

Seborrhea: Complementary/Alternative Medicine

Superficial reddened small bumps and scaly eruptions occurring on the scalp, cheeks, and skin folds (the armpit, groin, and neck)

Usually does not itch Seasonal, worse in winter

QUICK REVIEW

- Seborrhea may be due to a B vitamin deficiency.
- A biotin deficiency is the most frequent cause of "cradle cap."
- Vitamin B6 ointment can help in treating the sicca variant of seborrheic dermatitis.

TREATMENT SUMMARY

Although the optimal approach to treating all seborrheic dermatitis patients is not clear at this time, effective therapy is available for most patients. In infants, biotin supplementation and control of food allergies are the keys. If the child is nursing, biotin can be given to the mother and the mother should avoid common food allergens (milk, corn, wheat, citrus, peanuts, and eggs). For adults, supplementing with large doses of vitamin-B complex is the primary therapy.

Diet

Detect and treat food allergens. In nursing infants, the food allergies of the mother should be considered.

Nutritional Supplements

The following recommendations are for adults.

- Biotin: 3 mg twice per day
- B-complex: Follow the dosage recommendations for the various B vitamins given in the chapter

SUPPLEMENTARY MEASURES.

- Zinc: 20-30 mg per day
- Flaxseed oil: 1 tbsp per day

Topical treatment

Pyridoxine ointment 50 mg/g (water soluble base)