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Efficacy and safety of compound glycyrrhizin capsules in patients with localized chronic eczema: A multi-centering, randomized, double-blind, placebo-controlled clinical study

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Background: Eczema is a common, complex disease following a chronic relapsing course and significantly affects the quality of life of patients. Currently there is no cure for eczema. Topical and Systemic medications had adverse events therefore many sufferers seek other therapeutic options such as traditional Chinese medicine. Herbal medicines have been used to treat a variety of allergic diseases; their effectiveness has attracted increasing attention.

Objective: We conducted a multicenter, randomized, double-blind, placebo-controlled clinical studies in China to find out the beneficial effect of Compound Glycyrrhizin Capsules in the treatment of patients with Eczema.

Methods: Between Oct. 2015, and Dec.2016, 240 patients were assessed for eligibility, 199 patients were randomly assigned and receive either Compound Glycyrrhizin Capsules or a placebo three times a day for 4 weeks. The patients were also instructed to apply 0.1% fumaric acid mometasone cream once daily on lesions. The eczema area and severity index (EASI) score, the Investigator's Global Assessment (IGA) score and visual analogue scale (VAS) score of itching were evaluated at the first visit and after 7,14 and 28 days.

Results: Patients in Glycyrrhizin group showed significantly lower EASI score and VAS value compared to patients in placebo group. More patients achieved success in EASI 50, EASI 75, IGA scores and pruritus in Glycyrrhizin group then placebo group at day 14 and 28. There was no significant difference in the incidence of adverse events between two groups.

Conclusion: Compound Glycyrrhizin Capsules is a safe and effective option for patients with Eczema.

Biography

Wei Xu has completed her MD at the age of 23 years from Capital University of Medical Sciences in China and postdoctoral studies from University of North Carolina at Chapel Hill in USA. She has been a dermatologist of Department of Dermatology, Beijing Friendship Hospital of Capital University of Medical Sciences for more than 25 years. She has published more than 30 papers in reputed journals and got several researches funding recently. She is also as a committee member in multiple academic organizations.

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