



Evaluation of Efficiency, Safety and Convenience of Use of Integrated Therapies in Patients with Psoriasis Vulgaris of the Scalp

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Abstract: this article summarizes the study of clinical observations conducted for 36 patients suffering from psoriasis of the scalp, aged 15 to 52 years, with disease duration of 6 months to 18 years. Seborrhea (liquid, thick, mixed) was observed in 13 patients. All patients had previously been repeatedly treated in various medical institutions and were clinically examined before treatment. Organic pathology from the internal organs, endocrine and nervous systems was not revealed. Treatment control, in addition to clinical data and subjective assessment, included the count of hair loss when pulling the hair bundle. The objective of our work was to evaluate the effectiveness, safety and ease of use of the complex homeopathic preparation "Psorilom" and medicinal cosmetics of the "Psorilom" series in patients with psoriasis vulgaris of the scalp.

Key words: psoriasis, treatment.

Purpose: to evaluate the effectiveness, safety and convenience of using the complex homeopathic preparation "Psorilom" and medicinal cosmetics of the "Psorilom" series in patients with psoriasis vulgaris of the scalp.

Materials and methods: clinical observations were carried out on 36 patients with scalp psoriasis, aged 15 to 52 years, with disease duration from 6 months to 18 years. Seborrhea (liquid, thick, mixed) was observed in 13 patients. All patients had previously been repeatedly treated in various medical institutions and were clinically examined before treatment. Organic pathology from the internal organs, endocrine and nervous systems was not revealed. Treatment control, in addition to clinical data and subjective assessment, included the count of hair loss when pulling the hair bundle. After 3-7 days from the start of treatment, after the relief of the main acute inflammatory phenomena, when the dominant symptoms in the clinical picture were: infiltration, mild erythema, slight peeling and moderate itching, the homeopathic preparation "Psorilom" was added to the standard therapy of patients as an additional complex component inside and externally a series of medical cosmetics "Psorilom". In 20 patients, due to limited rashes, the drug "Psorilom" was prescribed as monotherapy in combination with external agents "Psorilom". According to the instructions, the patients took the drug "Psorilom" 8 granules 3 times a day 30 minutes before meals or 2 hours after meals. The choice

of such forms of psoriasis is dictated primarily by the inexpediency of prescribing complex homeopathic remedies for patients with severe clinical forms of psoriasis and with diffuse skin lesions requiring intensive suppressive or cytostatic therapy. In addition, the peculiarity of homeopathic therapy was taken into account (at the beginning of treatment with homeopathic medicines, the symptoms of the underlying disease may increase). We also pursued the goal of evaluating the effectiveness and compliance of several dosage forms of the Psorilom series at once in socially active patients who combined work and treatment. External therapy consisted of a spray, shampoo and hair balm from the Psorilom series. The frequency of use of the spray "Psorilom" was selected individually on average 2-3 times a day or more during the day. Spraying was performed simultaneously on all foci. Shampoo "Psorilom" was prescribed daily with an exposure of up to 2 minutes. Shampoo of the Psorilom series, which contains birch tar, extract of string, St. John's wort and celandine, which act anti-inflammatory and antiseptic. After each hair wash, patients used a hair balm of the same name. Cream "Psorilom" was applied to pathological areas localized on the smooth skin of the face and neck in patients with seborrhea, a thin layer 2-3 times a day.

Results: already a few days after the start of treatment, most patients noted a positive result of therapy: the disappearance of itching, feeling of tightness and tension of the skin of the scalp, and a decrease in flaking. The maximum effect was noted in those patients who, in addition to psoriatic rashes on the scalp, had signs of seborrhea. During the entire course of treatment, the drugs were well tolerated and no side effects, including phototoxic and photoallergic reactions, were observed. None of the patients refused the proposed therapy. However, in one 45-year-old patient, on the 5th day of taking the complex preparation "Psorilom", a homeopathic exacerbation manifested itself, which was clinically manifested in increased itching, peeling and erythema in the lesions. Most likely, this could be explained by the burdened allergic anamnesis of the patient. By the 5th-7th day of treatment, side effects resolved on their own without additional medical measures. Within 2 weeks, the vast majority of patients in this group (80%, n=12) practically resolved the pathological process. In patients suffering only from psoriasis, the effectiveness of treatment was somewhat lower, but also quite high - 68.2% (n=15). This difference in performance is most likely due to the fungistatic and antiseptic properties of Psorilom shampoo, which in this regard has an effect on the causative agent of seborrhea - *Pityrosporum ovale*. The most pronounced result from the therapy was observed by us after 4 weeks of continuous treatment, in almost all patients with concomitant seborrhea (93%) the pathological process was completely resolved. The same high therapeutic effect was observed in the other group of subjects in 86.4%. Tolerability of medicinal cosmetics was good. For patients with seborrhea, Psorilom cosmetics were subsequently recommended as a means of caring for problem skin. All patients noted not only the therapeutic effect of the balm

"Psorilom", but also its cosmetic acceptability, which allows it to be used in everyday hair care.

Conclusions: thus, our observations showed a clear efficacy, safety and good tolerability of complex treatment with preparations of the Psorilom series (granules, cream, spray, shampoo, hair balm). Treatment with drugs of the Psorilom series contributes to a faster resolution of the pathological process and improves the general condition of the patient. The medical complex "Psorilom" does not cause side effects and undesirable reactions, it goes well with traditional methods of treatment. Patient feedback on the cosmetic acceptability of drugs was positive. This complex proved to be the most effective in patients with psoriasis of the scalp and seborrhea.

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