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An open-label, single-arm pilot study of *Aloe vera* leaf (100%) gel in treatment of facial seborrheic dermatitis

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Background: The *Aloe vera* plant has been known and used for centuries for its health, beauty, medicinal and skin care properties. It is claimed to have therapeutic properties such as immune-stimulant, anti-inflammatory effects, wound healing, anti-bacterial, anti-viral, anti-fungal, anti-diabetic and anti-neoplastic activities, stimulation of hematopoiesis moisturizing, anti-aging effect and anti-oxidant effects and it might be a useful modality in the treatment of seborrheic dermatitis.

Objective: To conduct a pilot study evaluating efficacy and safety of 100% *Aloe vera* leaf gel in treatment of mild to moderate facial seborrheic dermatitis.

Method: 20 subjects with mild to moderate facial seborrheic dermatitis were treated twice daily by application of 100% *Aloe vera* leaf gel for four weeks. Evaluations of erythema, pruritus and scaling, static global assessments and photography were conducted every 2 weeks until 4 weeks. In addition, patients themselves and physicians clinically performed the global assessments of the severity of seborrheic dermatitis at each visit as: Completely clear (no evidence of seborrheic dermatitis), almost clear (>90% of clearance), marked improvement (75-90% of clearance), moderate improvement (50-75% of clearance), slight improvement (25-50% of clearance), no change compared with baseline or worse compared with baseline. Local adverse reactions such as burning sensation, pruritus and erythema were recorded throughout the study as present or absent.

Result: 4 patients (20%) experienced a complete clearance, 14 patients (70%) almost clear and 4 patients (20%) complete clear of clinical signs and symptoms within 4 weeks of *Aloe vera* treatment. Statistically significant reductions in pruritus, erythema and scaling was seen in over baseline (all $P < 0.05$) and significant improvements in static global assessments were demonstrated.

Conclusion: *Aloe vera* leaf gel 100% can be an effective and well-tolerated treatment option for treatment of mild to moderate facial seborrheic dermatitis.

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