

Anti-itching and healing effects of a herbal ointment in skin eczema

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Background and Aims: Eczema is one of the most common dermatologic disorders with specific clinical characteristics, unknown etiology and not yet known curative treatment. The use of herbal essential oils has attracted widespread attention as a new natural treatment of dermatologic disease. Essential oils of peppermint (*Mentha piperita*), eucalyptus (*Eucalyptus globules*), Clove (*Caryophyllus aromaticus*) were selected as potential topical therapeutic candidate for eczema in this study.

Methods: Different concentrations of the active herbal ingredients with various concentrations of menthol and camphor were used as an ointment treatment. Clinical evaluation was performed on 110 patients of whom 50 patients received herbal ointment, 30 patients received placebo and 30 patients received common standard treatment including local corticosteroids and emollients for 2 weeks.

Results: There was 66% complete cure in herbal group compared to 43.3% in standard care and 13% in placebo group.

Conclusions: Faster relief of itching, short treatment period and decreasing skin irritation were some advantages of herbal ointment induced by essential oils. This herbal ointment was most effective in chronic eczema and especially endogenous eczema and may be considered as therapeutic agent in patients with dermatologic disorders.

Keywords: Skin Eczema; *Mentha piperita*; *Eucalyptus globules*; *Caryophyllus aromaticus*; Essential oil