re-occurrence of SD. Pharmacological management of SD includes shampoo or topical solutions that contain corticosteroids. Antifungal and anti-inflammatory agents are also been used in case of infection and inflammation (3). However, long-term use of pharmacological treatment may cause skin irritation. Evidence and researches on non-pharmacological life style intervention for SD is limited (4). It is essential to identify and alter lifestyle factors causing SD and contributing for the spread of SD that reduces the disease burden. According to Ayda YR et al. naturopathy, yoga, and a restricted diet, can control and modify their dermatological and psychological conditions (5). Aim of this case report is to justify that integrated naturopathic and yogic (INY) modality with proper diet and yoga can have a positive effect in the SD patient's life and improves the skin and psychological condition.

Patient information

A 42-year-old house wife who presented with complaints of weight gain from the past 5 years, and she was clinically diagnosed for SD under a dermatologist from past 10 years. She explained with the signs of exfoliate and intermittent itching in her scalp and forehead. On examination yellow scales were observed. Condition aggravates and more exfoliate observed during dry seasons and stressful situations. None of her family members were faced with any of skin pathology and due that she started facing aversion from the family. She reported high stress levels due to mocking and teasing from family and friends for her skin condition. She also has a scratch out habit. Her SD condition was intermittent from past 10 years, and she used to apply steroids or medicated shampoo for time being. On the aggravated SD conditions she found that there is no use with all the medicinal application. Her primary concern to visit the hospital was to reduce the symptoms of SD and to get rid of high levels of stress.

Clinical findings

Case history was taken by the consultant naturopathic doctor, and she had 89 kilo gram weight and body mass index was 31.6 kilogram/meter² on the first day of admission. Flaking skin and bumps on hair follicle is observed under physical examination. Diagnosis was made by ICD-10 criteria in which SD can be

confirmed clinically by the symptoms like yellowish exfoliate and itching in scalp and forehead. In order to understand the severity of SD, SCORAD questionnaire was used. This was taken on the first day and last day of intervention.

Time line

SD first occurred in 2012 March for which patient underwent allopathic medication for 1 month. Reoccurrence happened in 2015, 2018, 2020 and 2013. Increased stress level with aggravated signs and symptoms observed in each year. In 2018 again she underwent allopathic steroid application which again aggravated her condition and stopped the medication. Patient decided to try a new treatment due to the adverse effect which she got from past treatment. With the present SD condition patient came to naturopathic hospital on 7th august 2023. She underwent 14 days of integrated naturopathic and yogic treatments and got discharged on 20 august 2023.

Diagnostic assessment

Patient was asked to undergo 14 days naturopathic and yogic interventions with a restricted diet. The pre and post data were collected using SCORing atopic dermatitis (SCORAD), Dermatology life quality index (DLQI), atopic dermatitis impact score (ADIS). SCORAD was used to analyses the severity of dermatitis condition. DLQI indicate quality of life and stress levels related with SD. Total improvement before and after showed by ADIS. All vital data were measured by standard scales.

Therapeutic intervention

following the initial history and diagnosis initial counseling, informed consent, and 14 days naturopathic treatments with diet was planned. According to naturopathy SD is caused by accumulation of morbid matter or dead cells in skin which make a suitable atmosphere for microorganism to grow and lead to inflammation. Psychological factors like stress and anxiety plays an important role in inducing reappearance of SD. So the therapeutic focus was on detoxification of body by different type of treatment, reducing the psychological stress and improving immunity by yoga and diet. Her diet was concentrated to get an average calorie of 800 to 1000 per day and it was served on time in the patient dining hall (6). She exposed to treatments like hydrotherapy, mud therapy and local applications, internal cleaning procedures and daily yoga. Temperature of the treatments were maintained neutral (32-34 °C), cold (15-20 °C), hot (35-40 °C) throughout the procedure (7). Procedures which she underwent for 14 days was shown in table no: 1

Outcome

during the treatment period patient was totally benefited and visible changes seen in her skin pattern. The comparison of pre- and post- intervention values reveals that the patient received a positive effect. SCORAD-Sleep and irritability shows significant changes and total score changed from 35 to 24. ADIS shows 25% change. The DLQI from 9 to 4 changed in indicates naturopathic approaches improved her quality of life. There is good improvement in the vital parameters of the patient after 14 days of treatment. Patient remarked a reduction of 7 kg weight on the day of discharge and BMI changed to 29.1 Kg/m². Changes in the pre and post questionnaire values are showing a positive outcome which is shown in chart no: 2.

