

## Clinical trial of a herbal topical cream in treatment of acne vulgaris

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**Background and Aims:** Acne is an important skin problem everyone faces at some time in their lives. It is most commonly seen on teenagers going through puberty because of the hormonal changes happening within the body. Unfortunately, many acne treatments create a multitude of complications, for example, flaking, redness and inflammation of the skin. It is expected that *Calendula officinalis*, *Rosa canina*, *Zataria multiflora-Boiss* and *Trigonella foenum graecum* consisting antimicrobial, anti-inflammatory and antioxidant effects and Glycin max by phytoestrogenic effect are resulted improvement inflammatory lesions in this disease. In the present study, efficacy and possible complications on acne vulgaris were compared with placebo to common-base, and its clinical efficacy was evaluated by a random and double blind method.

**Methods:** After Acne vulgaris diagnosis by dermatologist, patient content was taken. Account of inflammatory lesions and severity of disease were determined. Productions were distinguished by number codes and were delivered to patients. In second visit after two weeks, disease improve process and presence of possible complications were assessed. If necessary' the treatment was continued until end of four weeks, the patients were examined by dermatologist and lesions account were made again. Results analysis were done by SPSS and EXCEL softwares.

**Results:** Clinical trial results were illustrated that the herbal cream had more effects on papular and pustular lesions, disease severity and acne-induced inflammation as compared with placebo. A significant statistical difference was observed.

**Conclusions:** Previous researches have shown that *Trigonella foenum graecum* is a good anti-inflammatory agent. Also, anti-oxidant and anti-microbial effect of the other above mentioned plants are reported. Regarding to expected results of using these herbs in production as compared with placebo, this cream has good efficacy in inflammatory lesions treatment without side effects.

**Keywords:** Acne vulgaris; Herbal extract; Placebo; Double-blind