

12. Skin Diseases

Reference

Yun DC, Kim HT, Kim EH, et al. Clinical research of atopic dermatitis treated by Hwangryeonhaedok-Tang (黃連解毒湯) in cosmetics. *Dongui-Saengli-Byeongli-Hakhoeji (Korean Journal of Oriental Physiology & Pathology)* 2008; 22(6); 1611–20 (in Korean with English abstract).

1. Objectives

To evaluate the efficacy of cosmetics containing Hwangryeonhaedok-Tang (黃連解毒湯) for atopic dermatitis.

2. Design

Double-blinded randomized controlled trial (DB-RCT).

3. Setting

One Oriental hospital (Semyung University Oriental Medicine Hospital), Republic of Korea.

4. Participants

Thirty-one patients aged over 16 years old diagnosed with atopic dermatitis using the criteria of Hanifin and Rajka.

5. Intervention

Arm 1: A moisturizing cream containing Hwangryeonhaedok-Tang (黃連解毒湯) applied to skin with atopic dermatitis for 4 weeks, 2–3 times per day (n=15, male/7, female/8).

Arm 2: A moisturizing cream alone applied to skin with atopic dermatitis for 4 weeks, 2–3 times per day (n=16, male/3, female/13).

6. Main outcome measures

1) SCORing Atopic Dermatitis (SCORAD) Index.

2) Blood variables– total IgE level, eosinophil count.

3) Skin variables– skin surface temperature, transepidermal water loss (TEWL), skin water content, skin pH.

4) Global efficacy assessment by subjects.

7. Main results

Treatment significantly decreased the SCORAD index and increased skin water content and global efficacy in Arm 1 compared to Arm 2 ($P=0.008$ and 0.03 , respectively).

There were no between-group differences in total IgE level, eosinophil count, skin surface temperature, TEWL, and skin acidity.

8. Conclusions

Moisturizing cream containing Hwangryeonhaedok-Tang improves atopic dermatitis.

9. Safety assessment in the article

No severe adverse events.

10. Abstractor's comments

This study comparing moisturizing creams with and without Hwangryeonhaedok-Tang has provided more meaningful results than other similar previous studies. However, it is unclear why transepidermal water loss (TEWL) was increased in both groups. As this study was performed under conditions maintained by a thermo-hygrostat and using proper skin testing equipment, this study is meaningful.

11. Abstractor and date

Nam HJ, 9 June 2010.