II. Discussions

SD was managed and symptoms were reduced successfully by using naturopathic approaches without any disadvantages. In the 14 days of treatment, the patient gradually got reduced SD symptoms, weight, stress levels and increased sleep duration. The SCORAD score shows improved Sleep quality and reduced irritability post intervention. DLQI scores were reduced on the 14th day due to the improved quality of life of the individual and improved mental health and productivity after treatment. Yoga has been shown to improve anxiety, somatic stress, health-related quality of life, and sleep, which can be especially beneficial in medical dermatological conditions (8). Neuroimmunological pathways which explain the interactions between the brain and skin in dermatological disorders are beneficial when you do yoga. Skin barrier functions like antimicrobial actions are improved post yoga intervention (9). Yoga and meditation are known for relieving stress which is the most common cause of the re-occurrence of SD (8).

Vital parameters and weight reduction occurred mainly due to restricted diet with much of fruits and vegetables positively contributing to SD. Antioxidants, vitamin A, omega 3 fatty acids, vitamin C, and psoralen worked on the diet helped betterment of the patient. Because when the body is under inflammatory stress, immune suppressive activity takes place in regions of cell-mediated immunity and complimentary system which may be the reason for the development of SD (2). A juice diet increases the elimination and cleaning capacity of eliminative organs in a form of metabolic waste (6). Antioxidants and anthocyanins present in the hibiscus control the oxidation processes without any toxic effects (10).

Treatments like herbal fermentation and applications help in the reduction of inflammation and regulate the synthesis of sebum on the epidermal surface. The Bradykinin enzyme present in aloe vera inhibits prostaglandin F₂ and thromboxane B₂ which prevent further inflammation. Vitamin C-rich aloe vera exhibits significant anti-inflammatory activity and reduces local inflammation of the skin (11). Mud pack is helping in microcirculation there by the reduction of erythema. Curcumin present in GTB inhibits the inflammatory cytokine and regulates the complications (5). Detoxifying effects were produced by giving FBM and a steam bath (12). MgSO₄ used in hydrotherapy treatments act as an ameliorating inflammatory response and helps in cellular regeneration. So INY with a diet made a positive outcome towards the betterment of the patient within a short period. The patient also got a lifestyle and dietary changes which address the future benefit. By managing psychological factors and improving immunity it is possible to bring down the chance of re-occurrence (13).

III. Conclusion

SD cases can be effectively managed without side effects when combined with naturopathy and yoga, as well as a proper diet. SD INY was developed to alleviate symptoms and reduce the likelihood of recurrence. INY and diet are beneficial and alleviate disease conditions, leading to a healthy life.

Reference:

- [1]. Goldenberg G. Optimizing Treatment Approaches in Seborrheic Dermatitis. J Clin Aesthet Dermatol [Internet]. 2013 Feb [cited 2023 Feb 3];6(2):44.
- [2]. del Rosso JQ, Kim GK. Seborrheic Dermatitis and Malassezia species: How Are They Related? J Clin Aesthet Dermatol [Internet]. 2009 Nov [cited 2023 Feb 3];2(11):14.
- [3]. Dall'oglio F, Nasca MR, Gerbino C, Micali G. An Overview of the Diagnosis and Management of Seborrheic Dermatitis. Clin Cosmet Investig Dermatol [Internet]. 2022 [cited 2023 Feb 3];15:1537.
- [4]. Tiwari S, Saoji AA, Madle K, Sapkota N, Shashikiran HC, Shetty P. Naturopathy and Yoga for improving quality of life in Pemphigus vulgaris and managing co-morbid type 2 diabetes: A case report. J Ayurveda Integr Med [Internet]. 2020 Apr 1 [cited 2023 Feb 3];11(2):110.
- [5]. Ayda YR, Manavalan N. Efficacy of short-term naturopathy and yoga interventions on palmoplantar psoriasis. Int J Heal Allied Sci [Internet]. 2019 [cited 2023 Feb 3];8(3):202.
- [6]. Nakamura H, Shimoji K, Kouda K, Tokunaga R, Takeuchi H. An adult with atopic dermatitis and repeated short-term fasting. J Physiol Anthropol Appl Human Sci [Internet]. 2003 Sep [cited 2023 Feb 3];22(5):237–40.
- [7]. An J, Lee I, Yi Y. The Thermal Effects of Water Immersion on Health Outcomes: An Integrative Review. Int J Environ Res Public Health [Internet]. 2019 Apr 1 [cited 2023 Feb 3];16(7).
- [8]. H. Effect of Naturopathy and yogic intervention on Eczema-A case report. Int J Adv Eng Manag [Internet]. 2021 [cited 2023 Feb 3];3:187.
- [9]. Beri K. Breathing to younger skin: 'reversing the molecular mechanism of skin aging with yoga.' Futur Sci OA [Internet]. 2016 Jun 1 [cited 2023 Feb 3];2(2).
- [10]. Falade O, Aderogba M, Kehinde O, Akinpelu B, Oyedapo B, Adewusi S. Studies on the chemical constituents, antioxidants and membrane stability activities of *Hibiscus rosa sinensis*. Niger J Nat Prod Med [Internet]. 2010 Nov 4 [cited 2023 Feb 4];13(1):58–64.
- [11]. Dawid-Pac R. Medicinal plants used in treatment of inflammatory skin diseases. Postepidermatologii i Alergol [Internet]. 2013 [cited 2023 Feb 3];30(3):170–7. Available from:
- [12]. Moovenhan A, Nivethitha L. Scientific Evidence-Based Effects of Hydrotherapy on Various Systems of the Body. 2014;6(5).
- [13]. Woodyard C. Exploring the therapeutic effects of yoga and its ability to increase quality of life. Int J Yoga [Internet]. 2011 [cited 2023 Feb 3];4(2):49.

