

Oats as a Potent Therapeutic Agent

Kaufui V Wong*

University of Miami, Florida, USA

***Corresponding Author:** Kaufui V Wong, University of Miami, Florida, USA.

Received: September 01, 2017; **Published:** September 26, 2017

Abstract

Many people experience skin dryness which manifests as itchy skin. The itchy skin can appear suddenly without notice, and the taken-by-surprise person may not realize what the cause of it could be. During such occasions, it is best not to scratch because it will give rise to raised welts or red rashes. Traditional remedies include oatmeal. Oatmeal has been used to reduce acne among the young. It has also been used as a remedy for poison ivy rash, and chicken pox. Oatmeal has been used for exhausted skin, and people under stress. Because of its high fiber content compared to other grains, oatmeal is used for weight loss, as well as for endurance sports persons. Oatmeal scrub is used to clean dirty hair, including that of our pets. Food dips, stews and soups may be thickened with oat flour or ground oats. Oats may be used to clean putrid refrigerators and smelly ashtrays. Oats' role as a therapeutic agent should be further researched, even as its cleansing properties are being exploited everywhere.

Keywords: *Atopic Dermatitis; Pruritus; Xerosis; Rashes; Oats*

Background

Oats or oat meal has been known to have therapeutic effect, especially for rashes, for a long time [1-4]. Alexandrescu., *et al.* [1] showed that oatmeal is good to help in combatting acne. Cerio., *et al.* [2] discovered that avenanthramides in the whole oat grain can inhibit the activity of nuclear factor kappaB and the release of proinflammatory cytokines and histamine, which are known to be key mechanisms in the pathophysiology of inflammatory dermatoses. Singh and Belkheir [4] did a review on the action of oats, and found a variety of ailments where oats could help. Oatmeal can absorb and remove oil and bacteria from skin, and exfoliates dead skin cells, all of which can fight the outbreak of acne [5]. Hence, oatmeal may be used to reduce acne among young people.

A rash resulting from exposure to poison ivy, or from a bout of chicken pox, may be relieved by a bath of oatmeal [5]. An oatmeal scrub can also be used for general skin problems [5]. Oatmeal can also help alleviate exhaustion, especially that which is shown on one's skin [5]; stress signs can also be so removed.

Oatmeal can improve weight among those who are dieting to lose it, as well as improve low endurance in sports persons [5]. Oats are known to improve satiety because of the fiber it contains [6,7]. A formal scale for satiety is recommended in [7].

Oatmeal can also be used to clean dirty hair, as well as 'men's best friends' who are dirty. In other words, oatmeal bath is good for the human hair, as well as for dogs [5].

Oatmeal has been recommended to reduce risks to cancer, especially breast cancer [5]. Food dips (e.g. dip for potato chips) may be thickened with some ground oats or oat flour [5]. Stews and soups which are too thin, may also be thickened with oat flour or ground oats.

Refrigerators which stink because of foul odors may be cleaned with an open container of oats left in the refrigerator. Oatmeal can also be used to clean the air of smelly ashtrays [5].

The condition of very itchy skin, named 'pruritus', is a rather common problem in the population and it is also an infuriating one. Anyone who has suffered the itching of a bite from an arthropod bite should understand people whose skin regularly itches so much they have problems sleeping at night. Of course, identifying the underlying cause of the itch is important, whenever possible, to custom-make the treatment. In many situations, calming lotions may provide temporary relief. The conceivable causes for itchiness range from internal illnesses, such as kidney or liver disease, to skin rashes, allergies, and even cancers like lymphoma.

Atopic dermatitis may be caused by defects in the skin barrier, which allows germs in and moisture out [8]. Atopic dermatitis generally begins during infancy or childhood. However, it can attack people at any age, or recur in persons who had the disease in childhood. Ring, *et al.* [9] provides a review and listing of the better known treatments for atopic dermatitis (atopic eczema). Ring, *et al.* even included a traditional Chinese herbal remedy that uses 10 herbs. Katsarou and Armenaka [10] focuses on particular points regarding AD, in particular, dust mites.

Norman [11] discussed xerosis and pruritus in the elderly. Weisshaar and Dalgard [12] declared that academic studies show that the symptom of itch is highly prevalent. They concluded that itch should therefore receive more care from physicians and other healthcare providers. In fact, Weisshaar is a prolific researcher in the field of chronic pruritus. Weisshaar, *et al.* [13] compiled the European guidelines to the disease. According to the Cleveland Clinic [14], dry skin in elderly people has many environmental causes that can be readily remedied.

These environmental causes include unnecessary use of soaps, too many hot baths, and too hot and dry (owing to overheating) rooms in the winter and excessively air-conditioned rooms in the summer. These reasons seem obvious enough, and could be easily remedied by not doing them at all. If the dry skin still persists, then oatmeal can be tried.

