

12. Skin Diseases

Reference

Kim SH, Yun DC, Kim HT, et al. A clinical research of atopic dermatitis treated by Yeongyuseungmatang (連翹升麻湯) in cosmetics. *Daehan-Hanbang-AnIbiinhupibugwa-Hakhojei (Journal of Korean Oriental Medical Ophthalmology Otolaryngology Dermatology)* 2008; 21(2): 126–41 (in Korean with English abstract).

1. Objectives

To evaluate the efficacy of cosmetics containing Yeongyuseungma-tang (連翹升麻湯) on atopic dermatitis patients.

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

5. Intervention

Arm 1: Moisturizing cream containing Yeongyuseungma-tang (連翹升麻湯) applied to skin with atopic dermatitis for 4 weeks, 2–3 times per day (n=17).

Arm 2: Atopico Skincare Cream applied to skin with atopic dermatitis for 4 weeks, 2–3 times per day (n=16).

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 acidity.
- 4) Global efficacy assessment by subjects.

7. Main results

Four-week treatment significantly decreased the SCORAD index in both groups ($P=0.014$ in Arm 1 and 0.021 in Arm 2), and increased skin surface temperature, skin water content, and skin acidity significantly in both groups. Changes in total IgE level was not significant. Treatment in Arm 1 significantly increased scores on the global efficacy assessment, while it significantly decreased eosinophil count and TEWL.

8. Conclusions

The efficacy and safety of cosmetics containing Yeongyuseungma-tang (連翹升麻湯) are greater than those of Atopico Skincare Cream.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

Insofar as this study was performed under conditions maintained by a thermo-hygrostat and using proper skin testing equipment, the results are meaningful. Moreover, since Atopico Skincare Cream is used widely by atopic dermatitis patients, the fact that cream containing Yeongyuseungma-tang has similar efficacy is very promising. However, the authors failed to account for the decrease in eosinophil count, increase in IgE level, and increase in TEWL despite the increase in skin water content in the control group.

11. Abstractor and date

Nam HJ, 8 June 2010.