



What is Pruritus?

Pruritus is also known as itching and may be defined as a **tingling sensation of the skin that causes a strong desire to scratch** the area to obtain relief. Itching can either be confined to a certain part of the body (localized) or develop all over the body (generalized).

It may be due to [skin](#) diseases, internal disorders, external factors or as a result of the faulty processing of the itch sensation within the nervous system. This **irritation of the skin** can cause immense discomfort and distress, sometimes even leading to [anxiety](#), [depression](#) and loss of sleep.

What Causes Pruritus?

Pruritus may be caused by several things. Common causes include [fungal infections](#) such as jock itch, [athlete's foot](#), thrush and [candidiasis](#). [Chicken pox](#), hives, [pruritus ani](#), and [parasitic infestations such as lice and scabies](#) are also very itchy. Internal conditions such as [kidney](#) failure, [liver](#) and [thyroid](#) disease [hyperthyroidism](#) and [hypothyroidism](#), blood disorders or iron deficiency [anemia](#) can cause itchiness.

Neurologic conditions such as pinched nerves and infectious diseases like HIV can result in severe itching. Skin diseases or conditions such as [dry skin](#), [eczema](#), [psoriasis](#), and sunburn also cause the skin to itch and become distressed. It may even be due to hormonal factors – often occurring during pregnancy and menopause. Pruritus that occurs **as a result of exposure to certain external factors** includes allergic reactions, irritation from chemicals or plants, insect bites and some medications. Psychological factors such as [stress](#) or anxiety can also exacerbate itching.

Diagnosing Pruritus

The diagnosis of pruritus is based on the symptoms presented as well as a physical examination. Certain tests may be ordered and include:

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The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Blood tests
- Skin scraping
- Biopsy

Help for Pruritus

Treatment generally depends on the cause and severity of the itch. Various topical medications such as calamine lotion, menthol or camphor lotion or mild corticosteroids may be used for symptomatic relief. Oral antihistamines or ultraviolet light therapy may also be prescribed to treat the itch. **Cool the skin with damp dressings** or a lukewarm shower to relieve itch and use emollients regularly to keep the skin hydrated.

Natural remedies

Natural and holistic therapies using herbs and homeopathic remedies are highly effective for treating the common causes of itching. Not only are these remedies safe and gentle on the body, but also **benefit your overall health**.

A combination of herbal and homeopathic ingredients such as Galium aperine (Cleavers), Trifolium pratense (red clover), Natrium muriaticum and Kalium sulphate are used to support skin health and functioning as well as **cleanse and purify the body's system**. In addition, Calendula officinalis (Marigold), Melaleuca laterifolia (Tea Tree Oil) and Lavendula officinalis (Lavender) contain supportive properties that help to calm and soothe angry skin.

More Information on Pruritus

Tips to relieve Pruritus

- Bathe in a tub of warm water added with baking soda or oatmeal

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to

- to relieve discomfort and itching
- Avoid using soap when washing, instead use fragrant free cream bars or aqueous cream
- Apply cold compresses to the itchy area so that it may be kept cool and moist
- Avoid exposure to heat and humidity – keep as cool as possible because heat increases itching
- Apply moisturizer or calamine lotion to the skin while it is damp
- Cut your nails short to avoid scratching
- Take warm baths or showers, avoid hot water
- Wash clothing with a mild detergent and rinse thoroughly with an un-perfumed fabric softener
- Avoid synthetic or wool fabrics, wear cotton or silk clothing
- Learn to relax by practicing meditation, yoga or visualization exercises



The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well

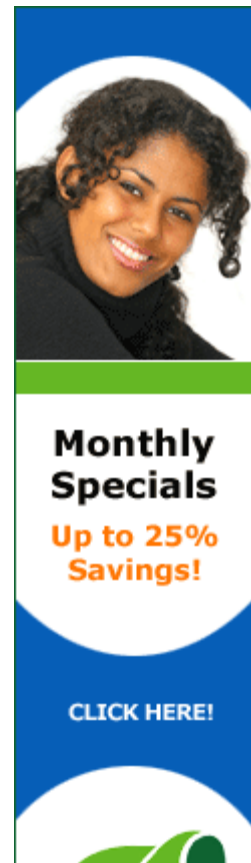
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able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved



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- 4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

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fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Products:

Scab-Ease Itch Relief: Homeopathic remedy relieves skin irritations including dryness, itchy skin and rash due to mites

Itch Dr.: Promotes skin comfort and soothes common itch on all areas of the body - including feet, anal, genital and jock areas

Skin Dr.: Homeopathic remedy relieves symptoms associated with minor skin irritations and rashes such as eczema to promote skin strength, health & functioning

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