Oats to Eat and as a Cosmetic Agent

Reference [15] is a book by Cox about natural products which could be used as cosmetic agents for body, bath and hair, including oatmeal. Cox discusses about 250 items in total.

Oatmeal as an external cleansing agent has been celebrated by Cleary in his book, 'Mayflower' [16]. It has been used for cleaning shirts, while the 'Pilgrim Fathers' were crossing the Atlantic Ocean from Europe since ancient times.

Aloe and oatmeal shampoo for pets (dogs and cats) is made to be soothing and gentle enough for daily use, if necessary. This formulation, which does not contain soap, provides relief from itching and contains moisturizers to restore moisture to sensitive skin. This hypoallergenic formula is also safe for application with topical flea control treatments. For less difficult problems like human hair which is not infested with insects, this formulation of aloe and oatmeal may also be used safely.

Oat flour and oatmeal as food items, especially for breakfast, are well known in the West. The benefits of consuming oatmeal for breakfast, especially without added refined sugar, has been discussed in the section before this. It is recommended by the current work to consume oats with savory dishes [17]. In small steps, oats may be used as the grain of choice for lunch and dinner too.

Discussion and Conclusion

A mini review has been made about the varied benefits of oats and oatmeal as therapeutic agents. It is an objective of the author to remind that the diminishing of sweat and oil glands as one grows older also may increase the occurrence of dry skin, which produces itch. Atopic dermatitis, pruritus, or 'senior psoriasis' may be treated successfully with frequent topical application of oatmeal, as in an oatmeal bath. Research could be done to study the double power of both consuming oatmeal, and using it topically. It is also a recommendation of the current article for people to discover the tastiness and healthfulness of oatmeal with savory dishes. Just consume oatmeal in a bowl as one would consume porridge.

Acknowledgments

This paper is dedicated to those who may obtain relief by consuming oats or using oatmeal.

Bibliography

1. Alexandrescu DT, *et al.* "Effect of treatment with a colloidal oatmeal lotion on the acne form eruption induced by epidermal growth factor receptor and multiple tyrosine-kinase inhibitors". *Clinical and Experimental Dermatology* 32.1 (2007): 71-74.
2. Cerio R, *et al.* "Mechanism of action and clinical benefits of colloidal oatmeal for dermatologic practice". *Journal of Drugs in Dermatology: JDD* 9.9 (2010): 1116-1120.
3. Safety W. Health. National Institute for Occupational Health and Safety: Atlanta, GA, USA.
4. Singh R, *et al.* "Avena sativa (Oat), a potential nutraceutical and therapeutic agent: an overview". *Critical Reviews in Food Science and Nutrition* 53.2 (2013): 126-144.
5. Graham S. "15 Problems You Can Solve with Oatmeal". Care2.com.
6. Rebello CJ, *et al.* "Acute effect of oatmeal on subjective measures of appetite and satiety compared to a ready-to-eat breakfast cereal: a randomized crossover trial". *Journal of the American College of Nutrition* 32.4 (2013): 272-279.
7. Merrill EP, *et al.* "A comparison of satiety measures". *Appetite* 39.2 (2002): 181-183.
8. WebMD. "Types of Eczema".
9. Ring J., *et al.* "Guidelines for treatment of atopic eczema (atopic dermatitis) Part II". *Journal of the European Academy of Dermatology and Venereology* 26.9 (2012): 1176-1193.
10. Katsarou A and Armenaka MC. "Atopic dermatitis in older patients: particular points". *Journal of the European Academy of Dermatology and Venereology* 25.1 (2011): 12-18.
11. Norman RA. "Xerosis and pruritus in the elderly: recognition and management". *Dermatologic Therapy* 16.3 (2003): 254-259.
12. Weisshaar E and Dalgard F. "Epidemiology of itch: adding to the burden of skin morbidity". *Acta Dermato-Venereologica* 89.4 (2009): 339-350.
13. Weisshaar E, *et al.* "European guideline on chronic pruritus". *Acta Dermato-Venereologica* 92.5 (2012): 563-586.
14. Cleveland Clinic. "Dry Skin/Itchy Skin".
15. Cox J. "Natural Beauty at Home, Revised Edition: More Than 250 Easy-to-Use Recipes for Body, Bath, and Hair". Holt Paperbacks (2015).
16. Cleary EH. "Mayflower (ENHANCED eBook)". Lorenz Educational Press (2003).
17. Wong KV. "Oats for You". *Global Journal of Immunology and Allergic Diseases* 4.1 (2016): 8-11.

Volume 11 Issue 2 September 2017

©All rights reserved by Kaufui V Wong.