

Study on the efficacy of a Poly herbal Face cream in the management of *Acne vulgaris*

Anpuchelvi Sritharan¹, Mithilai Chelvi Srikanthan¹, Sritharan G²

¹Unit of Siddha medicine, University of Jaffna, Sri Lanka

²Herbal Health Care centre, K.K.S. Rd, Kokuvil

Abstract

This study is an open, non-comparative clinical trial conducted at a private dispensary. Fifty patients of both sexes were included in the study. Children below 18 years of age, patients with pre existing systemic disease necessitating long-term medications, genetic and endocrinal disorders were excluded from the study. All patients were advised to apply face cream topically over the lesions, twice a day for a period of 8 weeks. All the patients were followed up every 2 weeks and during each follow-up visits, local skin examination was done. Face cream reduced the number of lesions the papules and pustules and comedones at the end of treatment. Patients assessed "good to excellent" response was documented in 41 (82%) and include complete clearing of lesions in 4 patients (8%). Less than 50% improvement was noted in 8 patients (16%). 2 patients (4%) reported their condition as unchanged. None of the patients reported their condition as worsened. Face cream is an effective and safe for the treatment of patients with mild to moderate *Acne vulgaris*.

Keywords: polyherbal, face cream, *acne vulgaris*

e-mail: gsritharan09@gmail.com