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The treatment of melasma by silymarin cream

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Background & Aim: Melasma is an acquired increased pigmentation of the skin characterized by symmetrical and confluent grey-brown patches usually on the areas of the face exposed to the sun. Silymarin strongly prevents photo carcinogenesis, and significantly prevented melanin production. The objectives of this study were the assessment of safety and efficacy of topical Silymarin (SM) cream in a double-blind placebo controlled study for treatment of melasma patients.

Methods: Experimentally, 24 Albino rabbits were randomly divided into four equal groups. [A] No treatment, [B] received placebo, [C] treated with SM cream (0.1), and [D] treated by SM (0.2), were applied topically before UV sunlight exposure for 30 days, assessed clinically & tissue pathology. Clinically on 96 adults diagnosed with melasma randomized to three equal groups to receive one of the tested drugs applied twice daily for four weeks, evaluated by the response; lesion size, melasma area and severity index score, physician global assessment, and subjective assessment.

Results: The clinical and histopathology observations were reduced significantly in SM groups. Clinically, all patients showed significant excellent pigment improvement & lesion size reduction with SM treatments from the 1st week. All patients were fully satisfied 100%. No side effects were observed.

Conclusions: Silymarin showed tremendous improvement of melasma in a dose-dependent manner, and was effective in prevention of skin damage caused by UV sunlight. It is a safe new candidate effective treatment for melasma.

Biography

Tagreed Altaei is a Professor at, New ford University; North America Distance Learning Association Institute for project management professionals. She holds a Ph.D. in Clinical Pharmacology & Toxicology from University of Baghdad/ College of Pharmacy. She has completed M.Sc. in Clinical Dental Pharmacology, from University of Baghdad/ College of Dentistry. She holds a B.Sc. in Pharmacy degree, from University of Baghdad/ College of Pharmacy.

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