Illustrations

Table no: 1- TIME LINE OF EVENTS

Naturopathic treatments	Treatment		Duration	Frequency	Timing
	Enema		10 -15 minute	3 days once	Morning
	Eye pack and abdominal pack		10 minute	Every day	Morning
	Full body massage		20 minute	2 times in 14 days	Forenoon
	Medicated Oil application and steam		30 minute	2 times in 14 days	Forenoon
	Herbal fermentation		20 minute	2 times in 14 days	Forenoon
	Paste of hibiscus leaves, amla, aloe vera application and steam		30 minute	4 times in 14 days	Forenoon
	Mud bath		20 minute	2 times in 14 days	Forenoon
	Ganji turmeric bath		20 minute	2 times in 14 days	Forenoon
	Cold hip bath		15 minute	4 times in 14 days	Afternoon
	Gastrohepatic Pack		15 minute	4 times in 14 days	Afternoon
	Neutral spinal spray		15 minute	2 times in 14 days	Afternoon
	Neutral immersion bath with MgSO ₄		15 minute	3 times in 14 days	Afternoon
	Hot foot immersion with MgSO ₄		15 minute	Every day	Night
Naturopathic diet	Day 1 to 14	7.30 am	Juices like AGJ Or LHM -250 ml		
		9 am	WML -250 ml		
		11 am	Mixed Fruit salad-1 bowl/ 250 grams		

	2.30 pm	MJ 250 ml
	5 pm	Hibiscus tea -250 ml
	7.30 pm	Juices like AGJ Or LHJ -250 ml
	9 pm	Raw vegetable salad -1 bowl/ 250 grams
yoga	Kriya or internal cleansing technique : Jalaneti, Vamana Dhauthi	Every alternate day (7 times)
	Pranayama: Nadhi Shudhi (15 rounds) with kumbhaka,	30 min session, 2 sessions per day
	Asana: Ardachakrasana, Ardhakatichakrasana, Padahastasana, Ardhamachendrasana, Vakrasananavasana, Parivrttatrikonasana, Mathyasana, Bujagasana, Vajrasana, Dhanurasana, Shalabhasana	15 min session, 2 sessions per day
	SORYANAMASARA 3 ROUNDS	10min session, 2 sessions per day
	Relaxation technique -QRT	5 min session, 2 sessions per day

(ml- milli litter, AGJ- ash gurd juice, LHJ- lemon honey juice, MJ- Mosambi juice, WMJ- water melon juice, QRT- quick relaxation technique)

Table no:2 PRE AND POST INTERVENTION SCORES

Sl No:	Variables Measured	Pre value (Day 1)	Post value (Day14)
1	SCORAD -total	35	24
	SCORAD -Sleep	6	4
	SCORAD -Irritability	9	6
2	DLQI - Total	09	04
3	ADIS	4	3
4	BP	120/90 mmHg	110/90 mmHg
5	PR	84 bpm	74 bpm
6	Weight	89 kg	82 kg