

The science behind coconut oil and eczema Many published articles have demonstrated the beneficial effects of coconut oil:

In vitro anti-inflammatory and skin protective properties of Virgin coconut oil (2018, Journal of Traditional and Complementary Medicine)

<https://www.sciencedirect.com/science/article/pii/S2225411017300871>

The effect of topical virgin coconut oil on SCORAD index, transepidermal water loss, and skin capacitance in mild to moderate pediatric atopic dermatitis: a randomized, double-blind, clinical trial (2013, International Journal of Dermatology)

<https://onlinelibrary.wiley.com/doi/10.1111/ijd.12339>

Health Effects of Coconut Oil-A Narrative Review of Current Evidence

<https://pubmed.ncbi.nlm.nih.gov/30395784/>

Enhanced Barrier Functions and Anti-Inflammatory Effect of Cultured Coconut Extract on Human Skin

<https://pubmed.ncbi.nlm.nih.gov/28564614/>

Notes:

- Although all care has been taken, this booklet is a general guide only and not intended as a substitute for individual medical advice/treatment. The National Eczema Association and the Allergy and Immunology Awareness Program in Qatar expressly disclaim all responsibility (including negligence) for any loss, damage or personal injury resulting from reliance on the information contained.
- We would like to thank the National Eczema Association for giving us permission to include their patient education material in our product [<https://nationaleczema.org/get-facts-coconut-oil/>]

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Does coconut oil help eczema?

Allergy and Immunology Awareness Program



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Does coconut oil help eczema?

Eczema is a chronic skin condition, often referred to as contact dermatitis, which is connected to your immune system and its inflammatory response to external triggers.

Ordinary substances we encounter in our everyday lives, such as dust, mold, animal dander (similar to dandruff in humans) or certain chemicals, can activate an allergic response causing the skin to become red and flare up in an itchy, dry or painful rash.

Symptoms often start to occur in young children and continue to flare up and recede throughout adolescence and adulthood. While there is no cure for eczema, symptoms can often be alleviated or controlled.



What is coconut oil?

Coconut oil is a highly saturated oil that is traditionally made by extracting the oil from raw coconuts or dried coconut kernels. Around half of the fat content in coconut oil comes from lauric acid, a healthy form of saturated fat that is also found in breast milk.

How does coconut oil help eczema?

Although coconut oil not a remedy for all ailments, it can help reduce eczema symptoms by soothing the skin, easing irritation, and reducing the risk of infection. Coconut oil contains lauric acid, a nutritious fatty acid, or lipid, also found in breast milk. Lauric acid helps reduce the presence of bacteria, fungi, and viruses on the skin, which helps to eliminate the risk of infection caused by scratching itchy skin.

The oil can penetrate the skin quickly and efficiently, boosting hydration and skin elasticity. The natural anti-inflammatory properties can also help to reduce the discomfort associated with eczema.

Will coconut oil help my eczema?

Coconut oil, when ingested or used topically on the skin, has often been found to have many health benefits. However, eczema is unique to every individual and you should talk to your doctor before using this or any other home-remedy for your condition.

For people with eczema who also have an allergy to coconut oil, using this oil can exacerbate their symptoms instead of helping them.

It is always recommended to consult with your healthcare provider before trying a new product on your skin as a treatment for a medical condition.

