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### Ichthyol and its renaissance in the new millennium

In the past few years there has been an increased interest among physicians and pharmacists in some of the attested natural substances that have been used in alternative medicine for centuries. One of them is Ichthyol (Ichthamolum, Ichthamol, Ichthyol), applied in folks healing for more than 7 centuries in both veterinary medicine and treating humans. The very first written record of Ichthamol comes from a respected Hamburg physician – a dermatologist Paul Gerson Unna (1850-1929). In 1882, after extracting Ichthyol essence, he wrote his first scientific piece of writing, in which he accentuated the excellent healing effects of Ichthyol. The initial raw substance necessary for Ichthyol production is shale oil rich in sulphur, extracted from bituminous shale. The outcome of a special processing are two separate shale oil fractions-the pale sulfonated shale oil (Ichthyol Pale) and the dark sulfonated shale oil, both of them processed separately. Ichthyol Pale is contained in the fraction with the lower boiling point, it is lighter and with a less characteristic odor. It is equally effective in a smaller concentration, which makes its use even more preferable. The effects of Ichthyol are as follows: antiflogistic, antibacterial, antiseborrheic, antimycotic, antieccematous, antiprurigenous, analgetic, keratolytic, antimitotic /antipsoriatic; it improves dermahaemia conditions, (whereby enhancing inflammatory infiltrate reabsorption) rarely reported irritation reactions. Ichthyol has an extraordinarily low sensibilization potential and can be applied without any risk in all age groups. In the past few years there has been a significant increase in patients with dermatoses, who, after the termination of targeted treatment, require and even insist on an after-treatment with suitable skin-healing cosmetics. There are still more people willing to take care of their skin by using preparations with protective, preventive and regenerative properties.

### Biography

Hana Zelenková has been active in the field of Dermatovenerology since 1973. Since 2000 she has been directing her own Private Clinic of Dermatovenerology. Her professional orientation is aesthetic dermatology, acne and facial dermatoses, medicinal mycology (nail diseases), wound management, psoriasis, employment of Ichthyol and carboxytherapy in dermatology. She is a coordinator of many international multicentre trials. She has more than 555 expert lectures in the Slovak Republic as well as abroad, 440 scientific publications. She is the co-author of the dermatocosmetic formulae containing Ichthamol and glycyrrhizinic acid. She is the author of the book "Carboxytherapy" (2015), translated into 4 languages. She is regularly invited to deliver lectures at international congresses. She is the Founder and President of the Slovak Society for Aesthetic and Cosmetic Dermatology (SSEDK), organizer and President of the traditional international DERMAPARTY congress. Since 2006, she is the Vice-President of the European Society of Aesthetic and Cosmetic Dermatology and since 2007; she serves as the President of the European Society of Aesthetic and Cosmetic Dermatology.

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