

Basic understanding of
the terms Comedogenic,
dermatitis.

Dermatitis

The inflammation of the skin characterized by erythema and pain or pruritis is called as dermatitis.

In the word “dermatitis,” “derm” means “skin” and “itis” means “inflammation.”

The word as a whole means “inflammation of the skin.” The rashes range from mild to severe and can cause a variety of problems, depending on their cause.



Dermatitis: Types

It is mainly divided into 4 types –

- Contact dermatitis (dandruff)
- Atopic dermatitis (eczema)
- Seborrheic dermatitis
- Exfoliative dermatitis

Exfoliative dermatitis



Contact dermatitis



Atopic dermatitis



Seborrheic dermatitis



Contact dermatitis

It is the inflammatory reaction of the skin because of exposure to physical, chemical or biological agents.

red, irritated skin, thick scaly region that's caused by a reaction to substances that is touched

The main causes of contact dermatitis includes acids, alkalies, soap, detergents, cosmetics, iodine, petroleum products, nail polish, lubricating oils etc

Frequent contact with water and extreme of heat and cold can also predisposed to contact dermatitis.



Contact dermatitis :Symptoms

Allergic contact dermatitis is an immune system reaction to an irritant, like latex or metal.

Irritant contact dermatitis starts when a chemical or other substance irritates your skin.

Symptoms

Your skin itches, turns red, is hyperpigmented or pink, magenta, burns, and stings.

Itchy bumps called hives may appear on your skin.

Fluid-filled blisters can form that may ooze and crust over.

Over time, the skin may thicken and feel scaly or leathery.

Contact dermatitis : Causes

Contact dermatitis happens when one touch a substance that irritates your skin or causes an allergic reaction like

- detergents
- bleach
- jewelry
- latex
- nickel
- paint
- poison ivy and other poisonous plants
- skin care products, including makeup
- soaps and perfumes
- solvents
- tobacco smoke

Atopic dermatitis (eczema)

Eczema is sometimes called atopic dermatitis, which is the most common form.

“Atopic” refers to an allergy.

People with eczema often have allergies or asthma along with itchy, red, or hyperpigmented skin.



Atopic dermatitis : Symptoms

The rash often forms in the creases of your elbows or knees.

The skin in areas where the rash appears may turn lighter or darker or get thicker.

Small bumps may appear and leak fluid if you scratch them.

Babies will often get the rash on their scalp and cheeks.

Your skin can get infected if you scratch it.

Atopic dermatitis :Causes

Atopic dermatitis happens when your skin's natural barrier against the elements is weakened. This means your skin is less able to protect you from irritants and allergens.

Atopic dermatitis is likely caused by a combination of factors, such as:

genes

dry skin

an immune system problem

triggers in the environment

Seborrheic Dermatitis

Seborrheic dermatitis causes no serious harm to the body, including the hair.

It appears as red, dry, flaky, itchy **skin on the scalp** and other parts of the body and is common but not contagious. Its presence doesn't mean the skin is unclean or infected. Medications manage the symptoms.

Seborrheic dermatitis



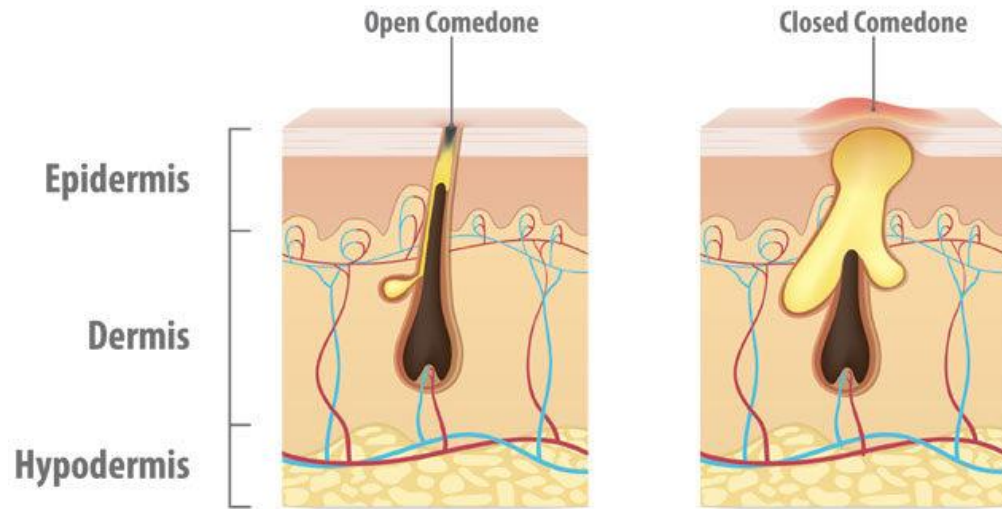
Exfoliative Dermatitis

It is a severe inflammation of the entire skin surface due to a reaction to certain medicines, a pre-existing skin condition, and sometimes cancer.

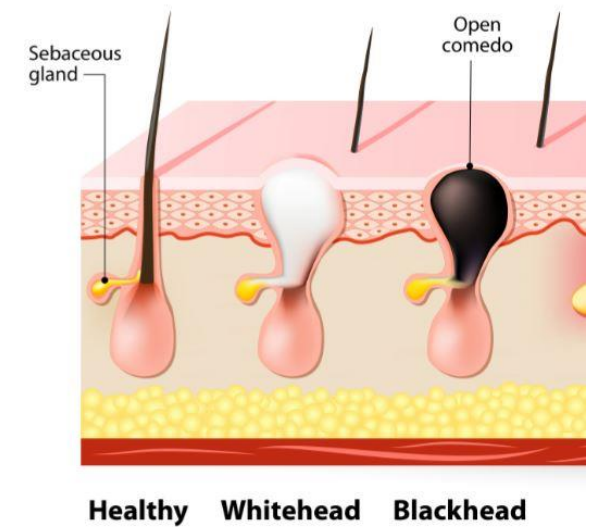
It is characterized by redness and scaling of the skin that begins in patches and spreads.

The skin begins to slough off.

OPEN COMEDONE & CLOSED COMEDONE



Comedones



Comedones

They are defined as skin-coloured, small bumps frequently found on the forehead and chin.

A single lesion is called a comedo.

They are caused due to increased sebum production.

They are formed by the debris blocking the sebaceous duct and hair follicle.

Risk factors associated with Comedones are:

High dairy consumption

A diet that consists of a lot of fats and sugars

Over-hydrated skin

High humidity

Laser therapy or chemical peels

What are comedogenic products?

a comedogenic ingredient is **a substance that has a high likelihood of clogging the pores, subsequently leading to blemishes and blackheads.**

They have tendency for an ingredient to **clog our pores.**

Anything that disrupts the sebum outflow on our skin can lead to the formation of comedones (whiteheads).

Comedone is a type of non-inflammatory acne and can further lead to the formation of inflammatory acne.

comedogenic products

People with combination skin or more oily skin, in particular, should pay attention to the comedogenic ingredients and products.

Argan oil

Beeswax

Pomegranate seed oil

Rosehip oil

Joboba oil

Neem oil

Shea butter

Sunflower oil

Squalane

Grape seed oil

Wild rose oil

- Olive oil
- Peach seed oil
- Sesame oil
- Cocoa butter
- Coconut butter
- Coconut oil